## wetherspoon hotels

In England, Ireland, Scotland and Wales

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#### ALLERGEN AND NUTRITIONAL INFORMATION

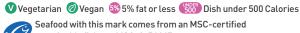
This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
  Set Calorie and carbohydrate limits.
- · List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

#### DIETARY SYMBOLS

= Very mild = Mild = Medium hot = Very hot = Extremely hot





Adults need around 2000 kcal a day.§

## BREAKFAST

Two fried eggs, bacon, two sausages, baked beans, three hash browns,

Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast

Two fried eggs, three Quorn sausages, baked beans, three hash browns,

Two fried eggs, two Quorn sausages, baked beans, two hash browns,

Small vegetarian breakfast (V) (313 kcal

Fried egg, Quorn sausage, baked beans, hash brown, tomato

Two Quorn sausages, baked beans, two hash browns, mushroom,

Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Two fried eggs, two hash browns, maple-cured bacon, two sausages,

mushroom, two slices of toast

Traditional breakfast 742 kcal

Small breakfast (300) 419 kcal

mushroom, tomato, two slices of toast Vegetarian breakfast V 816 kcal

mushroom tomato slice of toast

Vegan breakfast 786 kcal

tomato, slice of toast, vegan spread Freedom breakfast 545 kcal

American breakfast 1258 kcal

four pancakes, maple-flavour syrup

two pancakes, maple-flavour syrup

Fried egg, bacon, sausage, baked beans, hash brown

Large vegetarian breakfast 1206 kcal

Add: Two slices of black pudding (355 kcal) 1.51

8.01	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.50
6.31 5.41	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.50
	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.50
8.01	American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ ☜ 554 kcal	6.16 5.45
6.31	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup.    ■ 322 kcal Two pancakes, maple-flavour syrup.    ■ 322 kcal	4.70 4.42
5.41	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	4.93
5.91	Beans on toast © \$\infty\$ 566 kcal. Buttered white bloomer toast  Small beans on toast © \$\infty\$ 251 kcal  Buttered white bloomer toast	3.77 2.62
5.41	Two slices of toast with jam or marmalade V 656 496 kcal White bloomer bread	2.58
8.01	Fresh fruit	3.77
6.16	Porridge ♥ ॐ ॐ 252 kcal (plain) Add: Banana ⊘ (101 kcal) 62p: Maple-flavour syrup ⊘ (125 kcal) 34p Strawberries ⊘ (14 kcal) 62p: Blueberries ⊘ (17 kcal) 62p Honey ♥ (91 kcal) 34p	2.09

#### **Breakfast extras**

Small American breakfast 629 kcal

Fried egg, hash brown, maple-cured bacon, sausage,

Add any of the following:					
Two slices of black pudding 355 kcal	1.51	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 91 kcal	93p
Sausage 168 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves 🥥 16 kcal	52p
<b>Quorn</b> <sup>™</sup> sausage <b>⊘</b> 116 kcal	1.05	Fried egg V 56 kcal	93p	Slice of toast V 191 kcal	1.13
Baked beans @ 126 kcal	93p	Poached egg V 63 kcal	93p		
Two rachers of back bacon 99 kgal	1 57	Hach brown @ 92 keel	/.6n		

## **Breakfast butties and wraps**

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.36
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.36
Quorn <sup>™</sup> sausage butty <b>♡</b> 609 kcal	4.36
Two Quorn sausages, buttered white bloomer bread	

## **Breakfast muffin deal**

Includes tea, coffee or hot chocolate. Free refills

<b>Egg &amp; cheese muffin ♥</b> 535 249 kcal Fried egg, American-style cheese, in an English muffin	4.47
<b>Egg &amp; bacon muffin</b> 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.93
<b>Egg &amp; sausage muffin</b> \$600 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.93
<b>Egg &amp; Quorn™ sausage muffin ♥ (%)</b> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.93
<b>Breakfast muffin</b> \$66 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	5.16
Smashed avocado muffin ② ∞ (555) 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52 Poached egg ♥ (63 kcal) 93p	5.16
Add: Hash brown	

Breakfast wrap 739 kcal 5.52 Fried egg, bacon, sausage, hash brown, Cheddar cheese 5.52 Vegetarian breakfast wrap V 835 kcal Fried egg. two Quorn sausages, two hash browns. Cheddar cheese

## Tea, coffee and hot chocolate-

HOT CHOCOLATE

- ALL DAY EVERY DAY -LAVATIA (A) (A)

Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee **2**4 kcal (Oat milk available @ 4 kcal) Hot chocolate V 169 kcal Tea Tetley with semi-skimmed milk V 14 kcal

(Oat milk available @ 4 kcal) Decaffeinated tea and coffee available.

Flat white **9**92 kcal

Latte V 113 kcal

Cappuccino 102 kcal

Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit 129 kcal 71p Salted caramel brownie bar @ 316 kcal 1.64

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for quidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. \*Non-refundable advance purchase rates, available to book direct on the telephone our website and our app. \*Statement of daily calorie needs from the Department of Health & Social Care. \*\*Excluding decaffeinated. \*Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for

for the facts drinkaware.co.uk **♀** jdwetherspoon.com 5

# 

Main menu 11.30am - 11pm. Children's menu available.



**Breakfast** 

8am - 12 noon

breakfast £6.31

**Traditional** 

Tea. coffee and hot chocolate Free refills

#### **Burger meals** INCLUDES A DRINK

Featuring 3oz American burger soft drink\* alcoholic drink\*

£6.04

£7.57

## **Afternoon deals**

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

£6.67

£8.20

## Curry Club

INCLUDES A DRINK\* Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink\* alcoholic drink\*

£8.49

£10.02

## INCLUDES A DRINK\*

**Choose from over** 150 drinks

## How to order from your table



**Download the Wetherspoon** app or scan this QR code.

Or note your table number and order at the bar.





#### **Food hygiene** rating

We have been awarded the maximum food hygiene rating



#### 100% UK and Irish beef

Sourced from farms in the UK and Ireland. Traceable from farm to fork.



#### Sustainable fish The cod and haddock we serve

come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.



#### Free-range eggs

100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.



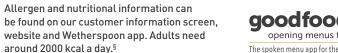
#### LAVALLA The freshly ground 100%

Arabica Lavazza coffee<sup>t</sup> we serve is from Rainforest Alliance-certified farms.



The Tetley tea we serve also comes from Rainforest Alliance-certified farms

Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.









Small plates Any 3 for £14.93	
8" pizzas on a freshly baked sourdough base.	
Margherita ♥ (555) 470 kcal Mozzarella, basil	6.04
Pepperoni  ₹ 578 kcal Mozzarella, pepperoni	6.61
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.61
<b>BBQ chicken</b> 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.61
Roasted vegetable ♥ 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.61
Vegan roasted vegetable  \$\infty\$ \$\infty\$ \$\infty\$ 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.61
Spicy meat feast /// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.20
11" garlic pizza bread V 772 kcal	5.57
Nachos ♥♥♥ ♥ 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Bowl of chips @ 964 kcal	4.23
Bowl of chips with curry sauce @ 1082 kcal	5.58
Cheesy chips ♥ 1256 kcal	5.41
Loaded chips 1218 kcal	6.03
Cheese, maple-cured bacon, sour cream	
Tomato & basil soup ♥ ॐ 📸 341 kcal White bloomer bread	4.23
With any of the small plates below, choose one dip:  Sweet chilli	
Halloumi-style fries V 555 396 kcal	4.96
Chicken bites (355) 298 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips / 555 459 kcal. Five chicken breast strips	6.20
Chicken wings /// 804 kcal. Ten spicy chicken wings	6.75
<b>Quorn™ nuggets @</b> \$331 kcal. Eight coated pieces	5.19

#### Deli Deals INCLUDES A DRINK

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

Tuna mayo and Cheddar cheese 599 kcal

Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal

BBQ chicken, bacon and Cheddar cheese 572 kcal

**Quorn**<sup>™</sup> **nuggets 1** 534 kcal. Tomato, cucumber, salsa

Southern-fried chicken

and smoky chipotle mayo / 639 kcal

Cold chicken and sweet chilli sauce **FF** 38 514 kcal

Fried halloumi-style cheese and sweet chilli sauce // 38 kcal Tomato, cucumber

**Add: Chips** (602 kcal); **Salad** (87 kcal)

Tomato & basil soup @ (150 kcal); Spicy rice @ (208 kcal) 1.44 each

## Jacket potatoes INCLUDES A DRINK'

Tuna mayo 621 kcal

With salad and one filling. Extra fillings 1.22 each.

7.43 Coleslaw V 578 kcal each Cheese V 531 kcal alcoholic drink\* 8.96 Baked beans @ 501 kcal each

Five-bean chilli / @ 5% 500 431 kcal

Roasted vegetables @ 53 555 402 kcal

Burgers INCLUDES A DRINK • Beef burgers made from 100% British beef.

each

each **3.59** 

each **1.97** 

soft drink\*

11.42

alcoholic drink

12.95

soft drink\*

9.25

each

alcoholic drink\*

10.78

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below). American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard soft drink\* alcoholic drink\* 7.57

6.04 Classic beef burger 676 kcal each each Iceberg lettuce, tomato, red onion

Skinny beef burger (500) 369 kcal

Iceberg lettuce, tomato, red onion, with a side salad, instead of chips

American cheese burger 729 kcal soft drink\* 6.61 alcoholic drink\* 8.14 American-style cheese, red onion, gherkin, ketchup, American-style mustard

Double beef burgers Two 3ozbeef patties. Served with chips (602 kcal, included in Calories below)

Double American burger 1137 kcal soft drink\* alcoholic drink\* Red onion, gherkin, ketchup, American-style mustard 8.30 9.83 Double classic beef burger 1118 kcal each

soft drink\* 8.88 Double American cheese burger 1206 kcal alcoholic drink\* 10.41 American-style cheese, red onion, gherkin, ketchup, American-style mustard

Just-a-burger

Iceberg lettuce, tomato, red onion

Served on its own, without chips or a drink.

American burger 5555 366 kcal Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger / 459 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 174 kcal 2.14 Maple-cured bacon with American-style cheese 160 kcal 2.14 Cheddar cheese 
83 kcal 1.52 American-style cheese V 69 kcal 1.52 Maple-cured bacon 91 kcal 1.52 1.50 Crunchy chicken strip # 92 kcal

3oz beef patty 169 kcal

Fried halloumi-style cheese V 446 kcal Fried buttermilk chicken 473 kcal

Breaded vegetable patty 257 kcal

BEYOND MEAT patty @ 184 kcal

#### Chicken INCLUDES A DRINK •

Char-grilled half chicken

Chicken on the bone is marinated, slow cooked and finished on the char-grill.

Lemon and herb **F** Char-grilled in a lemon & herb glaze Coleslaw narlic & herh din Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal

Side salad 978 kcal; Mediterranean salad 1089 kcal Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze Coleslaw. Naga chilli dig

Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal Side salad 948 kcal; Mediterranean salad 1058 kcal

Char-grilled half chicken, mash and gravy 857 kcal

Lemon & herb chicken, peas, chicken gravy Chicken baskets

soft drink\*

6.27

alcoholic drink\*

7.80

each

soft drink\*

Chicken wing basket FFF Eight wings, coleslaw, Naga chilli dip Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 999 kcal

Boneless basket 🍠

Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce

Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal Chicken bites basket

Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Choose: Spicy rice 520 739 kcal; Chips 1133 kcal; Side salad 618 kcal Southern-fried chicken strips basket 🖊 Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze

Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal Quorn™ 'no chicken' nuggets basket 🖊 💟 Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

Add: Chicken gravy (50 kcal) 94p

Served with chips, six onion rings (871 kcal, included in Calories below).

Heatwave burger **FFF** 2039 kcal

Fried buttermilk chicken, Naga chilli mayo, American-style cheese, hash brown,

soft drink\*

10.51

each

12.04

each

soft drink\*

8.30

each

alcoholic drink\*

9.83

each

each

soft drink\*

8.18

each

9.71

each

topped with a spicy chicken wing Ultimate burger 1661 kcal

Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin

Tennessee burger

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze alcoholic drink Choose: Beef (two 3oz beef patties) 1565 kcal Fried buttermilk chicken 1702 kcal

BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal

Fried buttermilk chicken 1780 kcal Fiesta burger @ 1462 kcal

BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

Triple American cheese & bacon burger 1479 kcal soft drink\* 11.96 Three 3oz beef patties, American-style cheese, alcoholic drink\* 13.49 maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

**Chicken burgers** 

Served with a small portion of chips (329 kcal, included in the Calories below).

Crunchy chicken strip burger **/** 787 kcal soft drink\* 6.04 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink\* 7.57

Served with chips (602 kcal, included in Calories below).

Fried buttermilk chicken burger 1254 kcal soft drink\* 8.30 Breaded whole chicken breast fillet alcoholic drink\* 9.83

**Meat-free burgers** 

Served with chips (602 kcal, included in Calories below).

Fried halloumi-style cheese burger 128 kcal Sweet chilli sauce

Breaded vegetable burger V 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella. mature Cheddar cheese

Bevond Burger<sup>™</sup> @ 834 kcal BEYOND MEAT plant-based patty

#### CUTTIES INCLUDES A DRINK •

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

soft drink\* Katsu chicken curry 826 kcal 9.31 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry 59 541 kcal alcoholic drink\* Sliced grilled chicken breast 10.84 Katsu Quorn™ nugget curry @ 685 kcal

Classic curries With basmati pilau rice, plain naan and poppadums.

Eight coated pieces

soft drink\* 10.43 Mangalorean roasted cauliflower & spinach curry **FF** @ 58 867 kcal Chicken tikka masala ## 1190 kcal alcoholic drink 11.96 Chicken jalfrezi FFF 🚳 935 kcal each Beef Madras / 1043 kcal

Change your plain naan to a garlic naan (V) (add 58 kcal) 47p

Simple curries With basmati pilau rice or chips.

Simple Mangalorean roasted cauliflower & spinach curry // @ Choose: Basmati pilau rice 508 kcal: Chips 910 kcal Simple chicken tikka masala

Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi Choose: Basmati pilau rice 52 575 kcal; Chips 977 kcal

Simple beef Madras Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal On a freshly baked sourdough base. soft drink\* alcoholic drink\* Margherita V 939 kcal. Mozzarella, basil 9.25 10.78 Pepperoni // 1157 kcal. Mozzarella, pepperoni Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket soft drink\* alcoholic drink\* BBQ chicken 1103 kgal 10.43 11.96 Mozzarella RRO sauce chicken breast redignion rocket each Roasted vegetable V 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil

11" pizzas includes a drink"

**Additional toppings** 

Red onion @ 10 kcal; Sliced chillies FFFF @ 3 kcal; Mushroom @ 6 kcal each 88p Garlic & herb dip @ 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal each **1.15** Chicken breast 94 kcal; Maple-cured bacon 91 kcal Pepperoni / 109 kcal; Roasted vegetables 135 kcal each **1.53** 

### Small pub classics INCLUDES A DRINK .

Vegan roasted vegetable @ 523 705 kcal

Mushroom, roasted pepper, courgette, onion, basil

Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Spicy meat feast **FFF** 1220 kcal

soft drink\* alcoholic drink\* Fish and chips Small freshly battered cod and chips @ 8.44 9.97 Peas 680 kcal or mushy peas 739 kcal Small Whitby breaded scampi 9.97 8.44 Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi Add: Two slices of bread (V) (383 kcal) 1.34

Chip shop-style curry sauce (20 (118 kcal) 1.46 Small Wiltshire cured ham.

7.20 8.73 egg and chips (555 kcal One slice of Wiltshire cured ham, fried equ Small all-day brunch 666 kcal 7.49 9.02 Sausage, bacon, fried egg, baked beans, chips Small vegetarian all-day brunch V 680 kcal 7.49 9.02

## Afternoon deal

Two Quorn sausages, fried egg, baked beans, chips

Mon - Fri, 2pm - 5pm Choose from the above small pub classic n

soft drink\* alcoholic drink' 6.67 8.20

11.60

13.13

## Pub classics INCLUDES A DRINK

soft drink\* alcoholic drink\* Fish and chips Freshly battered cod and chips 12.18 10.65 Peas 1239 kcal or mushy peas 1298 kcal Whitby breaded scampi 12.18 10.65 Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi Add: Two slices of bread (V) (383 kcal) 1.34 Chip shop-style curry sauce (118 kcal) 1.46 Steak & kidney pudding 8.91 10.44

Peas, onion & red wine gravy Choose: Chips 1223 kcal; Mashed potato 907 kcal Bangers and mash 950 kcal 8.91 10.44 Three Lincolnshire sausages, peas, onion & red wine gravy **Vegetarian bangers and mash**  793 kcal 8.91 10.44 Three Quorn sausages, peas, onion & red wine gravy Wiltshire cured ham, eggs and chips 856 kcal 8.32 9.85 Two slices of Wiltshire cured ham, two fried eggs Sausages, chips and beans 1170 kcal 8.32 9.85 Three Lincolnshire sausages Vegan sausages, chips and beans @ 1013 kcal 9.85 8.32

Five-bean chilli / @ 590 kcal. Rice, tortilla chips All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51 Vegetarian all-day brunch V 1126 kcal alcoholic drink\* Three Quorn sausages, two fried eggs, baked beans, chips

Three Quorn sausages

## Afternoon deal

soft drink\* alcoholic drink Mon - Fri, 2pm - 5pm 7.84

9.37

8.91

10.31

10.31

10.44

11.84

11.84

#### Salads and pastas Includes a DRINK . soft drink\* alcoholic drink\* 10.71 Burrito salad bowl @ 657 kcal 9.18 Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli / (119 kcal) 1.97 Chicken & maple-cured bacon salad 10.03 11.56 Choose: Grilled chicken breast 52 4779 kcal Southern-fried chicken breast strips (\$555) 461 kcal 8.90 Mediterranean salad @ 59 655 334 kcal 10.43 Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Tuna mayo (307 kcal) 1.06 Roasted vegetables @ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97 Pasta alfredo V 618 kcal 9.47 11.00 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52 10.03 11.56 British beef & pancetta lasagne

Sides and extras 4.23 **Bowl of chips 3** 964 kcal (Add: Spicy seasoning **3** (8 kcal) 34p) 2.48 Small bowl of chips @ 602 kcal Five chicken wings **FIV** 402 kcal 3.34 4.99 Eight Whitby breaded scampi 527 kcal 94p Peas 130 kcal 94p Mushy peas V 248 kcal Side salad @ 87 kcal 2.29 3.22 Mediterranean side salad @ 198 kcal 1.53 Roasted vegetables @ 135 kcal Coleslaw V 399 kcal 1.40 a88 Sliced chillies FFFF @ 3 kcal 94p Chicken gravy 50 kcal **Six** 269 kcal **2.33** Twelve 538 kcal 3.50 Onion rings 🕖 8" 386 kcal 4.40 **11**" 772 kcal **5.57** Garlic pizza bread 💟 With cheese W 8"461 kcal 4.98 11" 922 kcal 6.44

Choose: Side salad 780 kcal; Chips 1295 kcal

#### **Desserts** Vanilla ice cream (V) (SSSS) 338 kcal

Two scoops, toffee sauce, Belgian chocolate sauce

1.82 Cookie crunch V 555 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce 2.98 Mini warm chocolate brownie V 655 435 kcal Belgian chocolate sauce, vanilla ice cream 2.98 Mini warm cookie dough sandwich W 635 kcal Salted caramel filling, toffee sauce, vanilla ice cream 4.70 Mini American-style pancakes (V) (12 kcal Two pancakes, maple-flavour syrup, vanilla ice cream 4.56 Fresh fruit V 5% 500 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream Warm chocolate fudge cake V 913 kcal. Vanilla ice cream 5.33 Warm chocolate brownie 
736 kcal 5.33 Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich V 735 kcal 5.33 Salted caramel filling, toffee sauce, vanilla ice cream

Add: Custard (134 kcal) 1.23; Vanilla ice cream scoop (135 kcal) 94p Belgian chocolate sauce (61 kcal) 42p; Toffee sauce (74 kcal) 42p Banana (101 kcal) 62p: Strawberries (14 kcal) 62p: Blueberries (17 kcal) 62p

Adults need around 2000 kcal a day.§

British Bramley apple crumble

American-style pancakes V 32 689 kcal

Four pancakes, maple-flavour syrup, vanilla ice cream

Vanilla ice cream 830 kcal or custard 694 kcal

5.62

6.16

1.82