#### Sides and extras

DidC5 dild	CALL CO.			
Bowl of chips @ 964 kcal ( Small bowl of chips @ 60		oning 🥑	(8 kcal) 34p)	4.23 2.48
Five chicken wings				3.34
Eight Whitby breaded sc	<b>ampi</b> 527 kcal			4.99
Grilled halloumi-style cheese V 446 kcal				1.97
Peas 🕖 130 kcal				94p
Mushy peas <equation-block> 248 kcal</equation-block>				94p
Side salad 🕢 87 kcal				2.29
Mediterranean side sala	n <b>d</b> 🥏 198 kcal			3.22
Roasted vegetables @ 13	35 kcal			1.53
Coleslaw 💟 399 kcal				1.40
Sliced chillies FFFF @ 3 kcal			88p	
Chicken gravy 50 kcal				94p
Onion rings 🕖	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread V	<b>8</b> " 386 kcal	4.40	<b>11</b> " 772 kcal	5.57
With cheese 💟	<b>8</b> " 461 kcal	4.98	<b>11</b> " 922 kcal	6.44

Desserts	
NEW Millionaire's shortbread ♥ 528 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.17
Vanilla ice cream ♥ (555) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch ♥ (\$35) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Cheesecake (V) (137 kcal Raspberry & white chocolate cheesecake, strawberries, blueberries	5.33
Mini warm chocolate brownie © 553 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ (\$65) 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes ♥ (\$757) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
Fresh fruit <b>© 33</b> 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake 👽 913 kcal. Vanilla ice cream	5.33
<b>Warm chocolate brownie ♥</b> 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
<b>Warm cookie dough sandwich ♥</b> 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble ♥ Vanilla ice cream 830 kcal or custard 694 kcal	5.62
American-style pancakes ♥ ፡ 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	4.99

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

#### 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
▼ Vegetarian
Seafood with this mark comes from an MSC-certified

sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.§

# BREAKFAST

### Served 8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Small breakfast 655 419 kcal Fried egg, bacon, sausage, baked beans, hash brown  Add: Two slices of black pudding (355 kcal) 1.51	4.45	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
Large vegetarian breakfast ♥ 1080 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59	American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ ಽ 54 kcal	4.99 4.30
Vegetarian breakfast ♥ 732 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 277 kcal	3.54 3.25
Small vegetarian breakfast (V 500) 271 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	4.45	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.77
Vegan breakfast ⊚ 702 kcal Two vegan sausages, baked beans, two hash browns, mushroom,	4.61	<b>Beans on toast ♥</b> \$\otin\$ 566 kcal. Buttered white bloomer toast <b>Vegan option available with vegan spread  544</b> kcal	3.66
tomato, slice of toast, vegan spread  Freedom breakfast 545 kcal	4.45	Small beans on toast ♥ ፡፡ ₹55 251 kcal Buttered white bloomer toast	2.62
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.40	Two slices of toast with jam or marmalade V 655 496 kcal	2.47
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.85	White bloomer bread  Fresh fruit © \$\circ\$ \$\text{\$\text{550}} 177 kcal. Apple, banana, blueberries, strawberries	3.66
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99	Porridge 👽 🍪 (33) 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**

Add any of the following:					
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal	1.57	Hash brown @ 82 kcal	46p
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 91 kcal	93p
<b>Vegan sausage 7</b> 4 kcal	1.05	Two scrambled eggs 🕐 136 kcal	1.63	Two grilled tomato halves 🥏 16 kcal	52p
Grilled halloumi-style cheese V 396 kcal	1.97	Fried egg 🤍 56 kcal	93p	Slice of toast V 191 kcal	1.13
Baked beans @ 126 kcal	93p	Poached egg V 63 kcal	93p		

#### **Breakfast butties and wraps**

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	3.88
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88
Vegetarian sausage butty ♥ 525 kcal	3.88
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread @ 503 kcal	

### **Breakfast muffin deal**

Includes tea, coffee or hot chocolate. Free ref	ills <sup>-</sup>
<b>Egg &amp; cheese muffin ♥</b> (365) 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
<b>Egg &amp; bacon muffin</b> 333 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin 335 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
<b>Egg &amp; vegetarian sausage muffin ♥</b> 322 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin (555) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin ② 53 333 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ♥ (63 kcal) 93p Grilled halloumi-style cheese ♥ (396 kcal) 1.97	4.01
Add: Hash brown @ (82 kcal) 46p	

Breakfast wrap 739 kcal 4.36 Fried egg, bacon, sausage, hash brown, Cheddar cheese Vegetarian breakfast wrap V 751 kcal 4.36 Fried egg. two yegan sausages, two hash browns. Cheddar cheese

#### Tea, coffee and hot chocolate-



- ALL DAY EVERY DAY -

LAVATIR (A) (A)

Flat white **9**92 kcal Cappuccino 102 kcal Latte V 113 kcal 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)

Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit 129 kcal 71p Salted caramel brownie bar V 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 S jdwetherspoon.com

Decaffeinated tea and coffee available.

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

### INCLUDES A DRINK\* **Choose from over 150 drinks**



### **Breakfast**

8am - 12 noon

**Traditional** breakfast £4.99

Tea. coffee and hot chocolate Free refills

£1.56

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

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

£5.44

£6.97

### **Afternoon deals**

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips £6.09

alcoholic drink\* £7.62

### Steak Club

INCLUDES A DRINK •

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin soft drink\*

£9.67 £11.20

### Curry Club

INCLUDES A DRINK Thursday 11.30am - 11pm

Featuring the katsu curry range alcoholic drink\*

£7.91

£9.44

### 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.

LAVALLA





#### **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.



#### 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.

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.§







Small plates Any 3 for £14.93	
8" pizzas on a freshly baked sourdough base.	
8" pizzas on a freshly baked sourdough base.  Margherita © 578 kcal. Mozzarella, basil  Pepperoni 578 kcal. Mozzarella, pepperoni  Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket  BBQ chicken 558 kcal  Mozzarella, BBQ sauce, chicken breast, red onion, rocket  Roasted vegetable © 515 kcal  Mozzarella, mushroom, roasted pepper, courgette, onion, basil  Vegan roasted vegetable © 58 533 kcal	5.91 6.51 6.51 6.51 6.51 6.51
Mushroom, roasted pepper, courgette, onion, basil <b>BBQ jackfruit and vegan cheeze</b> /// ② 337 kcal  BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket <b>Spicy meat feast</b> /// 618 kcal  Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09 7.09
11" garlic pizza bread  772 kcal  Bao buns Traditional Asian steamed buns  Choose:  Spicy crunchy chicken  624 kcal. Spicy mayo, red onion, sliced chillies, corian	5.57 5.19
BBQ jackfruit © 335 416 kcal. Red onion, sliced chillies, coriander  Nachos // V 592 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies  Bowl of chips @ 964 kcal  Bowl of chips with curry sauce @ 1082 kcal  Cheesy chips V 1256 kcal  Loaded chips 1218 kcal. Cheese, maple-cured bacon, sour cream  NEW Mexican chips // V 1214 kcal  Cheese, guacamole, salsa, sour cream, sliced chillies	
Pizza chips © 1138 kcal. Pizza sauce, mozzarella Add: Pepperoni  (109 kcal) 1.53  Tomato & basil soup © 5550 341 kcal. White bloomer bread Vegan option available with vegan spread 6550 370 kcal	6.03 4.23
With any of the small plates below, choose one dip:  Sweet chilli	4.96 6.09 6.09 6.75 5.19

#### Deli Deals INCLUDES A DRINK •

8" pizzas on a freshly baked sourdough base. Choose any 8" pizza from the small plates section.

Wraps

Tuna mayo and Cheddar cheese 599 kcal BBQ jackfruit and vegan cheeze @ 516 kcal BBQ jackfruit, vegan cheese alternative Cheddar cheese and tomato V 532 kcal Wiltshire cured ham and Cheddar cheese 512 kcal

each alcoholic drink\* BBQ chicken, bacon and Cheddar cheese 572 kcal 7.23 each

soft drink\*

5.70

Shawarma chicken 749 kcal

Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

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

Southern-fried chicken and smoky chipotle mayo 639 kcal Cold chicken and sweet chilli sauce // 30 514 kcal

Fried halloumi-style cheese and sweet chilli sauce // 👽 738 kcal Tomato cucumher

Add: Chips @ (602 kcal); Salad @ (87 kcal) Tomato & basil soup (150 kcal); Spicy rice (208 kcal) 1.44 each

#### Jacket potatoes INCLUDES A DRINK •

With salad and one filling. Extra fillings 1.22 each. soft drink\* Tuna mayo 621 kcal 6.85 Coleslaw 578 kcal each Cheese V 531 kcal alcoholic drink\* Baked beans @ 501 kcal 8.38 Smoky vegan chilli // @ 588 5555 451 kcal each Roasted vegetables @ 500 \$100 402 kcal

Burgers INCLUDES A DRINK • Beef burgers made from 100% British beef. 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\* Classic beef burger 676 kcal 5.44 6.97 Iceberg lettuce, tomato, red onion each each Skinny beef burger (500) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips soft drink\* 6.04 American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 7.57 American-style mustard Double beef burgers Two 3oz beef 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 7.73 9.26 Double classic beef burger 1118 kcal each each Iceberg lettuce, tomato, red onion Double American cheese burger 1206 kcal soft drink\* 8.30 American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 9.83 American-style mustard Just-a-burger Served on its own, without chips or a drink. American burger 366 kcal. Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger / 459 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise NEW Spicy chicken strip burger ### 450 kcal Two southern-fried chicken strips, iceberg lettuce, Naga chilli mayo

**Meat-free burgers** Served with chips (602 kcal, included in Calories below). Fried halloumi-style cheese burger // W 1128 kcal Sweet chilli sauce Breaded vegetable burger V 1038 kcal Lentils carrot onion sweetcorn mushroom mozzarella

Beyond Burger™ @ 834 kcal. BEYOND MEAT plant-based patty

**Additional toppings** 

mature Cheddar cheese

Maple-cured bacon with Cheddar cheese 174 kcal 2.14 Maple-cured bacon with American-style cheese 160 kcal 2.14 Cheddar cheese **V** 83 kcal **1.52** Vegan cheeze slice **3** 57 kcal 1.52 Maple-cured bacon 91 kcal 1.52 Crunchy chicken strip ₱ 92 kcal 1.50 American-style cheese V 69 kcal 1.52

#### 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 / 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

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 5 739 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

Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Grilled chicken breast 1754 kcal; Fried buttermilk chicken 2039 kcal

Ultimate burger 1661 kcal

soft drink\* Two 3oz beef patties, maple-cured bacon, Cheddar cheese, 9.93 signature burger sauce, gherkin each Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze alcoholic drink\* Choose: Beef (two 3oz beef patties) 1565 kcal 11.46 Grilled chicken breast 1416 kcal: Fried buttermilk chicken 1702 kcal

**BBQ burger** Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal; Grilled chicken breast 1495 kcal Fried buttermilk chicken 1780 kcal

Smoky jackfruit burger @ 1523 kcal

BEYOND MEAT plant-based patty, BBQ jackfruit, vegan cheese alternative Fiesta burger @ 1360 kcal

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

Triple American cheese & bacon burger 1479 kcal soft drink\* 11.38 Three 3oz beef patties, American-style cheese, maple-cured bacon, alcoholic drink\* 12.91 red onion, gherkin, ketchup, American-style mustard

Chicken burgers

3.36

each

soft drink\*

7.73

alcoholic drink\*

9.26

each

soft drink\*

10.83

alcoholic drink

12.36

soft drink\*

8.68

each

alcoholic drink\*

10.21

Served with a small portion of chips (329 kcal, soft drink\* included in the Calories below). 5.44 each Crunchy chicken strip burger / 787 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink\* 6.97 NEW Spicy chicken strip burger FFF 778 kcal each Two southern-fried chicken strips, iceberg lettuce, Naga chilli mayo

Served with chips (602 kcal, included in Calories below). soft drink\* Fried buttermilk chicken burger 1254 kcal 7.73 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink\* Skinny chicken burger 388 kcal 9.26 each Grilled chicken breast with salad, instead of chips

Additional burger patties

3oz beef patty 169 kcal; Fried halloumi-style cheese ♥ 446 kcal Grilled chicken breast 187 kcal; Fried buttermilk chicken 473 kcal Breaded vegetable patty 257 kcal each **1.97** BEYOND MEAT patty @ 184 kcal

#### 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 8.73 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry 59 541 kcal alcoholic drink\* Sliced grilled chicken breast 10.26 Katsu Quorn™ nugget curry @ 685 kcal each Eight coated pieces

Classic curries With basmati pilau rice, plain naan and poppadums. soft drink\* 9.84 Mangalorean roasted cauliflower each & spinach curry **FF** @ 59 867 kcal Chicken tikka masala ## 1190 kcal alcoholic drink 11.37 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 // @ soft drink\* Choose: Basmati pilau rice 508 kcal: Chips 910 kcal 7.62 each Simple chicken tikka masala Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal alcoholic drink\* 9.15 Simple chicken jalfrezi

each

Choose: Basmati pilau rice 52 575 kcal; Chips 977 kcal Simple beef Madras

Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

11" pizzas includes a drink • On a freshly baked sourdough base. soft drink\* alcoholic drink\* Margherita V 939 kcal. Mozzarella, basil 8.68 10.21 Pepperoni // 1157 kcal. Mozzarella, pepperoni **Ham and mushroom** 1012 kcal, Mozzarella, ham, mushroom, rocket soft drink\* 9.84 BBQ chicken 1103 kcal each Mozzarella, BBQ sauce, chicken breast, red onion, rocket Roasted vegetable V 1029 kcal alcoholic drink\* Mozzarella, mushroom, roasted pepper, courgette, onion, basil 11.37 Vegan roasted vegetable @ 52 705 kcal each Mushroom, roasted pepper, courgette, onion, basil 11.02 12.55 BBQ jackfruit and vegan cheeze ### @ 873 kcal. BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket Spicy meat feast // 1220 kcal 12.55 11.02 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket **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 Chicken breast 94 kcal; Maple-cured bacon 91 kcal each 1.15 Pepperoni / 109 kcal; Roasted vegetables 135 kcal each **1.53** 

Small pub classics INCL	JDES A DRI	NK •
Fish and chips		lcoholic drink*
Small freshly battered cod and chips Peas 680 kcal or mushy peas 739 kcal	7.84	9.37
Small Whitby breaded scampi Four scampi, chips, peas 658 kcal or mushy peas 718 kcal.	7.84	9.37
Add: Two slices of bread ♥ (383 kcal) 1.34 Chip shop-style curry sauce ② (118 kcal) 1.46	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • •
Small Wiltshire cured ham, egg and chips 556 kcal	6.61	8.14
One slice of Wiltshire cured ham, fried egg  Small all-day brunch 666 kcal Sausage, bacon, fried egg, baked beans, chips	6.91	8.44
Small vegetarian all-day brunch V 596 kcal Two yegan sausages, fried egg, baked beans, chips	6.91	8.44

soft drink\* alcoholic drink\*

7.62

6.09

9.72

11.25

## Pub classics INCLUDES A DRINK

Afternoon deal

Mon - Fri, 2pm - 5pm

alcoholic drink\* Fish and chips Freshly battered cod and chips 🥏 10.08 11.61 Peas 1239 kcal or mushy peas 1298 kcal Whitby breaded scampi 10.08 11.61 Eight scampi, chips, peas 1195 kcal or mushy peas 1255 kcal. Add: Two slices of bread (V) (383 kcal) 1.34 Chip shop-style curry sauce (2) (118 kcal) 1.46 Steak & kidney pudding Peas, onion & red wine gravy 9.85 8.32 Choose: Chips 1223 kcal; Mashed potato 907 kcal Bangers and mash 950 kcal 8.32 9.85 Three Lincolnshire sausages, peas, onion & red wine gravy 9.85 8.32 Vegetarian bangers and mash **10** 667 kcal Three vegan sausages, peas, onion & red wine gravy 7.73 9.26 Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs Sausages, chips and beans 1170 kcal 7.73 9.26 Three Lincolnshire sausages 9.26 Vegan sausages, chips and beans @ 887 kcal 7.73 Three vegan sausages 8.32 9.85 Smoky vegan chilli // @ 529 kcal Soya mince, red peppers, red kidney beans, black turtle beans. haricot beans, in a smoky chipotle tomato sauce. Rice, tortilla chips All-day brunch 1213 kcal 9.72 11.25 Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51

Afternoon deal soft drink\* alcoholic drink\* Mon - Fri, 2pm - 5pm 7.27 8.80

Vegetarian all-day brunch V 1100 kcal

Three vegan sausages, two fried eggs, baked beans, chips

### Steaks and grills INCLUDES A DRINK •

Prime beef steaks from the UK and Ireland, matured for 21 days then seasoned with a steak-seasoning blend. Classic 8oz sirloin steak

Choose: Jacket potato 741 kcal soft drink\* alcoholic drink\* Mashed potato 745 kcal: Chips 1061 kcal 11.25 12.78 Mediterranean salad 657 kcal; Side salad 546 kcal

With peas, tomato, mushroom, three onion rings and a steak sauce. soft drink\* alcoholic drink\* Choose: Jacket potato 993 kcal 13.59 15.12 Mashed potato 997 kcal: Chips 1314 kcal

Add your choice of steak sauce: **Creamy peppercorn sauce** (74 kcal) Jack Daniel's® Tennessee Honey glaze (87 kcal) 1.82 each

Mediterranean salad 909 kcal; Side salad 798 kcal

Gourmet 8oz sirloin steak

Below meals are served with peas. soft drink\* alcoholic drink tomato and mushroom **BBQ** chicken melt 10.08 11.61 Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 52 803 kcal: Mashed potato 807 kcal Chips 1123 kcal; Mediterranean salad 719 kcal; Side salad 608 kcal 5oz gammon and egg 10.26 8.73 Choose: Jacket potato 🚳 610 kcal; Mashed potato 614 kcal Chips 930 kcal: Mediterranean salad 526 kcal: Side salad 6556 kcal 13.42 10oz gammon and eggs 11.89 Choose: Jacket potato 38 819 kcal; Mashed potato 824 kcal Chips 1140 kcal; Mediterranean salad 735 kcal; Side salad 625 kcal Mixed grill 11.89 13.42 Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kcal Chips 1513 kcal; Mediterranean salad 1108 kcal; Side salad 997 kcal Large mixed grill 13.65 15.18 Gammon, pork loin, rump, lamb, two sausages. fried egg, six onion rings Choose: Jacket potato 1686 kcal; Mashed potato 1690 kcal Chips 2006 kcal; Mediterranean salad 1602 kcal; Side salad 1491 kcal

### Salads pastas and noodles

INCLUDES A DRINK' soft drink\* alcoholic drink\* Ramen noodle bowl / @ 530 8336 kcal 8.90 10.43 Noodles, bean sprouts, shiitake mushroom, spring onion. carrot, pak choi, bamboo shoots, red onion, sliced chillies,

coriander, in a light broth Add: Grilled chicken breast (94 kcal) 1.15 Poached egg V (63 kcal) 93p 10.15 Burrito salad bowl V 657 kcal 8.62 Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, quacamole, sliced chillies Add: Fried buttermilk chicken (473 kcal) 1.97 Chicken breast (187 kcal) 1.97 Smoky vegan chilli // @ (248 kcal) 1.97 Grilled halloumi-style cheese 10.15 8.62 & roasted vegetable salad (V) (1800) 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing 11.00 Chicken & maple-cured bacon salad 9.47 Choose: Grilled chicken breast 53 535 279 kcal Southern-fried chicken breast strips 461 kcal 9.88 Mediterranean salad @ 58 583 334 kcal 8.35 Pearl barley, guinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing

Add: Grilled halloumi-style cheese (V) (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06; Roasted vegetables (307 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97 Pasta alfredo V 618 kcal 8.90 10.43 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 British beef & pancetta lasagne Choose: Side salad 780 kcal: Chins 1295 kcal

Adults need around 2000 kcal a day.§

11.00