Sides and extras

Bowl of chips 🥏 964 kcal (Add: Spicy seasoning 🥏 (8 kcal) 34p)			4.23	
Small bowl of chips @ 602 kcal			2.48	
Five chicken wings 🗾	402 kcal			3.34
Eight Whitby breaded sc	ampi 527 kcal			4.99
Grilled halloumi-style c	heese 🕐 446	kcal		1.97
Peas 🧭 130 kcal				94p
Mushy peas V 248 kcal				94p
Side salad 🤕 87 kcal				2.29
Mediterranean side sala	id 198 kcal			3.22
Roasted vegetables 🤕 🛙	35 kcal			1.53
Coleslaw V 399 kcal				1.40
Sliced chillies	🕽 3 kcal			88p
Chicken gravy 50 kcal				94p
Onion rings 🤕	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread 💟	8 '' 386 kcal	4.40	11 " 772 kcal	5.57
With cheese V	8 '' 461 kcal	4.98	11 " 922 kcal	6.44

Desserts

Vanilla ice cream (V) (555) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch 🔍 뻀 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie V (555) 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ (‱) 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes ♥ (‱) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
Fresh fruit () 58 (1999) 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake V 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie v 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich V 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble v 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 🖉 Vegan 🚳 5% fat or less 1 Dish under 500 Calories

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
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99
Small breakfast († 19 80) Fried egg, bacon, sausage, baked beans, hash brown	4.45
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast © 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59
Vegetarian breakfast 	4.99
Small vegetarian breakfast (V) (555) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45
Vegan breakfast @ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.85
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99

Breakfast extras

Add any of the following:		
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal
Quorn [™] sausage ⊘ 116 kcal	1.05	Two scrambled eggs 💟 136 kcal
Grilled halloumi-style cheese V 396 kcal	1.97	Fried egg 💟 56 kcal
Baked beans @ 126 kcal	93p	Poached egg V 63 kcal

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread 3.88 Sausage butty 713 kcal. Two sausages, buttered white bloomer bread 3.88 3.88 Quorn[™] sausage butty ♥ 609 kcal Two Quorn sausages, buttered white bloomer bread

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

,,,	
Egg & cheese muffin () (555) 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin ())) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin (500) 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin ♥ (555) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin ())) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin @ \$ \$600 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52 ; Poached egg V (63 kcal) 93p	4.01
Grilled halloumi-style cheese V (396 kcal) 1.97	
Add: Hash brown 🥥 (82 kcal) 46p	

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Mushroom Benedict 🔮 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
American-style pancakes	
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	4.99
Four pancakes, maple-flavour syrup. 🕐 🚳 554 kcal	4.30
Small American-style pancakes	0.57
Two pancakes, maple-cured bacon, maple-flavour syrup. 🐝 322 kcal Two pancakes, maple-flavour syrup. 文 🚳 🎆 277 kcal	3.54 3.25
Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.77
Beans on toast V 🕸 566 kcal. Buttered white bloomer toast	3.66
Small beans on toast (V 🚳 🐻) 251 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmalade (V) (1999) 496 kcal White bloomer bread	2.47
Fresh fruit @ 🕸 (500) 177 kcal Apple, banana, blueberries, strawberries	3.66
Porridge ♥ ☜ ☜ 252 kcal (plain) Add: Banana ∅ (101 kcal) 62p; Maple-flavour syrup ∅ (125 kcal) 34p Strawberries ∅ (14 kcal) 62p; Blueberries ∅ (17 kcal) 62p	2.09

Honey V (91 kcal) 34p

	1.57	Hash brown 🤕 82 kcal	46p
ıl	1.52	Two mushrooms @ 91 kcal	93p
	1.63	Two grilled tomato halves 🤕 16 kcal	52p
	93p	Slice of toast 🔇 191 kcal	1.13
	93p		

Breakfast wrap 739 kcal	4.36
Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap 🕐 835 kcal	4.36
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

-Tea, coffee and hot chocolate -

FREE TEA, COFFEE AND HOT CHOCOLATE - ALL DAY EVERY DAY -LAVAILA 🍘 🚇 **1.56** each

Walkers shortbread V 151 kcal 71p

Stem ginger biscuit V 123 kcal 71p

Belgian chocolate biscuit V 129 kcal 71p

Salted caramel brownie bar V 316 kcal 1.64

Biscuits

Flat white 💙 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 💟 147 kcal Espresso ⊘ 6 kcal Black coffee Ø 6 kcal White coffee V 24 kcal (Oat milk available 🕖 4 kcal) Hot chocolate 💟 169 kcal Tea Tetley with semi-skimmed milk 🔍 14 kcal (Oat milk available 🤕 4 kcal) Decaffeinated tea and coffee available.

for the facts

drinkaware.co.uk ട

STD 🗾

jdwetherspoon.com \neg

AND IR

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 guidance 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 ^OOffer (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. ¹¹Excluding 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 Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml)



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

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



Private John Fielding died in Cwmbran in 1932. His headstone, in St Michael's Churchyard, Llantarnam, was erected by his former regiment. His headstone records that, as Private John Williams, he received the Victoria Cross, at the defence of Rorke's Drift, during the Zulu War, on 22–23 January 1879. This heroic episode was immortalised in the 1961 film, Zulu, starring Stanley Baker and Michael Caine.

Breakfast 8am-12 noon	Traditional breakfast £4.99
Tea, coffee and hot chocolate Free refills	£1.56
	NK •
	- 5pm
	n – 11pm
Curry Chine INCLUDES ADRIN Thursday 11.30ar Featuring the katsu cursoft drink* \$off drink* \$\$e7.91	к [.] •/ •/ •/ •/ •/ •/ •/ •/ •/ •/ •/ •/ •/

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 0 1 2 3 4 5

Food hygiene rating We have been awarded

the maximum food hygiene rating of 5 in our pub.



100% UK and Irish beef Sourced from farms in the UK and Ireland. Traceable from farm



RSPCA

ASSURED

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 coffeet we serve is from Rainforest Alliance-certified farms.

Tea

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.§

to fork.





Scotland and Wales HOTELS Book direct for the best rates jdwetherspoon.com or on our app



Small plates Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.	
Margherita V (555) 470 kcal Mozzarella, basil	5.91
Pepperoni 💋 578 kcal Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable V 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable Ø 58 (555) 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast FFF 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
11" garlic pizza bread 🔍 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 Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup 💟 😵 📆 341 kcal White bloomer bread	4.23
With any of the small plates below, choose one dip: Sweet chilli ♥♥ @ 48 kcal; Sticky soy ♥ 100 kcal Naga chilli ♥♥♥ @ 136 kcal; Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal Chipotle mayo ♥♥♥ ♥ 150 kcal; Blue cheese ♥ 270 kcal	
Halloumi-style fries V (300 kcal	4.96
Chicken bites 508 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips / 559 kcal. Five chicken breast strips	
Chicken wings /// 804 kcal. Ten spicy chicken wings	6.75
Quorn [™] nuggets @ (555) 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.	
Paninis	
Tuna mayo and Cheddar cheese 599 kcal	
Cheddar cheese and tomato V 532 kcal	
Wiltshire cured ham and Cheddar cheese 512 kcal	soft drink* 5.70
BBQ chicken, bacon and Cheddar cheese 572 kcal	each
Wraps	alcoholic drink*
Quorn [™] nuggets @ 534 kcal Tomato, cucumber, salsa	7.23 each
Southern-fried chicken and smoky chipotle mayo	
Cold chicken and sweet chilli sauce 🎢 🚳 514 kcal	

Fried halloumi-style cheese and sweet chilli sauce **FF** V 738 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

With salad and one filling. Extra fillings 1.22 each.	
Tuna mayo 621 kcal	soft drink*
Coleslaw 💟 578 kcal	6.85 each
Cheese 🕐 531 kcal	alcoholic drink*
Baked beans 🥏 😳 501 kcal	8.38
Five-bean chilli 卢 🧭 🧐 🖏 🖏 431 kcal	each
Roasted vegetables 🧭 🥸 🗺 402 kcal	

om 100% British beef.

Burgers Includes a drink		
•		ourgers mad
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink*	
Classic beef burger 676 kcal	5.44	alcoholic drink* 6.97
Iceberg lettuce, tomato, red onion	each	each
Skinny beef burger (500) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, inste	ad of chips	
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 6.04 lic drink* 7.57
Double beef burgers Two 30z 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 Iceberg lettuce, tomato, red onion	each	each
Double American cheese burger 1206 kcal		oft drink* 8.30
American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 8.30 lic drink* 9.83
Just-a-burger		
Served on its own, without chips or a drink.		each 3.36
American burger (555) 366 kcal Red onion, gherkin, ketchup, American-style mustard		
Crunchy chicken strip burger 🖊 ໜ 459 kc	al	
Two southern-fried chicken strips, iceberg lettuce, mayon		
Additional toppings and burger patties	5	
Maple-cured bacon with Cheddar cheese 174 kg		2.14
Maple-cured bacon with American-style chee	se 160 kcal	2.14
Cheddar cheese 💟 83 kcal		1.52
American-style cheese 💟 69 kcal		1.52
Maple-cured bacon 91 kcal		1.52
Crunchy chicken strip 🖉 92 kcal		1.50
3oz beef patty 169 kcal Fried halloumi-style cheese V 446 kcal		
Grilled chicken breast 187 kcal		
Fried buttermilk chicken 473 kcal		each 1.97
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 / Char-grilled in a lemon & herb glaze	
Coleslaw, garlic & herb dip	soft drink*
Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal Side salad 978 kcal; Mediterranean salad 1089 kcal	10.83 each
Hot and spicy PPP Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*
Coleslaw, Naga chilli dip	12.36
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	each
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 🕬 Eight wings, coleslaw, Naga chilli dip	1
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	soft drink*
Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 🚳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	8.68 each
Southern-fried chicken strips basket /	alcoholic drink*
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	10.21
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	each
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	

Gourmet burgers 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 alcoholic drink* Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze 11.46 Choose: Beef (two 3oz beef patties) 1565 kcal each 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 Fiesta burger ⊘ 1462 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion Triple American cheese & bacon burger 1479 kcal soft drink* 11.38 Three 3oz beef patties, American-style cheese, alcoholic drink* 12.91 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). soft drink* 5.44 Crunchy chicken strip burger **787** kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 6.97 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 58 (555) 388 kcal 9.26 each Grilled chicken breast with salad, instead of chips **Meat-free burgers** soft drink* Served with chips (602 kcal, included in Calories below). 7.73 Fried halloumi-style cheese burger **//** 🛛 1128 kcal each Sweet chilli sauce alcoholic drink* Breaded vegetable burger V 1038 kcal 9.26 Lentils, carrot, onion, sweetcorn, mushroom, mozzarella,

Beyond Burger[™] Ø 834 kcal. 🞧 BEYOND MEAT plant-based patty

Curries Includes A DRINK

mature Cheddar cheese

Katsu curries With a mild Japanese-style katsu curry sauc	ce,
Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet Katsu grilled chicken curry ഈ 541 kcal Sliced grilled chicken breast Katsu Quorn [™] nugget curry @ 685 kcal Eight coated pieces	soft drink* 8.73 each alcoholic drink* 10.26 each
Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower & spinach curry // @ 3867 kcal Chicken tikka masala // 1190 kcal Chicken jalfrezi /// 3935 kcal Beef Madras // 1043 kcal	soft drink* 9.84 each alcoholic drink* 11.37 each
Change your plain naan to a garlic naan 💟 (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 \$575 kcal; Chips 977 kcal	soft drink* 7.62 each alcoholic drink* 9.15 each
onoose: Dasman phan mee 🦥 5/5 ktal; onps /// ktal	

Simple beef Madras Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

11" pi **On a fres**

Margherit Pepperon Ham and r Mozzarella, ha **BBQ** chick Mozzarella, BE Roasted v Mozzarella, m

Vegan roa Mushroom, roa Spicy mea

Mozzarella, ha

Red onion 🥝 1

Smal

Fish and Small fres Peas 680 kcal Small Whi Chips, peas 65 Four Whitby br

Add: Two slice Chip shop-sty Small Wilt egg and ch One slice of Wi Small all-Sausage, baco Small vege Two Quorn sau

Afte Mon - F Choose fr

each

Fish and Freshly ba Peas 1239 kcal Whitby bre Chips, peas 119 Eight Whitby br

Add: Two slice: Chip shop-sty

Steak & ki

Peas, onion & r Choose: Chips **Bangers** a Three Lincolns Vegetarian Three Quorn sa Wiltshire c Two slices of W Sausages, Three Lincolns Vegan sau Three Quorn sa Five-bean All-day bru Two sausages Add: Two slices Vegetarian

Three Quorn sa After Mon - F

ZZAS INCLUDES A DRINK	(* • 4 • •	
hly baked sourdough base. ta 🔇 939 kcal. Mozzarella, basil	soft drinl 8.68	alcoholic drir 10.2 ²
ni 🍠 1157 kcal. Mozzarella, pepperoni mushroom 1012 kcal		
am, mushroom, rocket ken 1103 kcal BQ sauce, chicken breast, red onion, rocket	soft drink* 9.84 each	alcoholic drink* 11.37 each
regetable V 1029 kcal nushroom, roasted pepper, courgette, onion, H	pasil	
asted vegetable Ø 🚳 705 kcal vasted pepper, courgette, onion, basil		
at feast //// 1220 kcal am, pepperoni, chicken breast, sliced chillies	11.02 , rocket	2 12.5

Additional toppings

Red onion @ 10 kcal; Sliced chillies ######@ 3 kcal; Mushroom @ 6 kcal e	
Garlic & herb dip 🥥 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal	
Chicken breast 94 kcal; Maple-cured bacon 91 kcal er	each 1.15
Pepperoni 🎢 109 kcal; Roasted vegetables 🥥 135 kcal ea	ach 1.53

l pub classics INC		RINK* •
chips		
shly battered cod and chips 🤣 or mushy peas 739 kcal	7.84	9.37
itby breaded scampi 18 kcal or mushy peas 718 kcal. readed scampi	7.84	9.37
es of bread 🔍 (383 kcal) 1.34 Ile curry sauce 🧭 (118 kcal) 1.46		
tshire cured ham, hips (55) kcal iltshire cured ham, fried eqq	6.61	8.14
day brunch 666 kcal on, fried egg, baked beans, chips	6.91	8.44
etarian all-day brunch ♥ 680 kcal usages, fried egg, baked beans, chips	6.91	8.44
rnoon deal	soft drink*	alcoholic drink*

	SULLULIIK	alconolic urink
r i, 2pm – 5pm n the above small pub classic meals.	6.09	7.62
rr		

Pub classics INCLUDES A DRINK

	soft drink	* alcoholic drink*
chips		
attered cod and chips 🥝	10.08	11.61
l or mushy peas 1298 kcal	40.00	
eaded scampi 95 kcal or mushy peas 1255 kcal.	10.08	11.61
readed scampi		
es of bread 💟 (383 kcal) 1.34	•••••	••••••
rle curry sauce 🥥 (118 kcal) 1.46		
dney pudding	8.32	9.85
red wine gravy		
1223 kcal; Mashed potato 907 kcal		
ind mash 950 kcal	8.32	9.85
shire sausages, peas, onion & red wine gravy n bangers and mash (V) 793 kcal	8.32	9.85
ausages, peas, onion & red wine gravy	0.02	7.00
cured ham, eggs and chips 856 kca	l 7.73	9.26
Niltshire cured ham, two fried eggs		
, chips and beans 1170 kcal shire sausages	7.73	9.26
isages, chips and beans 🧭 1013 kca	7.73	9.26
ausages		
chilli / Ø 🥺 590 kcal. Rice, tortilla chips	8.32	9.85
unch 1213 kcal	9.72	11.25
, bacon, two fried eggs, baked beans, chips		
es of black pudding (355 kcal) 1.51 n all-day brunch V 1126 kcal	9.72	11.25
ausages, two fried eggs, baked beans, chips	7.72	11.25
rnoon deal	soft drink*	alcoholic drink*
ri, 2pm - 5pm	7.27	8.80
m the above pub classic meals.	,,	0.00

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.

ior Er days men seasoned with a steak	Scusoning	bicitu.
Classic 8oz sirloin steak Choose: Jacket potato 741 kcal Mashed potato 745 kcal; Chips 1061 kcal Mediterranean salad 657 kcal; Side salad 546 kcal	soft drink* 11.25	alcoholic drink* 12.78
Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings and a steak sauce. Choose: Jacket potato 993 kcal Mashed potato 997 kcal; Chips 1314 kcal Mediterranean salad 909 kcal; Side salad 798 kcal Add your choice of steak sauce: Creamy peppercorn sauc Jack Daniel's® Tennessee Honey glaze V (87 kcal) 1.82		alcoholic drink* 15.12
Below meals are served with peas, tomato and mushroom. BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 😵 803 kcal; Mashed potato 807 k Chips 1123 kcal; Mediterranean salad 719 kcal; Side sala		
5oz gammon and egg Choose: Jacket potato 🕸 610 kcal; Mashed potato 614 kc Chips 930 kcal; Mediterranean salad 526 kcal; Side salar		
10oz gammon and eggs Choose: Jacket potato 🕸 819 kcal; Mashed potato 824 k Chips 1140 kcal; Mediterranean salad 735 kcal; Side sala		13.42
Mixed grill Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kca Chips 1513 kcal; Mediterranean salad 1108 kcal; Side sal		13.42
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings Choose: Jacket potato 1686 kcal; Mashed potato 1690 kc Chips 2006 kcal; Mediterranean salad 1602 kcal; Side sa		15.18

Salads and pastas INCLUDES A DRINK

parado ana pastas mere		
	soft drink* al	coholic drink*
Burrito salad bowl (*) 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97	8.62	10.15
Five-bean chilli 🖉 💟 (119 kcal) 1.97		
Grilled halloumi-style cheese & roasted vegetable salad V (1997) 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast 30 (666) 279 kcal Southern-fried chicken breast strips (666) 461 kcal	9.47	11.00
Mediterranean salad ⊘ ⊗ ∞ 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese ♥ (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06 Roasted vegetables ⊘ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97	8.35	9.88
Pasta alfredo ♥ 618 kcal 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	8.90	10.43
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	9.47	11.00
Adults need around 2000 kcal a day.§		