Sides and extras

Bowl of chips @ 964 kcal (A	Add: Spicy seasoning 🥏 (8	3 kcal) 34p)	4.31
Small bowl of chips @ 60	2 kcal		2.57
Five chicken wings	402 kcal		3.34
Eight Whitby breaded sca	ampi 527 kcal		4.99
Grilled halloumi-style ch	neese 🤍 446 kcal		1.97
Peas 🥏 130 kcal			94p
Mushy peas V 248 kcal			94p
Side salad @ 87 kcal			2.29
Mediterranean side salad @ 198 kcal			3.22
Roasted vegetables @ 13	5 kcal		1.53
Coleslaw 🛡 399 kcal			1.40
Sliced chillies	3 kcal		88p
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 ♥ ♥ 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.91
Cookie crunch ♥ ♥ 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.91
Mini warm chocolate brownie V 555 435 kcal Belgian chocolate sauce, vanilla ice cream	3.13
Mini warm cookie dough sandwich ♥ (555) 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.13
Fresh fruit 👽 😵 😘 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.79
Warm chocolate fudge cake 👽 913 kcal. Vanilla ice cream	5.59
Warm chocolate brownie ◎ 736 kcal Belgian chocolate sauce, vanilla ice cream	5.59
Warm cookie dough sandwich ♥ 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.59
British Bramley apple crumble ♥ 830 kcal Vanilla ice cream	5.90

Vanilla ice cream scoop V (135 kcal) 94p Belgian chocolate sauce (V) (61 kcal) 42p Toffee sauce (74 kcal) 42p Banana (a) (101 kcal) 62p Strawberries @ (14 kcal) 62p Blueberries (a) (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 📆 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	7.58	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.07
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.89	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.07
Small breakfast 👑 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	wn 5.33 Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black p		6.07
Add: Two slices of black pudding (355 kcal) 1.51		Hollandaise sauce, rocket Scrambled egg on toast V 570 kcal	4.50
Large vegetarian breakfast 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.58	Three eggs, buttered white bloomer toast	4.50
		Beans on toast ♥ 🕸 566 kcal. Buttered white bloomer toast	3.91
Vegetarian breakfast V 816 kcal	5.89	Small beans on toast (V) (SS) (251) kcal Buttered white bloomer toast	2.74
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Two slices of toast with jam or marmalade ♥ \$\$\text{\$\exititt{\$\text{\$\text{\$\text{\$\text{\$\text{\$\texititt{\$\text{\$\texitt{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\t	2.72
Small vegetarian breakfast ♥ (555) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.33	Fresh fruit	3.91
Vegan breakfast ⊘ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.49	Porridge (*) (50) (152) 252 kcal (plain) Add: Banana (*) (101 kcal) 62p Strawberries (*) (14 kcal) 62p	2.09
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.33	Blueberries ⊘ (17 kcal) 62p Honey ♡ (91 kcal) 34p	

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
Quorn [™] sausage ② 116 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves 🕢 16 kcal	52p
Grilled halloumi-style cheese ♥ 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

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.50
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.50
Quorn [™] sausage butty ♡ 609 kcal	4.50
Two Quorn sausages, buttered white bloomer bread	

Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	5.08
Vegetarian breakfast wrap ♥ 835 kcal	5.08
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin ♥ \$35 249 kcal Fried egg, American-style cheese, in an English muffin	3.9
Egg & bacon muffin 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.3
Egg & sausage muffin 366 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.38
Egg & Quorn™ sausage muffin ♥ (%66) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.3
Breakfast muffin (505) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.6
Add: Hash brown (62 kcal) 46p	••••

-Tea, coffee and hot chocolate-



Flat white **1** 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee V 24 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.

Biscuits

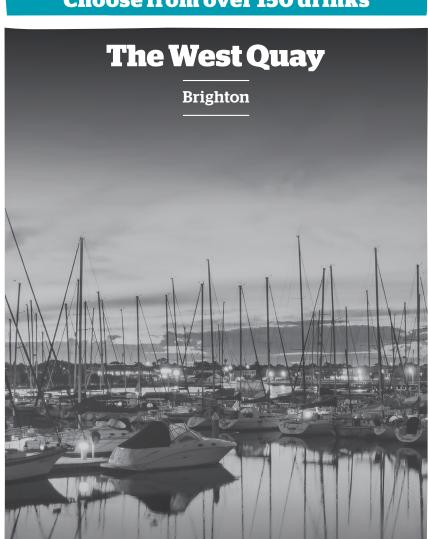
Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

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 ♀ jdwetherspoon.com ⊃

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

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



Breakfast

8am - 12 noon

Traditional breakfast £5.89

Tea. coffee and hot chocolate Free refills

£1.56

Burger meals INCLUDES A DRINK'

Featuring 3oz American burger soft drink* alcoholic drink*

£6.32 £8.08

Afternoon deals

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips alcoholic drink*

£6.98

£8.74

Steak Club

INCLUDES A DRINK • Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* £11.99 £13.75

Curry Club

INCLUDES A DRINK Thursday 11.30am - 11pm

Featuring the katsu curry range alcoholic drink*

£10.15

£11.91

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

Formerly a pub called Jackson's Wharf, this large two-storey building takes its name from its location on the marina's west quay. Located at the foot of the cliffs at Black Rock, east of

the city centre, Brighton Marina was officially opened in 1979. The marina has since been developed in stages, acquiring its first public house (The Master Mariner) in 1987. Jackson's

Wharf was granted planning permission in December 1998 and began trading soon after.



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.





Arabica Lavazza coffee^t we serve is from Rainforest

Alliance-certified farms. The Tetley tea we serve also

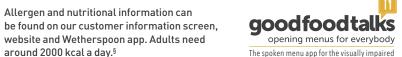
comes from Rainforest

The freshly ground 100%



Alliance-certified farms. Tetley is a member of the Ethical Tea Partnership

(ETP), aiming to improve tea sustainability.







Mozzarella, basil	5.13 5.70
Mozzarella, basil Pepperoni F 578 kcal 6	
	.70
riozzarowa, popporom	
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	.70
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	.70
Roasted vegetable \$\infty\$ 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	.70
	.70
• • • • • • • • • • • • • • • • • • • •	.29
	.57
	.18
·	.31
·	.95
Cheesy chips ♥ 1256 kcal 5.	.50
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	.40
Sweet chilli 48 kcal Sticky soy 100 kcal Naga chilli 3136 kcal Jack Daniel's® Tennessee Honey glaze 87 kcal Chipotle mayo 150 kcal Blue cheese 270 kcal	
	.28
3,000,000	.40
	.40
'	.08
Quorn™ nuggets 331 kcal 5. Eight coated pieces	.28
Deli Deals [®] INCLUDES A DRINK:	
8" pizzas on a freshly baked sourdough base.	
Choose any 8" pizza from the small plates section.	
Paninis	
Cheddar cheese and tomato V 532 kcal	
Wiltshire cured ham and Cheddar cheese 512 kcal soft drink 6.56	*
BBQ chicken, bacon and Cheddar cheese 572 kcal	-1 *
Wraps Quorn™ nuggets ∅ 534 kcal Tomato, cucumber, salsa	nk*

Southern-fried chicken and smoky chipotle mayo FFF 639 kcal

Fried halloumi-style cheese and sweet chilli sauce // 🖸 738 kcal Tomato, cucumber

Chips (602 kcal) Salad (87 kcal) Spicy rice (208 kcal) 1.44 each

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

each

each **4.05**

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* 6.32 8.08 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* 6.91 American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 8.67 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 8.59 10.35 Double classic beef burger 1118 kcal each Iceberg lettuce, tomato, red onion

soft drink* 9.17 Double American cheese burger 1206 kcal alcoholic drink* 10.93 American-style cheese, red onion, gherkin, ketchup, 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

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 Grilled chicken breast 187 kcal each **1.97** Fried buttermilk chicken 473 kcal BEYOND MEAT patty @ 184 kcal

Curries Includes A DRINK •

 ${\color{red}\textbf{Katsu curries}} \ \textbf{With a mild Japanese-style katsu curry sauce,}$

coconut-flavour rice, sliced chillies and coriander soft drink* Katsu chicken curry 826 kcal 9.60 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry @ 541 kcal alcoholic drink* Sliced grilled chicken breast 11.36 Katsu Quorn[™] nugget curry @ 685 kcal each Eight coated pieces

Classic curries With basmati pilau rice, plain naan and poppadums soft drink* 10.72 Mangalorean roasted cauliflower each & spinach curry // @ 38 867 kcal alcoholic drink* Chicken tikka masala // 1190 kcal 12.48 Chicken jalfrezi / 935 kcal each Beef Madras /// 1043 kcal

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

Jacket potatoes INCLUDES A DRINK'

With salad and one filling. Extra fillings 1.30 each

soft drink* Coleslaw V 578 kcal 7.72 Cheese V 531 kcal each Baked beans @ 501 kcal alcoholic drink* Five-bean chilli / @ 58 688 431 kcal 9.48 Roasted vegetables @ 598 5555 402 kcal

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

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 Choose: Beef (two 3oz beef patties) 1565 kcal 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,

Triple American cheese & bacon burger 1479 kcal soft drink* 12.25 Three 3oz beef patties, American-style cheese, alcoholic drink* 14.01 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* 6.32 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 8.08

Served with chips (602 kcal, included in Calories below). soft drink* Fried buttermilk chicken burger 1254 kcal 8.59 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink* Skinny chicken burger 388 kcal 10.35 each Grilled chicken breast with salad, instead of chips

Meat-free burgers Served with chips (602 kcal, included in Calories below).

Fried halloumi-style cheese burger // V 1128 kcal Sweet chilli sauce

BEYOND MEAT plant-based patty

soft drink* 8.59 each alcoholic drink* 10.35 each

soft drink*

11.72

alcoholic drink

13.48

each

soft drink*

9.55

each

alcoholic drink*

11.31

soft drink*

10.80

each

alcoholic drink

12.56

each

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 Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Side salad 978 kcal

Mediterranean salad 1089 kcal Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dir

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

Chicken baskets

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

Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 3 739 kcal; Chips 1133 kcal; Side salad 618 kcal

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

Salads and pastas INCLUDES A DRINK

soft drink* alcoholic drink* Chicken & maple-cured bacon salad 10.32 12.08 Choose: Grilled chicken breast 53 (1987) 279 kcal Southern-fried chicken breast strips 600 461 kcal Mediterranean salad @ 53 (555) 334 kcal 9.19 10.95 Pearl barley, guinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese V (396 kcal) 1.97 Roasted vegetables @ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97 Pasta alfredo V 618 kcal 11.51 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach sun-dried tomato, basil, rocket Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52 12.08 British beef & pancetta lasagne 10.32

Small pub classics INCLUDES A DRINK ... soft drink* alcoholic drink

Fish and chips Small freshly battered cod and chips 🥏 8.73 10.49 Peas 680 kcal or mushy peas 739 kcal Small Whitby breaded scampi 8.73 10.49 Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi Add: Two slices of bread (383 kcal) 1.34 Chip shop-style curry sauce (118 kcal) 1.46 Small Wiltshire cured ham. 7.50

9.26 egg and chips (500) 455 kcal One slice of Wiltshire cured ham, fried egg 9.55 Small all-day brunch 666 kcal 7.79 Sausage, bacon, fried egg, baked beans, chips 9.55 Small vegetarian all-day brunch @ 680 kcal 779

Afternoon deal

Two Quorn sausages, fried egg, baked beans, chips

Choose: Side salad 780 kcal; Chips 1295 kcal

soft drink* alcoholic drink* Mon - Fri, 2pm - 5pm 6.98 8.74

soft drink* alcoholic drink*

Pub classics includes a drink

Fish and chips Freshly battered cod and chips 🕖 10.95 12.71 Peas 1239 kcal or mushy peas 1298 kcal Whitby breaded scampi 10.95 12.71 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 (a) (118 kcal) 1.46 8.61 10.37 Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs Sausages, chips and beans 1170 kcal 8.61 10.37 Three Lincolnshire sausages Vegan sausages, chips and beans @ 1013 kcal 10.37 8.61 Three Quorn sausages Five-bean chilli / @ 590 kcal. Rice, tortilla chips 9.20 10.96

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

Afternoon deal Mon - Fri, 2pm - 5pm

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

soft drink* alcoholic drink 8.14 9.90

10.61

10.61

12.37

12.37

11" pizzas Includes a drink",]	
On a freshly baked sourdough base.	soft drink*	alcoholic drink*
Margherita ♥ 939 kcal. Mozzarella, basil	9.55	
Pepperoni 1157 kcal. Mozzarella, pepperoni Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket BBQ chicken 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket Roasted vegetable 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		soft drink* 10.72 each alcoholic drink* 12.48 each
Vegan roasted vegetable © 50 705 kcal Mushroom, roasted pepper, courgette, onion, basil Spicy meat feast /// 1220 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rock		
Additional toppings Red onion ⊚ 10 kcal Sliced chillies ♥♥♥♥♥ ⊚ 3 kcal Mushroom ⊚ 6 kcal		each 88p
Garlic & herb dip		each 1.15
Pepperoni		each 1.53

Steaks and grills INCLUDES A DRINK •

soft drink*

soft drink*

14.48

14.53

12.13

alcoholic drink*

13.89

alcoholic drink*

16.24

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: Chips 1061 kcal Mediterranean salad 657 kcal; Side salad 546 kcal

Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings and a steak sauce. Choose:

Jacket potato 993 kcal; Chips 1314 kcal Mediterranean salad 909 kcal: Side salad 798 kcal

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

Below meals are served with peas, tomato and mushroom.	soft drink*	alcoholic drink
BBQ chicken melt	10.95	12.71
Grilled chicken, Cheddar cheese, bacon, BBQ sauce		
Choose:		
Jacket potato 🥸 803 kcal; Chips 1123 kcal		
Mediterranean salad 719 kcal; Side salad 608 kcal		
Mixed grill	12.78	14.54
Gammon, pork loin, rump, lamb, sausage		

Choose: Jacket potato 1192 kcal; Chips 1513 kcal Mediterranean salad 1108 kcal: Side salad 997 kcal

Large mixed grill Gammon, pork loin, rump, lamb, two sausages.

fried egg, six onion rings Choose:

Jacket potato 1686 kcal; Chips 2006 kcal Mediterranean salad 1602 kcal; Side salad 1491 kcal

Adults need around 2000 kcal a day.§

16.29