# wetherspoon hotels

In England, Ireland, Scotland and Wales

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# ALLERGEN AND NUTRITIONAL INFORMATION

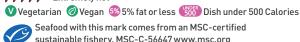
This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- 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

# 8am - 12 noon

<b>Large breakfast</b> 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	7.43	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.92
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.75	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.92
Small breakfast \varpi 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	5.19	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.92
Add: Two slices of black pudding (355 kcal) 1.51		Scrambled egg on toast <b>v</b> 570 kcal	4.36
Large vegetarian breakfast 👽 1206 kcal	7.43	Three eggs, buttered white bloomer toast	
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		Beans on toast 👽 🥸 566 kcal. Buttered white bloomer toast	3.77
Vegetarian breakfast ♥ 816 kcal	5.75	Small beans on toast <b>()</b> (30) 251 kcal Buttered white bloomer toast	2.62
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Two slices of toast with jam or marmalade ♥  \$\infty\$ 496 kcal White bloomer bread	2.58
Small vegetarian breakfast ♥ (555) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.19	Fresh fruit @ 😵 ; 177 kcal Apple, banana, blueberries, strawberries	3.77
<b>Vegan breakfast ⊘</b> 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.36	<b>Porridge ♥ ॐ ॐ</b> 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	5.19	Blueberries <b>②</b> (17 kcal) <b>62p</b> Honey <b>②</b> (91 kcal) <b>34p</b>	

# **Breakfast extras**

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™ sausage ⊘</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 rashers of back bacon 99 kcal	1.57	Hash brown @ 82 kcal	46p		

# **Breakfast butties and wraps**

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

<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.93
Vegetarian breakfast wrap ♥ 835 kcal	4.93
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

# **Breakfast muffin deal**

Add: Hash brown @ (82 kcal) 46p

Includes tea, coffee or hot chocolate. Free refills

gg & cheese muffin 👽 🚟 249 kcal ed egg, American-style cheese, in an English muffin	3.7
gg & bacon muffin 😘 298 kcal ed egg, bacon, American-style cheese, in an English muffin	4.2
gg & sausage muffin 📆 417 kcal ed egg, sausage, American-style cheese, in an English muffin	4.2
<b>gg &amp; Quorn™ sausage muffin ⊘ (%%)</b> 364 kcal ed egg, Quorn sausage, American-style cheese, in an English muffin	4.2
reakfast muffin (555) 466 kcal ed egg, sausage, bacon, American-style cheese, in an English muffin	4.4

# -Tea, coffee and hot chocolate $\neg$



HOT CHOCOLATE - ALL DAY EVERY DAY -

LAVATIA (2) (100)

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 with semi-skimmed milk **V** 14 kcal (Oat milk available @ 4 kcal)

Decaffeinated tea and coffee available.

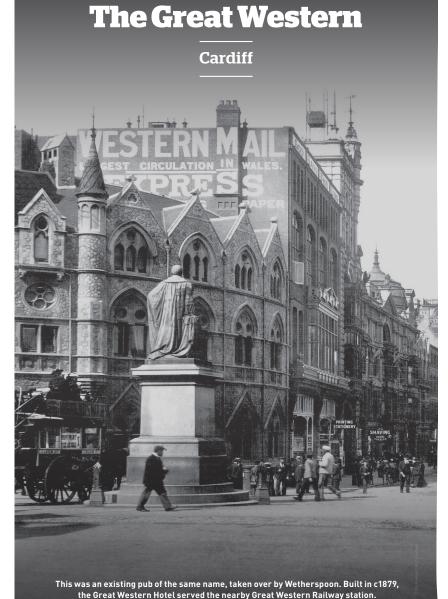
Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

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  $\supset$ 

# FOOD

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



# **Breakfast**

8am - 12 noon

Tea. coffee and hot chocolate Free refills

£1.56

**Traditional** 

breakfast

# **Burger meals** INCLUDES A DRINK

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

£6.61

£8.14

alcoholic drink\*

# **Afternoon deals**

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

£7.27

£8.80

# Curry Club INCLUDES A DRINK

Thursday 11.30am - 11pm

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

£9.07

£10.60

# INCLUDES A DRINK\* • 1

**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.



# LAVAZZA 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.



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Small plates Any 3 for £17.78 8" pizzas on a freshly baked sourdough base.	5
Margherita V 3333 470 kcal Mozzarella, basil	6.61
Pepperoni // 578 kcal Mozzarella, pepperoni	7.20
<b>Ham and mushroom</b> 505 kcal Mozzarella, ham, mushroom, rocket	7.20
<b>BBQ chicken</b> 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.20
<b>Roasted vegetable </b> ♥ 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.20
<b>Vegan roasted vegetable 3 SO SOOTO</b> 353 kcal Mushroom, roasted pepper, courgette, onion, basil	7.20
Spicy meat feast /// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.80
11" garlic pizza bread 🔮 772 kcal	5.57
Nachos ♥♥♥ ♥ 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	6.09
Bowl of chips @ 964 kcal	4.23
Bowl of chips with curry sauce @ 1082 kcal	5.86
Cheesy chips ♥ 1256 kcal	5.41
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.31
With any of the small plates below, choose one dip:  Sweet chilli	
Halloumi-style fries ♥ (555) 396 kcal	5.19
<b>Chicken bites</b> 298 kcal Ten battered chicken breast pieces	6.31
Southern-fried chicken strips    ✓ 555 459 kcal  Five chicken breast strips	6.31
Chicken wings /// 804 kcal Ten spicy chicken wings	6.99
Quorn™ nuggets    331 kcal Eight coated pieces	6.03

# Deli Deals INCLUDES A DRINK •

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

Cheddar cheese and tomato V 532 kcal Wiltshire cured ham and Cheddar cheese 512 kcal

soft drink\*

6.85

each

alcoholic drink\*

8.38

each

BBQ chicken, bacon and Cheddar cheese 572 kcal

# Wraps

**Quorn**<sup>™</sup> **nuggets ②** 534 kcal. Tomato, cucumber, salsa

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. Beef burgers One 3oz beef patty.

soft drink\*

8.88

each

alcoholic drink\*

10.41

each

each 4.51

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\* 6.61 8.14 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\* 7.20 American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 8.73 American-style mustard

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

Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion

Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup,

soft drink\* 9.46 alcoholic drink\* 10.99 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 V 83 kcal 1.52 American-style cheese V 69 kcal 1.52 1.52 Maple-cured bacon 91 kcal 1.50

Crunchy chicken strip # 92 kcal 3oz beef patty 169 kcal Fried halloumi-style cheese 446 kgal 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 9.90 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry 68 541 kcal alcoholic drink\* Sliced grilled chicken breast 11.43 Katsu Quorn<sup>™</sup> nugget curry **②** 685 kcal Eight coated pieces

Classic curries With basmati pilau rice, plain naan and poppadums soft drink\* 11.02 Mangalorean roasted cauliflower & spinach curry // @ 59867 kcal each alcoholic drink\* Chicken tikka masala // 1190 kcal 12.55 Chicken jalfrezi / 935 kcal each

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

Beef Madras /// 1043 kcal

# Jacket potatoes INCLUDES A DRINK •

With salad and one filling. Extra fillings 1.22 each

soft drink\* Coleslaw V 578 kcal 8.01 Cheese V 531 kcal each Baked beans @ 501 kcal alcoholic drink\* Five-bean chilli / @ 58 688 431 kcal 9.54 each 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,

# Tennessee burger

signature burger sauce, gherkin Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze

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, couraette, onion

Triple American cheese & bacon burger 1479 kcal soft drink\* 12.54 Three 3oz beef patties, American-style cheese, alcoholic drink\* 14.07 maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

Chicken burgers Served with a small portion of chips

alcoholic drink\* soft drink\* (329 kcal, included in the Calories below). 6.61 8.14 Crunchy chicken strip burger 787 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Served with chips (602 kcal, included in Calories below). Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast filler

**Meat-free burgers** Served with chips

(602 kcal, included in Calories below) Beyond Burger<sup>™</sup> @ 834 kcal BEYOND MEAT plant-based patty

alcoholic drink\* soft drink\* 8.88 10.41 each each

alcoholic drink\*

soft drink\*

12.01

alcoholic drink

13.54

each

soft drink\*

9.84

each

alcoholic drink\*

11.37

10.41

soft drink\*

11.09

each

alcoholic drink\*

12.62

each

Fried halloumi-style cheese burger // W 1128 kcal

soft drink\*

8.88

# 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

Chicken bites basket

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

Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 3 739 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

# Salads and pastas includes a drink • • •

soft drink\* alcoholic drink Chicken & maple-cured bacon salad 10.60 12.13 Chicken breast 53 (1905) 279 kcal Southern-fried chicken breast strips 6500 461 kcal 9.47 11.00 Mediterranean salad @ 5% 5555 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Roasted vegetables @ (135 kcal) 1.53 Pasta alfredo V 618 kcal 10.03 11.56 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach sun-dried tomato, basil, rocket Add: Chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52

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

British beef & pancetta lasagne

Choose-

Side salad 780 kcal

Chips 1295 kcal

Fish and chips Small freshly battered cod and chips @ 9.01 10.54 Peas 680 kcal or mushy peas 739 kcal Small Whitby breaded scampi 10.54 9.01 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 (a) (118 kcal) 1.46

Small Wiltshire cured ham. 7.80 9.33 egg and chips (500) 455 kcal One slice of Wiltshire cured ham, fried equ Small all-day brunch 666 kcal 9.62 8.09

Sausage, bacon, fried egg, baked beans, chips Small vegetarian all-day brunch V 680 kcal 8.09 9.62 Two Quorn sausages, fried egg, baked beans, chips

# Afternoon deal

Mon - Fri, 2pm - 5pm hoose from the above small pub classic mea

soft drink\* alcoholic drink\* 7.27 8.80

11.02

12.43

12.43

9.97

10.90

10.60

12.13

# Pub classics includes a drink

soft drink\* alcoholic drink\* Fish and chips Freshly battered cod and chips 🕖 11.25 12.78 Peas 1239 kcal or mushy peas 1298 kcal Whitby breaded scampi 11.25 12.78 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

8.91 10.44 Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs 10.44 Sausages, chips and beans 1170 kcal 8.91 Three Lincolnshire sausages 10.44 Vegan sausages, chips and beans @ 1013 kcal 8.91 Three Quorn sausages

Five-bean chilli / @ 590 kcal. Rice, tortilla chips 9.49 All-day brunch 1213 kcal 10.90 Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51

# Afternoon deal

Vegetarian all-day brunch V 1126 kcal

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

soft drink\* alcoholic drink Mon - Fri, 2pm - 5pm 8.44

Pepperoni / 1157 kcal. Mozzarella, pepperoni Ham and mushroom 1012 kcal soft drink\* Mozzarella, ham, mushroom, rocket 11.02 BBQ chicken 1103 kcal each Mozzarella, BBQ sauce, chicken breast, red onion, rocket alcoholic drink\* 12.55 Roasted vegetable V 1029 kcal each Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable @ 50 705 kcal Mushroom, roasted pepper, courgette, onion, basil 13.71 Spicy meat feast // 1220 kcal 12.18 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket **Additional toppings** Red onion 10 kcal; Sliced chillies Mushroom @ 6 kcal each 88p Garlic & herb dip ⊘ 180 kcal; Mozzarella ♥ 150 kcal; Ham 71 kcal each **1.15** Chicken breast 94 kcal; Maple-cured bacon 91 kcal each **1.53** Pepperoni **//** 109 kcal; **Roasted vegetables 135** kcal

11" pizzas includes a drink •

soft drink\* alcoholic drink\*

984

11.37

On a freshly baked sourdough base.

Margherita V 939 kcal. Mozzarella, basil

# Sides and extras

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

# **Desserts**

Vanilla ice cream (V) (SSS) 338 kcal

Two scoops, toffee sauce, Belgian chocolate sauce 1.82 Cookie crunch (V) (500) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie V 655 435 kcal 2.98 Relgian chocolate sauce vanilla ice cream Mini warm cookie dough sandwich V 655 435 kcal 2.98 Salted caramel filling, toffee sauce, vanilla ice cream 4.56 Fresh fruit V 58 500 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream 5.33 Warm chocolate fudge cake **2** 913 kcal. Vanilla ice cream Warm chocolate brownie V 736 kcal 5.33 Relgian chocolate sauce vanilla ice cream 5.33 Warm cookie dough sandwich V 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble **V** 830 kcal 5.62 Vanilla ice cream

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

Adults need around 2000 kcal a day.§

1.82