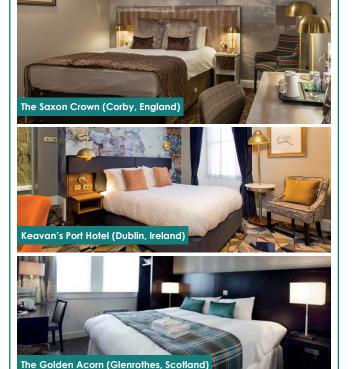
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ALLERGEN AND NUTRITIONAL INFORMATION

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** Vegetarian ØVegan 5% fat or less 500 Dish under 500 Calories

Adults need around 2000 kcal a day.§

BREAKFAST Served 0---- 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.5
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.9
Small breakfast 🗺 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.4
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast (2) 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.5
Vegetarian breakfast V 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.9
Small vegetarian breakfast V \varpi 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.4
Vegan breakfast @ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.6
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.4
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.8
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.9

Breakfast extras

Add any of the following:		
Two slices of black pudding 355 kcal	1.51	Four rashers of maple-cured bacon 91 kca
Sausage 168 kcal	1.05	Two scrambled eggs V 136 kcal
Quorn [™] sausage ⊘ 116 kcal	1.05	Fried egg 💟 56 kcal
Baked beans 🧭 126 kcal	93p	Poached egg 💟 63 kcal
Two rashers of back bacon 99 kcal	1.57	Hash brown @ 82 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 Quorn[™] sausage butty ♥ 609 kcal 3.88 Two Quorn sausages, buttered white bloomer bread

Deco		
111221	nuffin	deal

Ir	icludes te	a, coffee or	hot choco	late. Free	erefills
----	------------	--------------	-----------	------------	----------------------

,,,	
Egg & cheese muffin () (567) 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 (567) 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin V (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 @ 🕸 📸 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52 Poached egg 🖤 (63 kcal) 93p	4.01
Add: Hash brown 🥥 (82 kcal) 46p	

8 am - 12 noon			
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 Four pancakes, maple-flavour syrup. ♥ 554 kcal	4.99 4.30		
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		
Scrambled egg on toast v 570 kcal Three eggs, buttered white bloomer toast	3.77		
Beans on toast V 🕸 566 kcal. Buttered white bloomer toast	3.66		

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) (555) 496 kcal White bloomer bread	2.47
Fresh fruit @ 93 (177) kcal Apple, banana, blueberries, strawberries	3.66
Porridge (V) (S) (S) 252 kcal (plain) Add: Banana (O) (101 kcal) 62p; Maple-flavour syrup (O) (125 kcal) 34p Strawberries (O) (14 kcal) 62p; Blueberries (O) (17 kcal) 62p Honey (V) (91 kcal) 34p	2.09

ured bacon 91 kcal	1.52	Two mushrooms 🧭 91 kcal	93p
136 kcal	1.63	Two grilled tomato halves 🥏 16 kcal	52p
	93p	Slice of toast 🕐 191 kcal	1.13
	93p		
	46p		

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

Tea, coffee and hot chocolate-



Flat white 🖤 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 🕐 147 kcal Espresso Ø 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 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 V 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

> for the facts drinkaware.co.uk ♀ jdwetherspoon.com $_{\supset}$

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. ⁺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 Coldwater Creek wines, Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml)

FOOD HYGIENE RATING 012345



This building is better known to Winton's older residents as the long-standing Co-op, the original of which (on this site) was a branch of the Parkstone and Heatherlands Society. Following a public meeting attended by 100 people, in May 1903, the society's new store opened for business the following September. Molesworth House, as the store was then called, was replaced by a high, domed building, which became a familiar landmark. The dome was later removed and the building refaced.

Breakfast breakfast £4.99 8am - 12 noon Tea. coffee and £1.56 hot chocolate **Free refills 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 ham, egg and chips alcoholic drink* soft drink* £6.09 £7.62 **Curry Club** INCLUDES A DRINK* Thursday 11.30am - 11pm Featuring the katsu curry range soft drink* alcoholic drink* £7.91 £9.44

Traditional

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

How to order from your table

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.





Food hygiene rating

We have been awarded the maximum food hygiene rating of 5 in our pub.



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





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 highes standards of animal welfare.

Coffee LAVALLA

The freshly ground 100% Arabica Lavazza coffeet 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 2 for 14 02

Small plates Any 3 for £14.93	
8" pizzas on a freshly baked sourdough base.	
Margherita V (500) 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 🛛 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable @ 53 (555) 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
BBQ jackfruit and vegan cheeze PPP O CONT 437 kcal BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket	7.09
Spicy meat feast /// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
11" garlic pizza bread 🔍 772 kcal	5.57
NEW Bao buns Traditional Asian steamed buns	5.19
Choose:	
Spicy crunchy chicken FFF 624 kcal. Spicy mayo, red onion, sliced chillies, coria BBQ jackfruit (2) (555) 358 kcal. Red onion, sliced chillies, coriander	nder
Nachos /// V 592 kcal	5.81
Cheese, guacamole, salsa, sour cream, sliced chillies	
Bowl of chips 🥏 964 kcal	3.44
Bowl of chips with curry sauce 🤕 1082 kcal	4.91
Cheesy chips 💟 1256 kcal	4.74
Loaded chips 1218 kcal	5.75
Cheese, maple-cured bacon, sour cream	(00
Tomato & basil soup V 🕸 🖏 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 //// Ø 136 kcal	
Jack Daniel's® Tennessee Honey glaze 💟 87 kcal	
Chipotle mayo //// 💟 150 kcal	
Blue cheese 💟 270 kcal	
Chicken bites 5 298 kcal	6.09

Sticky soy 💟 100 kcal	
Naga chilli 💴 🧭 🕢 136 kcal	
Jack Daniel's® Tennessee Honey glaze 💟 87 kcal	
Chipotle mayo 💴 🖉 💙 150 kcal	
Blue cheese 💟 270 kcal	
Chicken bites (300) 298 kcal	6.09
Ten battered chicken breast pieces	
Southern-fried chicken strips / 500 459 kcal	6.09
Five chicken breast strips	010
Chicken wings	6.7
Ten spicy chicken wings	0.7
1,7, 5	
Quorn [™] nuggets Ø 🐯 331 kcal	5.19
Eight coated pieces	

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	
BBQ jackfruit and vegan cheeze @ 516 kcal BBQ jackfruit, vegan cheese alternative	soft drink* 5.70
Cheddar cheese and tomato 👽 532 kcal	each
Wiltshire cured ham and Cheddar cheese 512 kcal	alcoholic drink* 7.23
BBQ chicken, bacon and Cheddar cheese 572 kcal	each

Wraps

Quorn™ nuggets ⊘ 534 kcal Tomato, cucumber, salsa Southern-fried chicken and smoky chipotle mayo **FFF** 639 kcal Cold chicken and sweet chilli sauce 🗾 🐵 514 kcal

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

from 100% British beef.

Burgers Includes A DRINK	Beeft	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 ted onion, gherkin, ketchup, American-style mustard Classic beef burger 676 kcal ceberg lettuce, tomato, red onion	soft drink* 5.44 each	alcoholic drink* 6.97 each
Skinny beef burger (500) 369 kcal ceberg lettuce, tomato, red onion, with a side salad, inste	ead of chips	
American cheese burger 729 kcal merican-style cheese, red onion, gherkin, ketchup, merican-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	sbelow).	
Double American burger 1137 kcal ted onion, gherkin, ketchup, American-style mustard Double classic beef burger 1118 kcal ceberg lettuce, tomato, red onion	soft drink* 7.73 each	alcoholic drink* 9.26 each
Double American cheese burger 1206 kcal Imerican-style cheese, red onion, gherkin, ketchup, Imerican-style mustard		oft drink* 8.30 Jlic drink* 9.83
Just-a-burger Gerved on its own, without chips or a drink. American burger ∰ 366 kcal led onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger Ø ∰ 659 kc wo southern-fried chicken strips, iceberg lettuce, mayor		each 3.36
Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 174 kd		2.14
Aple-cured bacon with American-style chee		2.14
Cheddar cheese 💟 83 kcal		1.52 1.52
		1.52
Crunchy chicken strip / 92 kcal		1.50
Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 174 k Maple-cured bacon with American-style chee Cheddar cheese 🔮 83 kcal American-style cheese 🔮 69 kcal Maple-cured bacon 91 kcal	s cal	

Chicken baskets INCLUDES A DRINK

Chicken wing basket //// 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,	soft drink*
coleslaw, BBQ sauce	8.68
Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal	each
Chicken bites basket	alcoholic drink*
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	10.21
Choose: Spicy rice ③ 739 kcal; Chips 1133 kcal; Side salad 618 kcal	each
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' Eight coated pieces, coleslay Choose: Spicy rice 721 kcal;

Jacket po With salad and one filli

With salad and one filling. Extra fillings 1.30 each.	
Tuna mayo 621 kcal	soft drin
Coleslaw 🕐 578 kcal	6.85 each
Cheese 🖤 531 kcal	alcoholic c
Baked beans 🥏 😳 501 kcal	8.38
Five-bean chilli 卢 🤕 🤫 🗺 431 kcal	each
Roasted vegetables 🥏 🤓 🗺 402 kcal	

Gourmet burgers

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

aple-cured bacon, Jack Daniel's® Tennessee Honey glaze	soft drink*
noose: Beef (two 3oz beef patties) 1565 kcal	9.93
rilled chicken breast 1416 kcal	each
BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce	alcoholic drink*
Choose: Beef (two 3oz beef patties) 1644 kcal	11.46
Grilled chicken breast 1495 kcal	each

Fiesta burger 🥥 1462 kcal

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

Smoky jackfruit burger @ 1523 kcal

BEYOND MEAT plant-based patty, BBQ jackfruit, vegan cheese alternative

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

Chicken burgers

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

	ft drink* 5.44 ic drink* 6.97
Served with chips (602 kcal, included in Calories below).	soft drink* 7.73
Grilled chicken breast burger 969 kcal	each
Skinny chicken burger 🕸 🐻 388 kcal Grilled chicken breast with salad, instead of chips	alcoholic drink* 9.26 each
Meat-free burger Served with chips (602 kcal, included in Calories below).	soft drink* 7.73
Beyond Burger™ @ 834 kcal G BEYOND MEAT plant-based patty	alcoholic drink* 9.26

Curries INCLUDES A DRINK

soft drink* 8.73 each alcoholic drink* 10.26 each
soft drink* 9.84 each alcoholic drink* 11.37 each

Simple Mangalorean roasted	
cauliflower & spinach curry 🎢 🥥	soft drink*
Choose: Basmati pilau rice 😳 508 kcal; Chips 910 kcal	7.62
Simple chicken tikka masala 📂	each
Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	alcoholic drink*
Simple chicken jalfrezi ###	9.15
Choose: Basmati pilau rice 😳 575 kcal; Chips 977 kcal	each

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

11" piz

On a fresh Margherit Mozzarella, ba

Pepperon Mozzarella, pe

Ham and r Mozzarella, ha **BBQ** chicke Mozzarella, BE Roasted v

Mozzarella, mu Vegan roas

Mushroom, roa BBQ jackf **///** 🔊 873 k

sliced chillies. Spicy mea Mozzarella, ha

Addition Red onion ⊘ 1 Sliced chillies

Garlic & herb Ham 71 kcal;

Pepperoni 🗾 Roasted veget

Smal

Small Wilt egg and ch One slice of Wi

Small all-d Sausage, baco

Two Quorn sau

Small vege

After Mon - Fr Choose fr

Pubc

Steak & kid Peas, onion & r Choose: Chips

Bangers ar Three Lincolnsh

Vegetarian Three Quorn sa

Wiltshire c Two slices of W

Sausages, Three Lincolns

Vegan saus Three Quorn sau

Five-bean

All-day bru Two sausages, Add: Two slices

Vegetarian Three Quorn sau After Mon - F

w, Jack Daniel's® Tennessee Honey glaze I; Chips 1282 kcal; Side salad 767 kcal	
′ nuggets basket ∥∥ ♥ w, sweet chilli sauce I; Chips 1115 kcal; Side salad 600 kcal	
includes A dr	INK 📢
ng. Extra fillings 1.30 each.	
	soft drink* 6.85 each
01 kcal	alcoholic drink* 8.38

each **1.97**

hicken wing basket 🖅	
ght wings, coleslaw, Naga chilli dip	
nose, Snicy rice 1120 kcal, Chins 1515 kcal, Si	le salad 999 kcal

3oz beef patty 169 kcal

BEYOND MEAT patty @ 184 kcal

ZZAS INCLUDES A DRINK		
hly baked sourdough base.	soft drin	k* alcoholic drink*
ta V 939 kcal asil	8.68	
i 🌮 1157 kcal		
epperoni	soft drink*	alcoholic drink*
mushroom 1012 kcal am, mushroom, rocket	9.84 each	11.37 each
xen 1103 kcal BQ sauce, chicken breast, red onion, rocket		
r egetable (V) 1029 kcal nushroom, roasted pepper, courgette, onion, l	basil	
isted vegetable @ 🧐 705 kcal asted pepper, courgette, onion, basil		
ruit and vegan cheeze kcal. BBQ jackfruit, vegan cheese alternative, red onion, rocket	11.02	
at feast //// 1220 kcal am, pepperoni, chicken breast, sliced chillies	11.02 s, rocket	2 12.55
al toppings 10 kcal		
///// 3 kcal; Mushroom () 6 kcal		each 88p
dip 🥏 180 kcal; Mozzarella 🕚 150 kcal Chicken breast 94 kcal; Maple-cured bacor	n 91 kcal	each 1.15
🛡 109 kcal tables 🮯 135 kcal		each 1.53
Idules 🥑 155 Kodi		eduli 1.33

l pub classics INCLU	JDES A DI	RINK •
-	soft drink*	alcoholic drink*
tshire cured ham, hips ()) 455 kcal iltshire cured ham, fried egg	6.61	8.14
day brunch 666 kcal on, fried egg, baked beans, chips	6.91	8.44
etarian all-day brunch 680 kcal ısages, fried egg, baked beans, chips	6.91	8.44

soft drink* alcoholic drink*

6.09 7.62

i, 2pm - !	Som		
, apin ,	-pm		

Includes a d	RINK [*] •	
dney pudding red wine gravy	8.32	9.85
1223 kcal; Mashed potato 907 kcal		
nd mash 950 kcal hire sausages, peas, onion & red wine gravy	8.32	9.85
n bangers and mash (V) 793 kcal ausages, peas, onion & red wine gravy	8.32	9.85
cured ham, eggs and chips 856 kca /iltshire cured ham, two fried eggs	il 7.73	9.26
chips and beans 1170 kcal hire sausages	7.73	9.26
sages, chips and beans @ 1013 kca ausages	al 7.73	9.26
chilli 🖊 🥥 🧐 590 kcal. Rice, tortilla chips	8.32	9.85
unch 1213 kcal bacon, two fried eggs, baked beans, chips s of black pudding (355 kcal) 1.51	9.72	11.25
n all-day brunch 	9.72	11.25
r noon deal ri, 2pm – 5pm n the above pub classic meals.	soft drink* 7.27	alcoholic drink* 8.80

Salads, pastas and noodles INCLUDES A DRINK

	soft drink* alcoholic drink*	
Ramen noodle bowl / @ 38 (300) 236 kcal 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 () (63 kcal) 93p	8.90	10.43
Burrito salad bowl © 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli 🖉 🛇 (119 kcal) 1.97	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast 32 (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: 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

Sides and extras

Bowl of chips 🥥 964 kcal (Add: Spicy seasoning 🧭 (8 kcal) 34p)			3.44	
Small bowl of chips 🥏 602 kcal			2.14	
Five chicken wings 🖅 🖉 402 kcal			3.34	
Peas 🧔 130 kcal			94p	
Side salad 🥝 87 kcal			2.29	
Mediterranean side salad 🧭 198 kcal			3.22	
Roasted vegetables 🧭 135 kcal			1.53	
Sliced chillies ####################################			88p	
Onion rings 🤕	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread V	8 " 386 kcal	4.40	11 " 772 kcal	5.57
With cheese 💟	8 " 461 kcal	4.98	11 " 922 kcal	6.44

Desserts

Vanilla ice cream (V) (1999) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch V 🗰 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 ♥ ᢗᡂ 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
Fresh fruit () () () 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake 🕐 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie 🖤 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich 🛛 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 V 🕸 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

Adults need around 2000 kcal a day.§