Sides and extras

blues allu	CALL			
Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (8 kcal) 34p)		4.23		
Small bowl of chips @ 60	Small bowl of chips @ 602 kcal		2.48	
Five chicken wings	402 kcal			3.34
Eight Whitby breaded so	ampi 527 kcal			4.99
Grilled halloumi-style c	heese 🕐 446 l	kcal		1.97
Peas 🥏 130 kcal				94p
Mushy peas V 248 kcal		94p		
Side salad @ 87 kcal		2.29		
Mediterranean side sala	n d 🥏 198 kcal			3.22
Roasted vegetables @ 1	35 kcal			1.53
Coleslaw 💟 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 V	8 " 386 kcal	4.98	11 " 772 kcal	6.14
With cheese V	8 " 461 kcal	5.57	11 " 922 kcal	7.02

Desserts	
Vanilla ice cream ♥ (555) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.11
Cookie crunch ♥ (555) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolat	2.11 te sauce
Mini warm chocolate brownie V 355 435 kcal Belgian chocolate sauce, vanilla ice cream	3.28
Mini warm cookie dough sandwich ♥ (\$55) 435 ki Salted caramel filling, toffee sauce, vanilla ice cream	cal 3.28
Mini American-style pancakes (*) (*) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	4.93
Fresh fruit 👽 😵 📆 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	5.16
Warm chocolate fudge cake V 913 kcal. Vanilla ice c	ream 5.91
Warm chocolate brownie ♥ 736 kcal Belgian chocolate sauce, vanilla ice cream	5.91
Warm cookie dough sandwich ♥ 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.91
British Bramley apple crumble V Vanilla ice cream 830 kcal or custard 694 kcal	6.22
American-style pancakes ♥ ॐ 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	6.39

Add: Custard (V) (134 kcal) 1.23; Vanilla ice cream scoop (V) (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 ॐ 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

7am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	8.24	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.74
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast Small breakfast (19 kcal	6.54 5.62	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.74
Fried egg, bacon, sausage, baked beans, hash brown Add: Two slices of black pudding (355 kcal) 1.51		Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.74
Large vegetarian breakfast ♥ 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	8.24	American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ № 554 kcal	6.39 5.70
Vegetarian breakfast ♥ 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	6.54	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 277 kcal	4.93 4.64
Small vegetarian breakfast (V) (333) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.62	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	5.16
Vegan breakfast	6.14	Beans on toast © \$\otin\$ 566 kcal. Buttered white bloomer toast Small beans on toast © \$\otin\$ \$\otins\$ 251 kcal Buttered white bloomer toast	4.01 2.84
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.62	Two slices of toast with jam or marmalade ♥ (***) 496 kcal White bloomer bread	2.80
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages,	8.24	Fresh fruit @ 53 (555) 177 kcal Apple, banana, blueberries, strawberries	4.01
four pancakes, maple-flavour syrup Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	6.39	Porridge ♥ ॐ ॐ 252 kcal (plain) Add: Banana ⊚ (101 kcal) 62p: Maple-flavour syrup ⊚ (125 kcal) 34p Strawberries ⊚ (14 kcal) 62p: Blueberries ⊚ (17 kcal) 62p Honey ♥ (91 kcal) 34p	2.09

Breakfast extras

Add any of the following:					
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal	1.57	Hash brown 🥏 82 kcal	46p
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 91 kcal	93p
Quorn [™] sausage ⊘ 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 V 56 kcal	93p	Slice of toast V 191 kcal	1.13
Baked beans @ 126 kcal	93p	Poached egg W 63 kcal	93p		

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.59
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.59
Quorn [™] sausage butty V 609 kcal	4.59
Two Quorn sausages, buttered white bloomer bread	

Breakfast muffin deal

Includes tea. coffee or hot chocolate. Free refills

includes tea, conce of not chocolate. Free ren	шэ
Egg & cheese muffin ♥ (%) 249 kcal Fried egg, American-style cheese, in an English muffin	4.70
Egg & bacon muffin (555) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	5.16
Egg & sausage muffin 5557 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	5.16
Egg & Quorn™ sausage muffin ♥ (555) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	5.16
Breakfast muffin 3550 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	5.40
Smashed avocado muffin ⊘ ॐ ॐ 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ♥ (63 kcal) 93p Grilled halloumi-style cheese ♥ (396 kcal) 1.97	5.40
Add: Hash brown 🥑 (82 kcal) 46p	

5.75 Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese Vegetarian breakfast wrap V 835 kcal 5.75 Fried egg. two Quorn sausages, two hash browns. Cheddar cheese

Tea, coffee and hot chocolate-

HOT CHOCOLATE - ALL DAY EVERY DAY -LAVATIR (*) (100)

Flat white **9**92 kcal Cappuccino 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee **2**4 kcal (Oat milk available @ 4 kcal) Hot chocolate V 169 kcal Tea Tetley with semi-skimmed milk V 14 kcal (Oat milk available @ 4 kcal)

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

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for quidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *Non-refundable advance purchase rates, available to book direct on the telephone our website and our app. *Statement of daily calorie needs from the Department of Health & Social Care. **Excluding decaffeinated. *Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for

for the facts drinkaware.co.uk ⊗ jdwetherspoon.com \supset

Decaffeinated tea and coffee available.

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

INCLUDES A DRINK*

Choose from over 150 drinks The John Francis Basset Camborne

hot chocolate Free refills

Breakfast

7am - 12 noon

Tea. coffee and

Traditional

breakfast

£6.54

Burger meals

INCLUDES A DRINK •

Featuring 3oz American burger soft drink* alcoholic drink*

£9.55

Afternoon deals

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips alcoholic drink*

£8.44

£10.20

Steak Club INCLUDES A DRINK •

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* alcoholic drink*

£12.01 £13.77

Curry Club INCLUDES A DRINK

Thursday 11.30am - 11pm

Featuring the katsu curry range alcoholic drink*

£10.26 £12.02

How to order from your table



Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

LAVALLA





Food hygiene rating

We have been awarded the maximum food hygiene rating

The new Market House was paid for by John Francis Basset, the squire of Tehidy The Bassets were leading local landowners, with the family coat of arms visible in the stonework. In 1911, a two-storey Italian-palazzo-style extension was added along the Church Street side of the building. This was known as St George's Hall and later became the Scala Cinema.



100% UK and Irish beef

Sourced from farms in the UK and Ireland. Traceable from farm to fork.



Sustainable fish The cod and haddock we serve

come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.



Free-range eggs 100% of the eggs we use are

free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.



The freshly ground 100%

Arabica Lavazza coffee^t 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.



57 in England, Ireland, Scotland and Wales Book direct for the best rates



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





Small plates Any 3 for £17.75	
8" pizzas on a freshly baked sourdough base.	
Margherita ♥ 🐯 470 kcal Mozzarella, basil	6.61
Pepperoni	7.20
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	7.20
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.20
Roasted vegetable ♥ 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.20
Vegan roasted vegetable \$\oldsymbol{\pi}\$ \$\oldsymbol{\text{Si0}}\$ 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	6.14
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 V 1256 kcal	5.53
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.31
Tomato & basil soup ♥ ॐ ॐ 341 kcal White bloomer bread	4.62
With any of the small plates below, choose one dip: Sweet chilli	
Halloumi-style fries V 555 396 kcal	6.20
Chicken bites 👑 298 kcal. Ten battered chicken breast pieces	6.48
Southern-fried chicken strips / 655 459 kcal. Five chicken breast strips	6.43
Chicken wings /// 804 kcal. Ten spicy chicken wings	7.21
Quorn™ nuggets @ ॐ 331 kcal. Eight coated pieces	6.03
Deli Deals Includes a Drink AD	

Deli Deals includes a drink

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

BBQ chicken, bacon and Cheddar cheese 572 kcal

Tuna mayo and Cheddar cheese 599 kcal

Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kgal

Wraps Quorn[™] nuggets @ 534 kcal

Tomato, cucumber, salsa

Southern-fried chicken

and smoky chipotle mayo /// 639 kcal

Cold chicken and sweet chilli sauce ## 82 514 kcal

Fried halloumi-style cheese and sweet chilli sauce // V 738 kcal

soft drink*

8.01

each

alcoholic drink*

9.77

each

Add: Chips (602 kcal); **Salad** (87 kcal)

Five-bean chilli / @ 5% 500 431 kcal

Roasted vegetables @ 59 500 402 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 1.30 each.

soft drink* Tuna mayo 621 kcal 9.18 Coleslaw V 578 kcal each Cheese V 531 kcal alcoholic drink* 10.94 Baked beans @ 501 kcal each

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

soft drink*

10.04

each

alcoholic drink*

11.80

each **5.10**

each **1.97**

14.95

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*

7.79 9.55 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* 8.36 alcoholic drink* 10.12 American-style cheese red onion gherkin ketchun 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

each Double American cheese burger 1206 kcal soft drink* 10.63 alcoholic drink* 12.39 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 2.14 Maple-cured bacon with Cheddar cheese 174 kgal 2.14 Maple-cured bacon with American-style cheese 160 kcal Cheddar cheese
83 kcal 1.52 American-style cheese W 69 kgal 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 kgal Fried buttermilk chicken 473 kcal

Breaded vegetable patty V 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 narlic & herh din soft drink* Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal 13.19 Side salad 978 kcal: Mediterranean salad 1089 kcal alcoholic drink

Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze Coleslaw. Naga chilli di Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal

Side salad 948 kcal; Mediterranean salad 1058 kcal Char-grilled half chicken, mash and gravy 857 kcal Lemon & herb chicken, peas, chicken gravy

Chicken baskets

Chicken wing basket FFF Eight wings, coleslaw, Naga chilli dip Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 999 kcal

Boneless basket 🍠

Add: Chicken gravy (50 kcal) 94p

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

Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Choose: Spicy rice 5 739 kcal; Chips 1133 kcal; Side salad 618 kcal Southern-fried chicken strips basket 🖊 Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal

Quorn™ 'no chicken' nuggets basket 🖊 💟 Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

soft drink*

11.02

each

alcoholic drink*

12.78

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

soft drink*

12.25

each

alcoholic drink

14.01

each

soft drink*

10.04

each

alcoholic drink*

11.80

each

soft drink*

9.95

each

alcoholic drink*

11.71

each

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 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,

couraette, onion

Triple American cheese & bacon burger 1479 kcal soft drink* 13.71 Three 3oz beef patties, American-style cheese, alcoholic drink* 15.47 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* 7.79 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 9.55

Served with chips (602 kcal, included in Calories below) soft drink* Fried buttermilk chicken burger 1254 kcal 10.04 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink* Skinny chicken burger 388 kcal 11.80 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 // 💟 1128 kcal

Sweet chilli sauce Breaded vegetable burger V 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella. mature Cheddar cheese

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

Curries Includes a Drink

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

soft drink* Katsu chicken curry 826 kcal 11.07 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry 59 541 kcal alcoholic drink* Sliced grilled chicken breast 12.83 Katsu Quorn™ nugget curry @ 685 kcal each Eight coated pieces

Classic curries With basmati pilau rice, plain naan and poppadums. soft drink* 12.18 Mangalorean roasted cauliflower each & spinach curry **FF** @ 867 kcal Chicken tikka masala ## 1190 kcal alcoholic drink 13.94 Chicken jalfrezi FFF 🚳 935 kcal each

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

Simple curries With basmati pilau rice or chips.

Simple Mangalorean roasted cauliflower & spinach curry // @ Choose: Basmati pilau rice 508 kcal: Chips 910 kcal Simple chicken tikka masala

Beef Madras / 1043 kcal

Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi Choose: Basmati pilau rice 52 575 kcal; Chips 977 kcal

Simple beef Madras Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal 11" pizzas includes a drink" On a freshly baked sourdough base. soft drink* alcoholic drink* Margherita V 939 kcal. Mozzarella, basil 11.02 12.78 Pepperoni // 1157 kcal. Mozzarella, pepperoni Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket soft drink* alcoholic drink* BBQ chicken 1103 kgal 12.18 13.94 Mozzarella RBO sauce chicken breast redinion rocket each each Roasted vegetable V 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable @ 523 705 kcal Mushroom, roasted pepper, courgette, onion, basil 13.36 15.12 Spicy meat feast **FFF** 1220 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket **Additional toppings** Red onion @ 10 kcal; Sliced chillies FFFF @ 3 kcal; Mushroom @ 6 kcal each 88p Garlic & herb dip @ 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal each **1.15** Chicken breast 94 kcal; Maple-cured bacon 91 kcal

Small pub classics INCLUDES A DRINK .

Pepperoni **//** 109 kcal; **Roasted vegetables 135** kcal

soft drink* alcoholic drink* Fish and chips Small freshly battered cod and chips @ 10.20 11.96 Peas 680 kcal or mushy peas 739 kcal 11.96 Small Whitby breaded scampi 10.20 Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi Add: Two slices of bread (V) (383 kcal) 1.34 Chip shop-style curry sauce (20 (118 kcal) 1.46 Small Wiltshire cured ham. 8.97 10.73

egg and chips (555 kcal One slice of Wiltshire cured ham, fried equ Small all-day brunch 666 kcal 9.26 11.02 Sausage, bacon, fried egg, baked beans, chips Small vegetarian all-day brunch V 680 kcal 9.26 11.02

Afternoon deal

Two Quorn sausages, fried egg, baked beans, chips

Mon - Fri, 2pm - 5pm Choose from the above small pub classic m

soft drink* alcoholic drink' 10.20 8.44

each **1.53**

Pub classics INCLUDES A DRINK

soft drink* alcoholic drink* Fish and chips Freshly battered cod and chips 12.42 14.18 Peas 1239 kcal or mushy peas 1298 kcal Whitby breaded scampi 14.18 12.42 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 (118 kcal) 1.46 Steak & kidney pudding 10.67 12.43 Peas, onion & red wine gravy Choose: Chips 1223 kcal; Mashed potato 907 kcal Bangers and mash 950 kcal 10.67 12.43 Three Lincolnshire sausages, peas, onion & red wine gravy **Vegetarian bangers and mash** 793 kcal 10.67 12.43 Three Quorn sausages, peas, onion & red wine gravy Wiltshire cured ham, eggs and chips 856 kcal 10.08 11.84 Two slices of Wiltshire cured ham, two fried eggs 10.08 11.84 Sausages, chips and beans 1170 kcal Three Lincolnshire sausages Vegan sausages, chips and beans @ 1013 kcal 11.84 10.08 Three Quorn sausages Five-bean chilli / @ 590 kcal. Rice, tortilla chips 10.67 12.43 All-day brunch 1213 kcal 12.08 13.84

Vegetarian all-day brunch V 1126 kcal 12.08 Three Quorn sausages, two fried eggs, baked beans, chips Afternoon deal soft drink* alcoholic drink

Two sausages, bacon, two fried eggs, baked beans, chips

Add: Two slices of black pudding (355 kcal) 1.51

Mon - Fri, 2pm - 5pm

Steaks and grills INCLUDES A DRINK •

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

Classic 8oz sirloin steak Choose: Jacket potato 741 kcal soft drink* alcoholic drink* Mashed potato 745 kcal: Chips 1061 kcal 13.59 15.35 Mediterranean salad 657 kcal; Side salad 546 kcal

Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings and a steak sauce. soft drink* alcoholic drink* Choose: Jacket notato 993 kcal 15.94 17.70 Mashed potato 997 kcal: Chips 1314 kcal

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

Mediterranean salad 909 kcal; Side salad 798 kcal

Below meals are served with peas. soft drink* alcoholic drink tomato and mushroom **BBQ** chicken melt 12.42 14.18 Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 52 803 kcal: Mashed potato 807 kcal Chips 1123 kcal; Mediterranean salad 719 kcal; Side salad 608 kcal 5oz gammon and egg 12.83 11.07 Choose: Jacket potato 🚳 610 kcal; Mashed potato 614 kcal Chips 930 kcal: Mediterranean salad 526 kcal: Side salad 6556 kcal 15.99 10oz gammon and eggs 14.23 Choose: Jacket potato 38 819 kcal; Mashed potato 824 kcal Chips 1140 kcal; Mediterranean salad 735 kcal; Side salad 625 kcal Mixed grill 14.23 15.99 Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kcal Chips 1513 kcal; Mediterranean salad 1108 kcal; Side salad 997 kcal Large mixed grill 16.00 17.76 Gammon, pork loin, rump, lamb, two sausages. fried egg, six onion rings Choose: Jacket notato 1686 kcal: Mashed notato 1690 kcal Chips 2006 kcal; Mediterranean salad 1602 kcal; Side salad 1491 kcal

Salads and pastas includes a drink • soft drink* alcoholic drink*

10.88

11.17

12.64

Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Chicken breast (187 kcal) 1.97 Five-bean chilli / (119 kcal) 1.97 Grilled halloumi-style cheese 10.88 12.64 & roasted vegetable salad V 655 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Chicken & maple-cured bacon salad 11.72 13.48 Choose: Grilled chicken breast 5% (1987) 279 kcal Southern-fried chicken breast strips (\$500) 461 kcal Mediterranean salad @ 58 (****) 334 kcal 10.60 12.36

Pearl harley quinna hutternut squash wheat herries red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese (V) (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06 Roasted vegetables @ (135 kcal) 1.53

Grilled chicken breast (187 kcal) 1.97 Pasta alfredo V 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach

Burrito salad bowl V 657 kcal

sun-dried tomato hasil rocket Grilled chicken breast (187 kcal) 1.97

Maple-cured bacon (91 kcal) 1.52

13.84

11.38

9.62

British beef & pancetta lasagne 11.72 Choose: Side salad 780 kcal: Chins 1295 kcal

Adults need around 2000 kcal a day.§

12.93

13.48