Sides and extras

blues allu	CALL			
Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (8 kcal) 34p)			4.23	
Small bowl of chips @ 60)2 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 ♥ 248 kcal			94p	
Side salad @ 87 kcal			2.29	
Mediterranean side salad @ 198 kcal			3.22	
Roasted vegetables @ 135 kcal			1.53	
Coleslaw V 399 kcal			1.40	
Sliced chillies	3 kcal			88p
Chicken gravy 50 kcal				94p
Onion rings 🕖	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread V	8 " 386 kcal	4.40	11 " 772 kcal	5.57
With cheese M	8 " //61 kcal	4 98	11" 922 kcal	6 44

Desserts	
Vanilla ice cream ♥ (****) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch ♥ ೄ 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie V 655 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ (35) 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes ♥ (****) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
Fresh fruit 🔰 🚳 😘 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 ♥ ॐ 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	4.99

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 5% 5% fat or less 500 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

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom,	5.14
Small breakfast (35) 419 kcal Fried egg, bacon, sausage, baked beans, hash brown Add: Two slices of black pudding (355 kcal) 1.51	4.45	Hollandaise sauce, rocket Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
Large vegetarian breakfast ♥ 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59	American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ № 554 kcal	4.99 4.30
Vegetarian breakfast ♥ 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. ⋘ 322 kcal Two pancakes, maple-flavour syrup. ♥ ॐ ॎ 277 kcal	3.54 3.25
Small vegetarian breakfast ♥ 555 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.77
Vegan breakfast	4.61	Beans on toast \$\mathbb{O}\$ \$\sigma 566\$ kcal. Buttered white bloomer toast \$\mathbb{S}\$ mall beans on toast \$\mathbb{O}\$ \$\sigma 600 \$\mathbb{O}\$\$ \$\mat	3.66 2.62
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Two slices of toast with jam or marmalade ♥ (567) 496 kcal White bloomer bread	2.47
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages,	6.85	Fresh fruit	3.66
four pancakes, maple-flavour syrup Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99	Porridge ♥ ॐ €55 252 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 🕐 136 kcal	1.63	Two grilled tomato halves @ 16 kcal	52p
Grilled halloumi-style cheese V 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 V 63 kcal	93p		

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	

Breakfast muffin deal

Includes tea coffee or hot chocolate Free refills

michaes lea, confee of not chocolate. Free ren	ш5
Egg & cheese muffin ♥ (565) 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin (355) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin (555) 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin ♥ (555) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 355 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin ② № 266 244 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	4.01
Add: Hash brown 🕝 (82 kcal) 46p	

4.36 Breakfast wrap 739 kcal 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-

HOT CHOCOLATE - ALL DAY EVERY DAY -

LAVATIA (A) (A)

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 டி jdwetherspoon.com ⊃

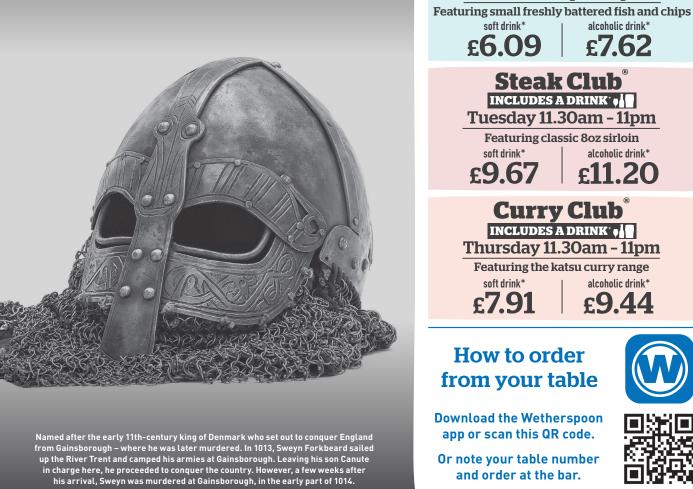
Decaffeinated tea and coffee available.

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

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

The Sweyn Forkbeard

Gainsborough



Breakfast 8am - 12 noon

Tea. coffee and hot chocolate

Traditional

breakfast £4.99

Free refills

Burger meals INCLUDES A DRINK •

Featuring 3oz American burger soft drink* alcoholic drink*

£5.44

£6.97

alcoholic drink*

£7.62

Afternoon deals

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

£6.09

Steak Club

INCLUDES A DRINK • Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink*

£9.67 £11.20

Curry Club

INCLUDES A DRINK Thursday 11.30am - 11pm

Featuring the katsu curry range alcoholic drink*

£7.91

£9.44

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.



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.



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



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



Small plates Any 3 for c14 93

Small plates Any 3 for £14.93	
8" pizzas on a freshly baked sourdough base.	
Margherita V 😘 470 kcal. Mozzarella, basil	6.04
Pepperoni // 578 kcal. Mozzarella, pepperoni	6.61
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.61
BBQ chicken 558 kcal	6.61
Mozzarella, BBQ sauce, chicken breast, red onion, rocket Roasted vegetable ♥ 515 kcal	6.61
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	0.01
Vegan roasted vegetable @ 50 500 353 kcal	6.61
Mushroom, roasted pepper, courgette, onion, basil	0.01
Spicy meat feast FFF 618 kcal	7.20
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	
11" garlic pizza bread 🛡 772 kcal	5.57
Nachos DD © 592 kcal	5.81
Cheese, guacamole, salsa, sour cream, sliced chillies	0.01
Bowl of chips @ 964 kcal	4.23
Bowl of chips with curry sauce @ 1082 kcal	5.58
Cheesy chips ♥ 1256 kcal	5.36
Loaded chips 1218 kcal. Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup 👽 🥸 📸 341 kcal. White bloomer bread	4.23
With any of the small plates below, choose one dip:	• • • • • • •
Sweet chilli // @ 48 kcal; Sticky soy V 100 kcal	
Naga chilli ♥♥♥ @ 136 kcal; Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal	
Chipotle mayo ♥♥♥ ♥ 150 kcal; Blue cheese ♥ 270 kcal	
Halloumi-style fries V 🚟 396 kcal	4.96
Chicken bites (\$300) 298 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips / 555 459 kcal. Five chicken breast strips	
Chicken wings ### 804 kcal. Ten spicy chicken wings	6.75
Quorn™ nuggets @ 📆 331 kcal. Eight coated pieces	5.19

Doli Doals INCLUDES A DRINK'-

INCLUDES A DRINK M	
NEW 10" wraps (small wrap and filling)	
Small brunch 543 kcal	
Fried egg, bacon, sausage, Cheddar cheese	just-a-wrap
Small vegetarian brunch V 538 kcal	3.08
Fried egg, two Quorn sausages, Cheddar cheese	each
Small Quorn [™] nuggets @ 5555 310 kcal	
Tomato, cucumber, salsa	soft drink*
Small southern-fried chicken	4.11 each
and smoky chipotle mayo /// (500) 399 kcal	edcii
Small cold chicken and	alcoholic drink*
sweet chilli sauce 🌈 🚳 📸 277 kcal	5.64
Small fried halloumi-style cheese and	each
sweet chilli sauce 🖊 🗘 😘 391 kcal	
Add: Small portion of chips (329 kcal): Small salad (46 kcal) 1.03	each

soft drink*

5.70

each

alcoholic drink* 7.23

12" wraps

Quorn[™] **nuggets ②** 534 kcal. Tomato, cucumber, salsa Southern-fried chicken

and smoky chipotle mayo FFF 639 kcal Cold chicken and sweet chilli sauce 🖊 🚳 514 kcal Fried halloumi-style cheese and sweet chilli sauce // 💟 738 kcal. Tomato, cucumber

Tuna mayo and Cheddar cheese 599 kcal Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal BBQ chicken, bacon and Cheddar cheese 572 kcal

8" pizzas on a freshly baked sourdough base Choose any 8" pizza from the small plates section.

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

Jacket potatoes INCLUDES A DRINK ...

With salad and one filling. Extra fillings 1.22 each. Tuna mayo 621 kcal Coleslaw © 578 kcal Cheese © 531 kcal Baked beans @ © 501 kcal Five-bean chilli / @ © © 670 431 kcal Roasted vegetables @ © 670 402 kcal	soft drink* 6.85 each alcoholic drink* 8.38 each
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Burgers INCLUDES A DRINK	Beef burgers mad		
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, in	cluded in Calories below).		
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion Skinny beef burger 369 kcal	soft drink* 5.44 each alcoholic drink* 6.97 each		
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips			
American cheese burger 729 kcal soft drink* American-style cheese, red onion, gherkin, ketchup, American-style mustard soft drink* 4.04 6.04 7.57			
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories	s below).		
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion	soft drink* alcoholic drink* 7.73 9.26 each each		
Double American cheese burger 1206 kcal	soft drink* 8.30		

Just-a-burger Served on its own, without chips or a drink.	each 3.36
American burger 366 kcal Red onion, gherkin, ketchup, American-style mustard	
Crunchy chicken strip burger / €555 459 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
Maple-cured bacon 91 kcal	1.52
Crunchy chicken strip / 92 kcal	1.50
3oz beef patty 169 kcal	••••••
Fried halloumi-style cheese V 446 kcal	

alcoholic drink* 9.83

each **1.97**

Chicken Includes a Drink

Grilled chicken breast 187 kcal

Fried buttermilk chicken 473 kcal Breaded vegetable patty V 257 kcal BEYOND MEAT patty @ 184 kcal

American-style cheese, red onion, gherkin, ketchup,

American-style mustard

Char-grilled half chicken	
Chicken on the bone is marinated, slow cooked and finished on the char-grill.	
_emon and herb ₱ Char-grilled in a lemon & herb glaze	
Coleslaw, garlic & herb dip	soft drink*
Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal	10.83
iide salad 978 kcal; Mediterranean salad 1089 kcal	each
Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze	alcoholic drir
Coleslaw, Naga chilli dip	12.36
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	each
iide salad 948 kcal; Mediterranean salad 1058 kcal	
Char-grilled half chicken, mash and gravy 857 kcal	

Coleslaw, Naga chilli dip	12.36
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	each
Side salad 948 kcal; Mediterranean salad 1058 kcal	
Char-grilled half chicken, mash and gravy 857 kcal	
Lemon & herb chicken, peas, chicken gravy	
Chicken baskets	
Chicken wing basket PPP 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,	
coleslaw, BBQ sauce	
Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal	
Chicken bites basket	soft drink*
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	8.68
Choose: Spicy rice 🚳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	each
Southern-fried chicken strips basket 🖊	alcoholic drink
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	10.21
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	each
Quorn™ 'no chicken' nuggets basket 🆊 🗸 🔾	

Eight coated pieces, coleslaw, sweet chilli sauce

Add: Chicken gravy (50 kcal) 94p

Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

n 10	00% British beef.	
	Gourmet burgers Served with chips, six onion rings (871 kcal, included in Caloric	es below).
	Heatwave burger /// Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Grilled chicken breast 1754 kcal; Fried buttermilk chicken 2039	' kcal
	Ultimate burger 1661 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	soft drink* 9.93 each
	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	alcoholic drink* 11.46 each
	BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal; Grilled chicken breast 149 Fried buttermilk chicken 1780 kcal	⁹ 5 kcal
	Fiesta burger @ 1462 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepp courgette, onion	er,
	1 2 3	t drink* 11.38 c drink* 12.91
	Chicken burgers Served with a small portion of chips (329 kcal, included in the Ca	alories below).
	Crunchy chicken strip burger 7 87 kcal sof Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic	t drink* 5.44 c drink* 6.97
	Served with chips (602 kcal, included in Calories below). Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet	soft drink* 7.73 each
	Grilled chicken breast burger 969 kcal	alcoholic drink*

berved with a small portion of emps (325 kear, metaded in a	.100	uiorics	JCIO VV,
Crunchy chicken strip burger ≠ 787 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise alc		t drink* c drink*	5.44 6.97
Served with chips (602 kcal, included in Calories below).		soft di	rink*
Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet		7.7 eac	3
Grilled chicken breast burger 969 kcal		alcoholic	drink*
Skinny chicken burger 388 kcal Grilled chicken breast with salad, instead of chips		9.2 eac	
Meat-free burgers		• • • • • • •	
Meathree burgers		enft di	rink*

7.73

alcoholic drink*

9.26

soft drink*

7.62 each

alcoholic drink*

9.15

each

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 ♥ 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella,
mature Cheddar cheese

Curries Includes a Drink •

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

cocondi-navour rice, succe crimies and corranger.	
Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet	soft drink* 8.73 each
Katsu grilled chicken curry 🚳 541 kcal	
Sliced grilled chicken breast	alcoholic drink
Katsu Quorn™ nugget curry @ 685 kcal Eight coated pieces	each

Classic curries With basmati pilau rice.	
plain naan and poppadums.	soft drink*
Mangalorean roasted cauliflower	9.84
& spinach curry 🎢 🧑 🚳 867 kcal	each
Chicken tikka masala 🆊 1190 kcal	alcoholic drink*
Chicken jalfrezi 🎢 🚳 935 kcal	11.37 each
Beef Madras //// 1043 kcal	odon
Oleman	

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

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

On a freshly baked sourdough base.		* alcoholic drink
Margherita V 939 kcal. Mozzarella, basil	8.68	10.21
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	soft drink* 9.84 each	alcoholic drink* 11.37 each
Roasted vegetable ♥ 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
Vegan roasted vegetable 2 3 705 kcal Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast FFF 1220 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies		12.55
Additional toppings	• • • • • • • • • • • • • • • • • • • •	••••••
Red onion @ 10 kcal; Sliced chillies PPPPP @ 3 kcal; Mushroom @ 6 kcal each 88p		
Garlic & herb dip ⊘ 180 kcal; Mozzarella ♥ 150 kcal; Har Chicken breast 94 kcal; Maple-cured bacon 91 kcal	m 71 kcal	each 1.15
Pepperoni 🍠 109 kcal; Roasted vegetables 🥥 135 kcal		each 1.53

Small pub classics	INCLUDES A DI	RINK •
Fish and chips		alcoholic drink*

Fish and chips	oort armit	atoonotio armit
Small freshly battered cod and chips 🥟	7.84	9.37
Peas 680 kcal or mushy peas 739 kcal		
Small Whitby breaded scampi	7.84	9.37
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,	6.61	8.14
egg and chips (500) 455 kcal	0.0.	
One slice of Wiltshire cured ham, fried egg		
Small all-day brunch 666 kcal	6.91	8.44

Two Quorn sausages, fried egg, baked beans, chips		
Afternoon deal Mon - Fri, 2pm - 5pm	soft drink*	alcoholic dri

6.91

8.44

Pub classics Includes Adrink A

Sausage, bacon, fried egg, baked beans, chips

Small vegetarian all-day brunch © 680 kcal

Lanciasics Ingrapiation	MY AL	
Fish and chips	soft drink*	alcoholic drink*
Freshly battered cod and chips Peas 1239 kcal or mushy peas 1298 kcal	10.08	11.61
Whitby breaded scampi Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi	10.08	11.61
Add: Two slices of bread ♥ (383 kcal) 1.34 Chip shop-style curry sauce ⊘ (118 kcal) 1.46	•	••••••
Steak & kidney pudding Peas, onion & red wine gravy Choose: Chips 1223 kcal; Mashed potato 907 kcal	8.32	9.85
Bangers and mash 950 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	8.32	9.85
Vegetarian bangers and mash ♥ 793 kcal Three Quorn sausages, peas, onion & red wine gravy	8.32	9.85
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	7.73	9.26
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	7.73	9.26
Vegan sausages, chips and beans ⊘ 1013 kcal Three Quorn sausages	7.73	9.26
Five-bean chilli / @ \$\otin 590 kcal. Rice, tortilla chips All-day brunch 1213 kcal	8.32 9.72	9.85 11.25
Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51	7.72	11.25
Vegetarian all-day brunch ♥ 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	9.72	11.25

Afternoon deal Mon - Fri, 2pm - 5pm soft drink* 7.27 8.80	Three Quorn sausages, two fried eggs, baked beans, chips	
Choose from the above pub classic meals		

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

Steaks and grills INCLUDES A DRINK ...

Classic 8oz sirloin steak		l
Choose: Jacket potato 741 kcal	soft drink*	alcoholic drink
Mashed potato 745 kcal; Chips 1061 kcal	11.25	12.78
Mediterranean salad 657 kcal; Side salad 546 kcal		

With peas, tomato, mushroom, three onion rings		•
and a steak sauce.	ooft drink*	alcoholic drink*
Choose: Jacket potato 993 kcal	13.59	15.12
Mashed potato 997 kcal; Chips 1314 kcal	13.37	13.12

Mediterranean salad 909 kcal; Side salad 798 kcal	
Add your choice of steak sauce: Creamy peppercorn sauc	e (74 kcal)
Jack Daniel's® Tennessee Honey glaze 💟 (87 kcal) 1.82	2 each

Gourmet 8oz sirloin steak

Below meals are served with peas, tomato and mushroom.	soft drink*	alcoholic drink
BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato \$\infty\$ 803 kcal; Mashed potato 807 kcal Chips 1123 kcal; Mediterranean salad 719 kcal; Side salad 60	10.08 08 kcal	11.61
5oz gammon and egg Choose: Jacket potato ☎ 610 kcal; Mashed potato 614 kcal Chips 930 kcal; Mediterranean salad 526 kcal; Side salad ௵	8.73 415 kcal	10.26
10oz gammon and eggs Choose: Jacket potato 🚳 819 kcal; Mashed potato 824 kcal Chips 1140 kcal; Mediterranean salad 735 kcal; Side salad 6:	11.89 25 kcal	13.42
Mixed grill Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kcal Chips 1513 kcal; Mediterranean salad 1108 kcal; Side salad 9	11.89 197 kcal	13.42
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings Choose: Jacket potato 1686 kcal; Mashed potato 1690 kcal Chips 2006 kcal; Mediterranean salad 1602 kcal; Side salad	13.65 1491 kcal	15.18

Salads and pastas	INCLUDES A DRINK •

	soft drink* al	coholic drink*
Burrito salad bowl ♥ 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli ♥ ♥ (119 kcal) 1.97	8.62	10.15
Grilled halloumi-style cheese & roasted vegetable salad ♥ ₩ 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast (2007) 279 kcal Southern-fried chicken breast strips (2007) 461 kcal	9.47	11.00
Mediterranean salad	8.35	9.88
Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52	8.90	10.43
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	9.47	11.00

Adults need around 2000 kcal a day.§