Sides and extras

Bowl of chips 🥏 964 kcal (Add: Spicy seas	oning Ø (8 kcal) 34p)	4.23
Small bowl of chips 🥝 60	12 kcal			2.48
Five chicken wings ### 402 kcal			3.34	
Eight Whitby breaded sc	Eight Whitby breaded scampi 527 kcal			4.99
Grilled halloumi-style cl	heese 💟 446 k	cal		1.97
Peas 🥏 130 kcal				94p
Mushy peas V 248 kcal				94p
Side salad 🤕 87 kcal				2.29
Mediterranean side salad 🤕 198 kcal			3.22	
Roasted vegetables 🤕 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

Desserts

Vanilla ice cream (V) (555) 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 ♥ (‱) 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 V (555) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
Fresh fruit () 598 (555) 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake V 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 ♥ ☎ 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 (a) (101 kcal) 62p; Strawberries (a) (14 kcal) 62p; Blueberries (a) (17 kcal) 62p

ALLERGEN AND NUTRITIONAL INFORMATION

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

- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
 Set Calorie and carbohydrate limits.
- List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

DIETARY SYMBOLS

= Very mild = Mild = Medium hot = Very hot **Extremely hot** Vegetarian ØVegan 🤓 5% fat or less 👫 Dish under 500 Calories

Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.§

BREAKFAST Served 8am - 12 noon

Image: Solution of the set of the		
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast 4.45 Small breakfast (2000) 419 kcal 4.45 Fried egg, bacon, sausage, baked beans, hash brown 4.45 Add: Two slices of black pudding (355 kcal) 1.51 6.59 Large vegetarian breakfast (201206 kcal 6.59 Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast 4.99 Vegetarian breakfast (2016) 816 kcal 4.99 Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast 313 kcal Small vegetarian breakfast (2016) 706 kcal 4.61 Two Quorn sausage, baked beans, two hash browns, mushroom, tomato, slice of toast 4.45 Fried egg, Quorn sausage, baked beans, two hash browns, mushroom, tomato 4.45 Fried egg, Durenakfast (2018) 786 kcal 4.61 Two Quorn sausages, baked beans, two hash browns, mushroom, tomato 4.45 Freedom breakfast 545 kcal 4.45 Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.45 American breakfast 1258 kcal 6.85 Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup 6.85 Small American breakfast 629 kcal 4.99	Two fried eggs, bacon, two sausages, baked beans, three hash browns,	6.59
Fried egg, bacon, sausage, baked beans, hash brown Add: Two slices of black pudding (355 kcal) 1.51 Large vegetarian breakfast ♥ 1206 kcal 6.59 Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast 4.99 Yegetarian breakfast ♥ 816 kcal 4.99 Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast 313 kcal Small vegetarian breakfast ♥ 1806 kcal 4.45 Fried egg, Quorn sausage, baked beans, hash brown, tomato 4.61 Two Quorn sausage, baked beans, two hash browns, mushroom, tomato, slice of toast. 4.61 Two Quorn sausages, baked beans, two hash browns, mushroom, tomato. 4.45 Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.61 Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.61 Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.65 American breakfast 1258 kcal 4.45 Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup 6.85 Small American breakfast 629 kcal 4.99 Fried egg, hash brown, maple-cured bacon, sausage, 4.99		4.99
Large vegetarian breakfast ♥ 1206 kcal 6.59 Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast 4.99 Vegetarian breakfast ♥ 816 kcal 4.99 Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast 313 kcal Small vegetarian breakfast ♥ @ @ 313 kcal 4.45 Fried egg, Quorn sausage, baked beans, hash brown, tomato 4.61 Vegan breakfast Ø 786 kcal 4.61 Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread 4.45 Freedom breakfast 545 kcal 4.45 Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.45 American breakfast 1258 kcal 6.85 Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup 6.85 Small American breakfast 629 kcal 4.99 Fried egg, hash brown, maple-cured bacon, sausage, 4.99	Fried eng bacon sausage baked beans bash brown	4.45
Way fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast 4.99 Wegetarian breakfast ③ 816 kcal 4.99 Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast 4.45 Small vegetarian breakfast ④ 806 kcal 4.45 Fried egg, Quorn sausage, baked beans, hash brown, tomato 4.61 Vegan breakfast ④ 786 kcal 4.61 Two fried eggs, baked beans, two hash brown, tomato 4.45 Fried egg, Quorn sausage, baked beans, two hash brown, tomato 4.61 Two Quorn sausage, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread 4.45 Freedom breakfast 545 kcal 4.45 Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.45 American breakfast 1258 kcal 6.85 Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup 6.85 Small American breakfast 629 kcal 4.99 Fried egg, hash brown, maple-cured bacon, sausage, 4.99	Add: Two slices of black pudding (355 kcal) 1.51	
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast 4.45 Small vegetarian breakfast ♥ (55) 313 kcal 4.45 Fried egg, Quorn sausage, baked beans, hash brown, tomato 4.61 Vegan breakfast ● 786 kcal 4.61 Two Quorn sausages, baked beans, two hash browns, mushroom, tomato 4.45 Freedom breakfast ● 786 kcal 4.61 Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread 4.45 Freedom breakfast 545 kcal 4.45 Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.45 American breakfast 1258 kcal 6.85 Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup 4.99 Small American breakfast 629 kcal 4.99 Fried egg, hash brown, maple-cured bacon, sausage, 4.99	Two fried eggs, three Quorn sausages, baked beans, three hash browns,	6.59
Fried egg, Quorn sausage, baked beans, hash brown, tomato 4.61 Vegan breakfast @ 786 kcal 4.61 Iwo Quorn sausages, baked beans, two hash browns, mushroom, omato, slice of toast, vegan spread 4.45 Freedom breakfast 545 kcal 4.45 Iwo fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.65 American breakfast 1258 kcal 6.85 Iwo fried eggs, two hash browns, maple-cured bacon, two sausages, our pancakes, maple-flavour syrup 4.99 Small American breakfast 629 kcal 4.99 Fried egg, hash brown, maple-cured bacon, sausage, 4.99	Two fried eggs, two Quorn sausages, baked beans, two hash browns,	4.99
Guorn sausages, baked beans, two hash browns, mushroom, omato, slice of toast, vegan spread 4.45 Freedom breakfast 545 kcal 4.45 Iwo fried eggs, bacon, baked beans, two hash browns, mushroom, tomato 4.45 American breakfast 1258 kcal 6.85 Iwo fried eggs, two hash browns, maple-cured bacon, two sausages, iour pancakes, maple-flavour syrup 4.99 Small American breakfast 629 kcal 4.99 Fried egg, hash brown, maple-cured bacon, sausage, 4.99		4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato American breakfast 1258 kcal 6.85 Two fried eggs, two hash browns, maple-cured bacon, two sausages, iour pancakes, maple-flavour syrup 6.85 Small American breakfast 629 kcal 4.99 Fried egg, hash brown, maple-cured bacon, sausage, 4.99	Two Quorn sausages, baked beans, two hash browns, mushroom,	4.61
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage,		4.45
Fried egg, hash brown, maple-cured bacon, sausage,	Two fried eggs, two hash browns, maple-cured bacon, two sausages,	6.85
	Fried egg, hash brown, maple-cured bacon, sausage,	4.99

Breakfast extras

Add any of the following:		
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal
Quorn[™] sausage ⊘ 116 kcal	1.05	Two scrambled eggs 💟 136 kcal
Grilled halloumi-style cheese V 396 kcal	1.97	Fried egg V 56 kcal
Baked beans 🥏 126 kcal	93p	Poached egg V 63 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

Breakfast muffin deal

Includes tea. coffee or hot chocolate. Free refills

Egg & cheese muffin () () 249 kcal Fried egg, American-style cheese, in an English muffin	3.31 3.77
	3.77
Egg & bacon muffin (500) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin (500) 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 (300) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin @ S (SG) 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
Grilled halloumi-style cheese 🔮 (396 kcal) 1.97	
Add: Hash brown 🥥 (82 kcal) 46p	

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket Mushroom Benedict V 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding,	5.14 5.14 5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket Miner's Benedict 939 kcal	
	5.14
Hollandaise sauce, rocket	
American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. V 🗐 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. ♥ 黎 277 kcal	3.54 3.25
Scrambled egg on toast 🔮 570 kcal Three eggs, buttered white bloomer toast	3.77
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) (8889) 496 kcal White bloomer bread	2.47
Fresh fruit @ 🕸 (556) 177 kcal Apple, banana, blueberries, strawberries	3.66
Porridge ♥ ☜ ☜☜ 252 kcal (plain) Add: Banana @ (101 kcal) 62p: Maple-flavour syrup @ (125 kcal) 34p Strawberries @ (14 kcal) 62p: Blueberries @ (17 kcal) 62p	2.09

Honey 💟 (91 kcal) 34p

	1.57	Hash brown 🤕 82 kcal	46p
al	1.52	Two mushrooms 🤕 91 kcal	93p
	1.63	Two grilled tomato halves 🧭 16 kcal	52p
	93p	Slice of toast 💟 191 kcal	1.13
	93n		

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 -

FREE TEA, COFFEE AND HOT CHOCOLATE - ALL DAY EVERY DAY -LAVAILE 🛞 🙉 **1.56** each

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

Biscuits

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.

· **100%** · AND IR **BFFF**

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. ¹¹Excluding 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)

for the facts drinkaware.co.uk හු jdwetherspoon.com \neg

XSTD ≥

Part of Heath Park was used as the site of the Heath Park Campus. Situated a short walk from the former Cross Inn, the campus is shared between the University Hospital of Wales and Cardiff University's medical schools. Outside the landmark hospital (which opened in 1971) is Aneurin Bevan Way, named after the founder of the National Health Service. 'Nye' Bevan was a native of south Wales, born in Tredegar, 15 miles or so north of Cardiff.

Food hygiene

We have been awarded

food hygiene rating

rating

the maximum

of 5 in our pub.

100% UK and

Sourced from farms

in the UK and Ireland.

Traceable from farm

Irish beef

FOOD HYGIENE RATING 0 1 2 3 4 5



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

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.





ARABIC

The freshly ground 100% Arabica Lavazza coffee⁺ we serve is from Rainforest Alliance-certified farms.

Tea

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.§

to fork.



RSPCA

ASSURED

fisheries.







well-managed and sustainable 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.

Sustainable fish

The cod and haddock we serve

come from fisheries which have

been independently certified

to the MSC's standards for

Small plates Any 2 for c1747

Small plates Any 3 lor £17.47	
Nachos 🖅 🖉 S92 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Bowl of chips @ 964 kcal	4.23
Bowl of chips with curry sauce 🥥 1082 kcal	5.58
Cheesy chips 💟 1256 kcal	5.41
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 chill // @ 48 kcal Sticky soy ① 100 kcal Naga chilli // @ 136 kcal Jack Daniel's® Tennessee Honey glaze ② 87 kcal Chipotle mayo // ② 150 kcal Blue cheese ③ 270 kcal	
Halloumi-style fries 💟 🐯 396 kcal	4.96
Chicken bites (300) 298 kcal Ten battered chicken breast pieces	6.09
Southern-fried chicken strips 🖉 🚟 459 kcal Five chicken breast strips	6.20
Chicken wings FFF 804 kcal Ten spicy chicken wings	6.75
Quorn[™] nuggets @ () 331 kcal Eight coated pieces	6.03

Deli Deals[°] INCLUDES A DRINK

Paninis

Tuna mayo and Cheddar cheese 599 kcal

Cheddar cheese and tomato V 532 kcal Wiltshire cured ham

and Cheddar cheese 512 kcal

Wraps

Quorn[™] nuggets ⊘ 534 kcal Tomato, cucumber, salsa

Southern-fried chicken and smoky chipotle mayo **FFF** 639 kcal

Cold chicken and sweet chilli sauce ፆ 😳 514 kcal

Fried halloumi-style cheese and sweet chilli sauce **FF** V 738 kcal Tomato, cucumber

soft drink*

6.27

each

alcoholic drink*

7.80

each

each **1.44**

Add:
Chips 🥏 (602 kcal)
Salad 🥥 (87 kcal)
Tomato & basil soup 🥏 (150 kcal)
Spicy rice 🥏 (208 kcal)

Jacket notatoes INCLUDES A DRI K. • 1

Jachet potatoes Includes ADRINK M		
With salad and one filling. Extra fillings 1.22 each.		
Tuna mayo 621 kcal		
Coleslaw 🔮 578 kcal	soft drink* 7.43	
Cheese 👽 531 kcal	each	
Baked beans 🥥 🌚 501 kcal	alcoholic drink* 8.96 each	
Five-bean chilli 🖊 🥏 🧐 5 5	each	

Roasted vegetables 🥏 🧐 402 kcal

Burgers	INCLUDES A DRINK	Beef burgers made from 100% British bee
Durbers		Deer burgers made nom 100 /0 british be

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 Red onion, gherkin, ketchup, American-style mustard Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion	soft drink* 6.04 each	alcoholic drink* 7.57 each
Skinny beef burger (500) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, inste	ad of chips	
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 6.61 lic drink* 8.14
Double beef burgers Two 3oz beef 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	soft drink* 8.30 each	alcoholic drink* 9.83 each
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	-	oft drink* 8.88 lic drink* 10.41
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 kc Two southern-fried chicken strips, iceberg lettuce, mayon		each 3.59
Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 174 kc Maple-cured bacon with American-style chees Cheddar cheese 🕐 83 kcal American-style cheese 🔮 69 kcal Maple-cured bacon 91 kcal Crunchy chicken strip 🍠 92 kcal	cal	2.14 2.14 1.52 1.52 1.52 1.52
3oz beef patty 169 kcal Fried halloumi-style cheese ♥ 446 kcal Grilled chicken breast 187 kcal Fried buttermilk chicken 473 kcal Breaded vegetable patty ♥ 257 kcal ♥ BEYOND MEAT patty ♥ 184 kcal		each 1.97

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; Mashed potato 1177 kcal Side salad 978 kcal; Mediterranean salad 1089 kcal Hot and spicy //// Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	soft drink* 11.42 each alcoholic drink* 12.95 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 //// 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 Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 🚳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	soft drink* 9.25 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	alcoholic drink* 10.78 each
Quorn [™] 'no chicken' nuggets basket // ♥ Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal	
Add: Chicken gravy (50 kcal) 94p	

Add: Chicken gravy (50 kcal) 94p

ies below).		
9 kcal		
soft drink* 10.51 each		
alcoholic drink* 12.04 each		
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, courgette, onion		
ft drink* 11.96 ic drink* 13.49		

Chicken burgers

Served with a small portion of chips (329 kcal, included in the C	alories below)	
Crunchy chicken strip burger ♥ 787 kcal soi	ft drink* 6.04	
Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholi	c drink* 7.57	
Served with chips (602 kcal, included in Calories below).	soft drink*	
Fried buttermilk chicken burger 1254 kcal	8.30	
Breaded whole chicken breast fillet	each	
Grilled chicken breast burger 969 kcal	alcoholic drink*	
Skinny chicken burger 53 555 388 kcal	9.83	
Grilled chicken breast with salad, instead of chips	each	
Meat-free burgers Served with chips (602 kcal, included in Calories below).	soft drink*	
Fried halloumi-style cheese burger 🖊 🛇 1128 kcal	8.30	
Sweet chilli sauce	each	
Breaded vegetable burger ♥ 1038 kcal	alcoholic drink*	
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella,	9.83	
mature Cheddar cheese	each	
Beyond Burger™ Ø 834 kcal. 🎲 BEYOND MEAT plant-based p	patty	

Curries Includes A DRINK

Katsu curries With a mild Japanese-style katsu curry sat coconut-flavour rice, sliced chillies and coriander.	ıce,
Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet Katsu grilled chicken curry 3541 kcal Sliced grilled chicken breast Katsu Quorn [™] nugget curry Ø 685 kcal Eight coated pieces	soft drink* 9.31 each alcoholic drink* 10.84 each
Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower & spinach curry // @ @ 867 kcal Chicken tikka masala // 1190 kcal Chicken jalfrezi /// @ 935 kcal Beef Madras /// 1043 kcal	soft drink* 10.43 each alcoholic drink* 11.96 each
Change your plain naan to a garlic naan Ѵ (add 58 kcal) 47p	
Simple curries With basmati pilau rice or chips. Simple Mangalorean roasted	
cauliflower & spinach curry // Ø Choose: Basmati pilau rice 😳 508 kcal; Chips 910 kcal	soft drink* 8.18
Simple chicken tikka masala 💋 Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	each alcoholic drink*
Simple chicken jalfrezi //// Choose: Basmati pilau rice 🚳 575 kcal; Chips 977 kcal	9.71 each

Choose: Basmati pilau rice 😳 575 kcal; Chips 977 kcal

Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

Fish and

Small fres Peas 680 kcal

> Small Whi Chips, peas 65 Four Whitby br

> > Add: Two slices of b Chip shop-sty

Small Wilt egg and ch One slice of Wi

Small all-Sausage, baco

Small vege Two Quorn sau

After Mon - F

Choose fr

Pubo

Fish and o Freshly ba

Peas 1239 kcal

Whitby bre Chips, peas 119 Eight Whitby br

Add: Two slices of b Chip shop-styl

Steak & ki Peas, onion & r Choose: Chips

Bangers a Three Lincolns

Vegetariar Three Quorn sa

Wiltshire of Two slices of W

Sausages, Three Lincolns

Vegan sau Three Quorn sa

Five-bean Rice, tortilla ch

All-day br Two sausages, Add: Two slices

Vegetarian Three Quorn sa

After Mon - Fi Choose from the above pub classic meals.

Simple beef Madras

Small pub classics INCLUDES A DRINK

I pub classics	INCLUDES A DE	
	soft drink*	alcoholic drink*
chips		
shly battered cod and chips (I or mushy peas 739 kcal	8.44	9.97
itby breaded scampi 58 kcal or mushy peas 718 kcal. readed scampi	8.44	9.97
bread ♥ (383 kcal) 1.34 yle curry sauce ⊘ (118 kcal) 1.46		
t shire cured ham, hips 쨼 455 kcal Viltshire cured ham, fried egg	7.20	8.73
day brunch 666 kcal on, fried egg, baked beans, chips	7.49	9.02
jetarian all-day brunch ♥ 680 usages, fried egg, baked beans, chips	kcal 7.49	9.02

r noon deal ri, 2pm - 5pm m the above small pub classic meals.	soft drink* 6.67	alcoholic drink* 8.20
in the above small pub classic meals.		

Includes a di		* alcoholic drink*
chips	soft drink	alconolic drink *
attered cod and chips 🧭 l or mushy peas 1298 kcal	10.65	12.18
eaded scampi 95 kcal or mushy peas 1255 kcal. readed scampi	10.65	12.18
oread 🔍 (383 kcal) 1.34 le curry sauce ⊘ (118 kcal) 1.46		
dney pudding red wine gravy 1223 kcal; Mashed potato 907 kcal	8.91	10.44
nd mash 950 kcal shire sausages, peas, onion & red wine gravy	8.91	10.44
n bangers and mash () 793 kcal ausages, peas, onion & red wine gravy	8.91	10.44
cured ham, eggs and chips 856 kca Viltshire cured ham, two fried eggs	8.32	9.85
, chips and beans 1170 kcal hire sausages	8.32	9.85
sages, chips and beans @ 1013 kca ausages	8.32	9.85
chilli 🌶 🥥 🥸 590 kcal hips	8.91	10.44
unch 1213 kcal , bacon, two fried eggs, baked beans, chips s of black pudding (355 kcal) 1.51	10.31	11.84
n all-day brunch ♥ 1126 kcal ausages, two fried eggs, baked beans, chips	10.31	11.84
r noon deal ri, 2pm - 5pm	soft drink* 7.84	alcoholic drink* 9.37

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 Mashed potato 745 kcal; Chips 1061 kcal Mediterranean salad 657 kcal; Side salad 546 kcal	soft drink* 11.84	alcoholic drink* 13.37	
Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings and a steak sauce. Choose: Jacket potato 993 kcal Mashed potato 997 kcal; Chips 1314 kcal Mediterranean salad 909 kcal; Side salad 798 kcal Add your choice of steak sauce: Creamy peppercorn sauc Jack Daniel's [®] Tennessee Honey glaze (87 kcal) 1.82		alcoholic drink* 15.71	
Below meals are served with peas, tomato and mushroom. BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 🚳 803 kcal; Mashed potato 807 kc	soft drink 10.65 cal		
Chips 1123 kcal; Mediterranean salad 719 kcal; Side salar 5oz gammon and egg Choose: Jacket potato 🕸 610 kcal; Mashed potato 614 kc Chips 930 kcal; Mediterranean salad 526 kcal; Side salad	9.31 al	10.84	
10oz gammon and eggs 12.48 14.01 Choose: Jacket potato @ 819 kcal; Mashed potato 824 kcal 14.01 Chips 1140 kcal; Mediterranean salad 735 kcal; Side salad 625 kcal			
Mixed grill Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kca Chips 1513 kcal; Mediterranean salad 1108 kcal; Side sala		14.01	
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings Choose: Jacket potato 1686 kcal; Mashed potato 1690 kca Chips 2006 kcal; Mediterranean salad 1602 kcal; Side sal		15.76	
Coloda and postoa -			

Salads and pastas INCLUDES A DRINK

parado ana baseas we		
	soft drink*	alcoholic drink*
Burrito salad bowl ♥ 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add:	9.18	10.71
Chicken breast (187 kcal) 1.97 Five-bean chilli ₽ ♥ (119 kcal) 1.97		
Grilled halloumi-style cheese & roasted vegetable salad ♥ (‱) 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	9.18	10.71
Chicken & maple-cured bacon salad Choose: Grilled chicken breast 🕸 📆 279 kcal Southern-fried chicken breast strips 📆 461 kcal	10.03	11.56
Mediterranean salad @ 38 (666) 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add:	8.90	10.43
Grilled halloumi-style cheese ♥ (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 ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spina sun-dried tomato, basil, rocket Add:	9.47 ch,	11.00
Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52		
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	10.03	11.56
Adults need around 2000 kcal a day.§		