SIDES AND EXTRAS **Bowl of chips ②** 964 kcal (**Add: Spicy seasoning ③** (8 kcal) 34p)

	an (reading pro)		(o rical) 5 (p)		
Small bowl of chips @	602 kcal			2.61	
Five chicken wings 🎉	10 2 kcal			3.34	
Eight Whitby breade	d scampi 527	kcal		4.99	
Peas 🕖 130 kcal				94p	
Mushy peas 🛡 248 kcal				94p	
Side salad 🕢 87 kcal				2.29	
Mediterranean side s	alad 	al		3.22	
Roasted vegetables @	135 kcal			1.53	
Coleslaw 🛡 399 kcal				1.40	
Sliced chillies /////	Ø 3 kcal			88p	
Onion rings 🕖	Six 269 kcal	2.33	Twelve 538 kcal	3.50	

8" 461 kcal 4.98

11" 772 kcal **5.57**

11" 922 kcal **6.44**

DESSERTS

With cheese V

Garlic pizza bread **8** 8 386 kcal **4.40**

Vanilla ice cream ♥ 555 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.91
Cookie crunch ♥ 557 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.91
Mini warm chocolate brownie (V) 635 kcal Belgian chocolate sauce, vanilla ice cream	3.13
Mini warm cookie dough sandwich ♥ 555 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.13
Fresh fruit 👽 🔞 📆 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.79
Warm chocolate fudge cake (9 13 kcal. Vanilla ice cream	5.59
Warm chocolate brownie ♥ 736 kcal Belgian chocolate sauce, vanilla ice cream	5.59
Warm cookie dough sandwich ♥ 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.59
British Bramley apple crumble ♥ 830 kcal Vanilla ice cream	5.90

Add: 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

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

= Ve	ry mild = Verv	hot Mild	= Medium = Extremely h	hot	
				UNDER 500 Dish under 500 Calories	
19	Seafood MSC-C-5	d with this n 56647 www	nark comes from a msc.org	n MSC-certified sustainable fishe	ry

Adults need around 2000 kcal a day.5

BREAKFAST Served 8am - 12 noon

Large breakfast 1286 kcal wo fried eggs, bacon, two sausages, baked beans, three hash browns, nushroom, two slices of toast	7.43
Fraditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.75
Small breakfast 📆 419 kcal ried egg, bacon, sausage, baked beans, hash brown	5.19
Add: Two slices of black pudding (355 kcal) 1.51	
arge vegetarian breakfast ♥ 1206 kcal wo fried eggs, three Quorn sausages, baked beans, three hash browns, nushroom, tomato, two slices of toast	7.43
/egetarian breakfast ② 816 kcal wo fried eggs, two Quorn sausages, baked beans, two hash browns, nushroom, tomato, slice of toast	5.75
Small vegetarian breakfast (V) (133 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.19
/egan breakfast 	5.36
Freedom breakfast 545 kcal wo fried eggs, bacon, baked beans, two hash browns, nushroom, tomato	5.19

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.92
Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.92
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.92
Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	4.36
Beans on toast (V) 🚳 566 kcal. Buttered white bloomer toast	3.77
Small beans on toast (V 🚳 \varpi 251 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmalade () 496 kcal White bloomer bread	2.58
Fresh fruit (2) (2) (555) 177 kcal Apple, banana, blueberries, strawberries	3.77
Porridge V S 553 252 kcal (plain) Add: Banana (101 kcal) 62p; Strawberries (14 kcal) 62p Blueberries (17 kcal) 62p; Honey (91 kcal) 34p	2.09



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.

BREAKFAST EXTRAS

Add any of the following:

Two slices of black pudding 355 kcal **1.51 Four rashers of maple-cured bacon** 91 kcal **1.52 Two mushrooms 1.52 Two mushrooms 1.52 Two mushrooms 1.05 Two scrambled eggs ○** 136 kcal 1.63 Two grilled tomato halves @ 16 kcal Sausage 168 kcal 52p Quorn[™] sausage **②** 116 kcal **1.05 Fried egg 5**6 kcal 93p Slice of toast V 191 kcal 1.13 **Baked beans 126** kcal 93p Poached egg **10** 63 kcal Two rashers of back bacon 99 kcal **1.57 Hash brown @** 82 kcal 46p

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	3.77
Egg & bacon muffin 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.23
Egg & sausage muffin ႈ 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.23
Egg & Quorn™ sausage muffin ♥ ௵ 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.23
Breakfast muffin 6565 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.47
Add: Hash brown 🥝 (82 kcal) 46p	

RREAKEAST RUTTIES AND \\/RAPS

DREARLY DOLLIES AND WKAPS	
Bacon butty 525 kcal 'hree rashers of bacon, buttered white bloomer bread	4.36
Sausage butty 713 kcal iwo sausages, buttered white bloomer bread	4.36
Quorn[™] sausage butty ♥ 609 kcal wo Quorn sausages, buttered white bloomer bread	4.36
Breakfast wrap 739 kcal ried egg, bacon, sausage, hash brown, Cheddar cheese	4.93
/egetarian breakfast wrap ② 835 kcal ried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.93

TEA, COFFEE AND HOT CHOCOLATE



£1.56 each





The freshly ground 100% Arabica

Lavazza coffee^{††} 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.

Espresso @ 6 kcal Black coffee @ 6 kcal White coffee **2**4 kcal (Oat milk available @ 4 kcal) Hot chocolate V 169 kcal

Flat white **9**2 kcal

Latte V 113 kcal

Mocha V 147 kcal

Cappuccino V 102 kcal

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 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p

Salted caramel brownie bar V 316 kcal 1.64

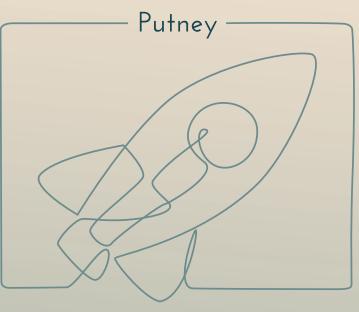
All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses 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 J D Wetherspoon plc reserves the right to withdrawlchange offers (without notice), at any time. See our website or initi details, journed interspoon notices are proposed in the proposed in t

for the facts drinkaware.co.uk

FOOD

Breakfast 8am – 12 noon Main menu 11.30am - 11pm

The Rocket



Previously occupied by the Rocket Riverside restaurant, these premises are at the foot of Putney Wharf Tower, a refurbished office block, built in 1962 as the headquarters of International Computers Limited. In 1998, an archaeological dig was carried out on the site of the curved extension to the tower, revealing the existence of a large house which stood here for 250 years. On the 1841 Tithe Map, it is recorded as Gothic House.

wetherspoon

INCLUDES A DRINK OF Choose from over 150 drinks

hygiene rating of 5 in





How to order from your table Download the Wetherspoon app

or scan this QR code.





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 (*) (555) 470 kcal Mozzarella, basil	6.61
Pepperoni // 578 kcal Mozzarella, 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 ② 5553 kcal Mushroom, roasted pepper, courgette, onion, basil	7.20
BBQ jackfruit and vegan cheeze /// ② ③ ⑤ 437 kcal BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket	7.80
Spicy meat feast /// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.80
11" garlic pizza bread V 772 kcal	5.57
Bao buns Traditional Asian steamed buns	6.03
Choose: Spicy crunchy chicken 624 kcal Spicy mayo, red onion, sliced chillies, coriander BBQ jackfruit 50 16 kcal Red onion, sliced chillies, coriander Nachos 59 kcal	6.31
Cheese, guacamole, salsa, sour cream, sliced chillies	
Bowl of chips @ 964 kcal	4.43
Bowl of chips with curry sauce ⊘ 1082 kcal	6.03
Cheesy chips ♥ 1256 kcal	5.80
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.31
With any of the small plates below, choose one dip:	
Sweet chilli	
Naga chilli	
Jack Daniel's [®] Tennessee Honey glaze ♥ 87 kcal	
Chipotle mayo /// © 150 kcal	
Blue cheese © 270 kcal	
Halloumi-style fries V 555 396 kcal	6.03
Chicken bites 3298 kcal Ten battered chicken breast pieces	6.31
Southern-fried chicken strips 7 500 459 kcal Five chicken breast strips	6.43
Chicken wings /// 804 kcal Ten spicy chicken wings	7.21
Quorn™ nuggets ② 331 kcal Eight coated pieces	6.03

DELI DEALS® INCLUDES A DRINK •

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

Paninis

Cheddar cheese and tomato V 532 kcal	soft drink*
Wiltshire cured ham and Cheddar cheese 512 kcal	7.43 each
RRO chicken, bacon and Cheddar cheese 572 kcal	

BBO jackfruit and vegan cheeze @ 516 kcal BBQ jackfruit, vegan cheese alternative

Shawarma chicken 749 kcal

Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato onion rocket fresh mint

Ouorn™ nuggets ② 534 kcal. Tomato, cucumber, salsa

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

Add: Chips (602 kcal); **Salad (87** kcal) **Spicy rice** (208 kcal) **1.44** each

BURGERS INCLUDES A DRINK •



100% UK and Irish beef

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

soft drink* | alcoholic drink*

8.96

each

alcoholic drink*

11.22

each

7.20

each

soft drink*

9.46

each

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 Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion

Skinny beef burger 369 kcal Iceberg lettuce, tomato, red onion. with a side salad, instead of chips

American cheese burger 729 kcal soft drink* 7.78 American-style cheese, red onion, gherkin, alcoholic drink* 9.54 ketchup, American-style mustard

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 onior

Double American cheese burger 1206 kcal soft drink* 10.04 American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 11.80 American-style mustard

lust-a-burger

Served on its own, without chips or a drink. each **4.51** American burger 5366 kcal

Red onion, gherkin, ketchup, American-style mustard **Crunchy chicken strip burger** 5 459 kcal

Additional toppings

Maple-cured bacon with Cheddar cheese 174 kcal 2.14 Maple-cured bacon with American-style cheese 160 kcal 2.14 **Cheddar cheese 3** 83 kcal 1.52 American-style cheese **②** 69 kcal 1.52 Maple-cured bacon 91 kcal 1.52

3oz beef patty 169 kcal Fried halloumi-style cheese **②** 446 kcal

Fried buttermilk chicken 473 kcal

BEYOND MEAT patty @ 184 kcal

each **1.97**

soft drink*

10.49

each

alcoholic drink*

12.25

each

soft drink*

11.60

each

CURRIES INCLUDES A DRINK •

With a mild Japanese-style katsu curry sauce,

coconut-flavour rice, sliced chillies and coriander Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet

Katsu grilled chicken curry 52 541 kcal Sliced grilled chicken breast Katsu Quorn[™] nugget curry **@** 685 kcal

Eight coated pieces

alcoholic drink*

9.19

each

With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower & spinach curry **//** ② 3867 kcal

Chicken tikka masala // 1190 kcal

Chicken jalfrezi 9935 kcal Beef Madras // 1043 kcal

alcoholic drink* 13.36 each

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

Chicken burgers

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

Crunchy chicken strip burger ₱ 787 kcal soft drink* 7.20 Two southern-fried chicken strips, alcoholic drink* 8.96 iceberg lettuce, mayonnaise

Served with chips (602 kcal, included in Calories below).

Fried buttermilk chicken burger 1254 kcal soft drink* 9.46 Breaded whole chicken breast fillet alcoholic drink* 11.22

Meat-free burgers

Served with chips (602 kcal, included in Calories below). Fried halloumi-style cheese burger // V 1128 kcal

Beyond Burger™ ② 834 kcal BEYOND MEAT plant-based patty

9.46 each alcoholic drink* 11.22

each

soft drink*

11.66

each

alcoholic drink*

13.42

soft drink*

12.60

each

alcoholic drink³

14.36

each

soft drink*

10.43

each

alcoholic drink

12.19

each

soft drink*

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

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1565 kcal Fried buttermilk chicken 1702 kcal

BBQ burger

Maple-cured bacon, Cheddar cheese, BBO sauce Choose: Beef (two 3oz beef patties) 1644 kcal Fried buttermilk chicken 1780 kcal

Smoky jackfruit burger 1523 kcal BEYOND MEAT plant-based patty, BBQ jackfruit,

n cheese alternative Fiesta burger 1462 kcal

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

Triple American cheese soft drink* 13.12 & bacon burger 1479 kcal alcoholic drink* 14.88

Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

CHICKEN INCLUDES A DRINK •

Char-grilled half chicken

Chicken on the bone is marinated, slow cooked and finished on the char-grill.

Lemon and herb 🅖 Char-grilled in a lemon & herb glaze

Coleslaw, garlic & herb dip Choose: Spicy rice 1099 kcal; Chips 1173 kcal

Side salad 978 kcal: Mediterranean salad 1089 kcal Hot and spicy ///

Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Spicy rice 1069 kcal; Chips 1463 kcal

Side salad 948 kcal; Mediterranean salad 1058 kcal

Chicken baskets

Boneless basket /

Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBO 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

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 Ouorn[™] 'no chicken' nuggets basket **// V**

Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

SMALL PUB CLASSICS INCLU	DES A DRI	NK' •
Fish and chips	oft drink* ald	oholic drink*
Small freshly battered cod and chips Peas 680 kcal or mushy peas 739 kcal	9.62	11.38
Small Whitby breaded scampi Four scampi, chips, peas 658 kcal or mushy peas 718 kcal	9.62	11.38
Add: Two slices of bread ♥ (383 kcal) 1.34 Chip shop-style curry sauce ⊚ (118 kcal) 1.46		
Small Wiltshire cured ham, egg and chips 355 455 kcal One slice of Wiltshire cured ham, fried egg	8.38	10.14
Small all-day brunch 666 kcal Sausage, bacon, fried egg, baked beans, chips	8.68	10.44
Small vegetarian all-day brunch ♥ 680 kcal Two Quorn sausages, fried egg, baked beans, chips	8.68	10.44

AFTERNOON DEAL Mon – Fri, 2pm – 5pm

Add: Two slices of bread (383 kcal) 1.34

soft drink* alcoholic drink 7.85 9.61

PUB CLASSICS INCLUDES A DRINK •

soft drink* alcoholic drink* Fish and chips

Freshly battered cod and chips 🥟 11.84 13.60 Peas 1239 kcal or mushy peas 1298 kca Whitby breaded scampi 13.60 11.84 Eight scampi chips, peas 1195 kcal or mushy peas 1255 kcal.

Chip shop-style curry sauce (118 kcal) 1.46 Steak & kidney pudding 1223 kcal 10.08 11.84 Chips, peas, onion & red wine gravy 11.25

Wiltshire cured ham, eggs and chips 856 kcal 9.49 Two slices of Wiltshire cured ham, two fried eggs Sausages, chips and beans 1170 kcal 9.49 Three Lincolnshire sausages **Vegan sausages, chips and beans 1013** kcal 9.49

Five-bean chilli / @ 590 kcal 10.08 11.84 Rice tortilla chips All-day brunch 1213 kcal 11.49 13.25 Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51

AFTERNOON DEAL Mon – Fri, 2pm – 5pm

Vegetarian all-day brunch (V) 1126 kcal

soft drink* alcoholic drink 9.02 10.78

each

11.49

11.25

11.25

13.25



Three Ouorn sausages

Sustainable fish

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

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.

IACKET POTATOES INCLUDES A DRINK •

With salad and one filling. Extra fillings 1.30 each soft drink* Coleslaw V 578 kcal 8.60 Cheese V 531 kcal each Baked beans @ 501 kcal alcoholic drink*

Five-bean chilli / @ 53 533 431 kcal Roasted vegetables @ 58 555 402 kcal 11" PIZZAS INCLUDES A DRINK: On a freshly baked sourdough base. soft drink* alcoholic drink* Margherita V 939 kcal 10.43 12.19 Pepperoni // 1157 kcal Mozzarella, pepperon Ham and mushroom 1012 kcal soft drink* Mozzarella, ham, mushroom, rocket 11.60 BBO chicken 1103 kcal each Mozzarella, BBQ sauce, chicken breast, red onion, rocket alcoholic drink 13.36 Roasted vegetable **1**029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable @ 50 705 kcal Mushroom, roasted pepper, courgette, onion, basil BBQ jackfruit and vegan cheeze 12.78 14.54 BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket 14.54 Spicy meat feast // 1220 kcal 12.78 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 Chicken breast 94 kcal Maple-cured bacon 91 kcal

SALADS, PASTAS AND NOODLES INCLUDES A DRINK

soft drink* alcoholic drink*

each 1.15

1.53

Burrito salad bowl **0** 657 kcal 10.32 12.08 Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Five-bean chilli / V (119 kcal) 1.97 Ramen noodle bowl 7 @ 58 555 236 kcal 10.60 12.36

Noodles, bean sprouts, shiitake mushroom. spring onion carrot pak choi hamboo shoots red onion sliced chillies, coriander, in a light broth Add: Chicken breast (94 kcal) 1.15

Poached egg (63 kcal) 93p

Pepperoni // 109 kcal

Roasted vegetables @ 135 kcal

Southern-fried chicken & maple-cured 12.92 11.16 bacon salad 600 461 kcal Southern-fried chicken breast strips Mediterranean salad @ 53 (53) 334 kcal 10.03 11.79 Pearl barley, quinoa, butternut squash,

wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Roasted vegetables (135 kcal) 1.53

Pasta alfredo V 618 kcal 10.60 Fusilli pasta, creamy pecorino & regato cheese sauce,

spinach, sun-dried tomato, basil, rocket Add: Maple-cured bacon (91 kcal) 1.52 British beef & pancetta lasagne

Adults need around 2000 kcal a day.§

Choose: Side salad 780 kcal: Chips 1295 kcal 10.36

12.36

12.92

11.16