Sides and extras

Bowl of chips 🤕 964 kcal	Add: Spicy seas	oning 🤕	(8 kcal) 34p)	4.23
Small bowl of chips 🥝 🏼)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	kcal		1.97
Peas 🧭 130 kcal				94p
Mushy peas V 248 kcal				94p
Side salad 🥝 87 kcal				2.29
Mediterranean side sala	ad 🥏 198 kcal			3.22
Roasted vegetables 🤕 1	35 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 V	8 '' 461 kcal	4.98	11 " 922 kcal	6.44

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 V (555) 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ ∰ 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes V (555) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
Fresh fruit (V) 638 (5557) 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 (V) 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble 🕥 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 @ (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 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

Large Scottish breakfast 1441 kcal Two fried eggs, bacon, two sausages, two slices of black pudding, baked beans, potato scone, two slices of toast	6.5
Scottish breakfast 848 kcal Fried egg, bacon, sausage, black pudding, baked beans, potato scone, slice of toast	4.9
Small Scottish breakfast (557) 429 kcal Fried egg, bacon, sausage, baked beans, potato scone	4.4
Add: Haggis (246 kcal) 1.40: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast ♥ 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.5
Vegetarian breakfast (V) 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.9
Small vegetarian breakfast (V) (1999) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.4
Vegan breakfast @ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.6
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.4
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.8
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.9
Two slices of toast with jam or marmalade (V) (1999) 496 kcal White bloomer bread	2.4

Breakfast extras

1.51
1.05
1.05
1.97
93p

Two scrambled eggs 💟 136 kcal Fried egg V 56 kcal Poached egg V 63 kcal

Two rashers of back bacon 99 kg Four rashers of maple-cured b

Breakfast deals

Breakfast roll 3.77 Choose: Bacon Sciol 303 kcal; Sausage 540 kcal; Quorn™ sausage ♥ Sciol 436 kcal Fried egg ♥ Sciol 260 kcal; Haggis Sciol 450 kcal; Black pudding 559 kcal Egg & cheese muffin ♥ Sciol 249 kcal 3.31
Bacon (555) 303 kcal; Sausage 540 kcal; Quorn™ sausage ♥ (555) 436 kcal Fried egg ♥ (555) 260 kcal; Haggis (555) 450 kcal; Black pudding 559 kcal
Fried egg V 1 260 kcal; Haggis 1 450 kcal; Black pudding 559 kcal
Eag & choose mulfip (100 2/0 keel 3 21
Fried egg, American-style cheese, in an English muffin
Egg & bacon muffin (555) 298 kcal 3.77
Fried egg, bacon, American-style cheese, in an English muffin
Egg & sausage muffin (500) 417 kcal 3.77
Fried egg, sausage, American-style cheese, in an English muffin
Egg & Quorn [™] sausage muffin ♥ (555) 364 kcal 3.77
Fried egg, Quorn sausage, American-style cheese, in an English muffin
Breakfast muffin (1999) 466 kcal 4.01
Fried egg, sausage, bacon, American-style cheese, in an English muffin
Smashed avocado muffin @ 38 (555) 244 kcal 4.01 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
Add: Hash brown 🥥 (82 kcal) 46p

8am - 12 noon 5.14 Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham Hollandaise sauce, rocket 5.14 Mushroom Benedict 🔮 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket 5.14 Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ 554 kcal	4.99 4.30
Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. ⋘ 322 kcal Two pancakes, maple-flavour syrup. ♥ ॐ ‱ 277 kcal	3.54 3.25
Scrambled egg on toast V 570 kcal Three eggs, buttered white bloomer toast	3.77
Beans on toast V 🤓 566 kcal. Buttered white bloomer toast	3.66
Small beans on toast V 🕸 (55) 251 kcal Buttered white bloomer toast	2.62
Fresh fruit @ 98 (177) kcal Apple, banana, blueberries, strawberries	3.66
Porridge V 🕸 🐯 252 kcal (plain) Add: Banana 🥥 (101 kcal) 62p: Maple-flavour syrup 🥥 (125 kcal) 34p Strawberries 🎯 (14 kcal) 62p: Blueberries 🎯 (17 kcal) 62p Honey V (91 kcal) 34p	2.09
Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.36
Vegetarian breakfast wrap ♥ 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.36

cal	1.57	Hash brown 🤕 82 kcal	46p
bacon 91 kcal	1.52	Two mushrooms 🥝 91 kcal	93p
	1.63	Two grilled tomato halves 🥏 16 kcal	52
	93p	Slice of toast 💟 191 kcal	1.13
	93p		

-Tea, coffee and hot chocolate -

Flat white V 92 kcal

Cappuccino 🔍 102 kcal

FREE TEA, COFFEE AND HOT CHOCOLATE - ALL DAY EVERY DAY -LAVAILA 🛞 🚇 £1.56

Biscuits

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

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)

Latte V 113 kcal Mocha 🖤 147 kcal Espresso ⊘ 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 \heartsuit 14 kcal (Oat milk available 🥥 4 kcal) Decaffeinated tea and coffee available.



sco 🗵

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



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

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



hn Erskine, the 6th Earl of Mar, created industrial Alloa, developing the town as a coalng centre. Born in Alloa, in 1675, Mar was twice Secretary of State for Scotland under n Anne. However, his frequent changes of political allegiance earned him the nickname ing John'. Mar was the leader of the failed Jacobite uprising of 1715 and died in exile. His forfeited estates were later purchased by his brother and restored to the Erskine family.



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.



vgiene⁺informati PASS

Food hygiene information scheme

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



100% UK and

Sourced from farms

in the UK and Ireland.

Traceable from farm

Irish beef



RSPCA

ASSURED

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.

LAVALLA



The freshly ground 100% Arabica Lavazza coffeet we serve is from Rainforest

Coffee



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.





HOTELS





Small plates Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.

o pizzas on a nesiny bakeu sourdough base.	
Margherita V 뻀 470 kcal. Mozzarella, basil	5.91
Haggis 597 kcal. Mozzarella, haggis, red onion	6.51
Pepperoni 💋 578 kcal. Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable 👽 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable Ø 58 (555) 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
11" garlic pizza bread 🔍 772 kcal	5.57
Nachos //// 👽 592 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 chilli ♥♥ @ 48 kcal; Sticky soy ♥ 100 kcal Naga chilli ♥♥♥ @ 136 kcal; Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal Chipotle mayo ♥♥♥ ♥ 150 kcal; Blue cheese ♥ 270 kcal	
Macaroni cheese bites 💟 🗺 277 kcal	5.46
Halloumi-style fries 💟 5 396 kcal	4.96
Chicken bites 쨼 298 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips / 😁 459 kcal. Five chicken breast strips	6.20
Chicken wings ### 804 kcal. Ten spicy chicken wings	5.62
Quorn™ nuggets @ ເໜີ 331 kcal. Eight coated pieces	5.19

Deli Deals[®] INCLUDES A DRINK

8" pizzas on a freshly baked sourdough base. Choose any 8" pizza from the small plates section. Paninis Haggis and Cheddar cheese 687 kcal Tuna mayo and Cheddar cheese 599 kcal Cheddar cheese and tomato V 532 kcal soft drink* Wiltshire cured ham 5.70 and Cheddar cheese 512 kcal each BBQ chicken, bacon and Cheddar cheese 572 kcal alcoholic drink* 7.23 Wraps each Quorn[™] nuggets @ 534 kcal. Tomato, cucumber, salsa Southern-fried chicken and smoky chipotle mayo **FFF** 639 kcal Cold chicken and sweet chilli sauce **//** 32 514 kcal

Fried halloumi-style cheese and sweet chilli sauce **//** 🛛 738 kcal Tomato, cucumber

Add: Chips Ø (602 kcal); Salad Ø (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	soft drink*
Coleslaw 💟 578 kcal	6.85 each
Cheese 🕐 531 kcal	alcoholic drink*
Baked beans 🥏 🚳 501 kcal	8.38
Five-bean chilli 🖊 🧑 🥺 뻀 431 kcal	each
Roasted vegetables 🥏 🧐 5 402 kcal	

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

Classic beef burger 676 kcal 5.44 6.97 Iceberg lettuce, tomato, red onion Skinny beef burger (S) 369 kcal soft drink* Iceberg lettuce, tomato, red onion, with a side salad, instead of chips American cheese burger 729 kcal soft drink* 6 American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 7 American-style mustard Double beef burgers Two 3oz beef patties. soft drink* 7 Double American burger 1137 kcal soft drink* alcoholic drink* 9.26 Bouble Classic beef burgers 118 kcal soft drink* 9.26 each 9.26 Double American cheese burger 1206 kcal soft drink* 9.26 each 9.26 Bouble American cheese burger 1206 kcal soft drink* 9.26 each 9.26 Bouble American cheese burger 1206 kcal soft drink* 9.26 each 9.26 Just-a-burger Served on its own, without chips or a drink. each 3 alcoholic drink* 9 American-style mustard Just-a-burger 366 kcal each 3 alcoholic drink* 9 Just-a-burger Served on its own, without chips or a drink. each 3 Am	INCLUDES A DRINK . Beef burgers made
Red onion, gherkin, ketchup, American-style mustard soft drink* alcoholic dr Classic beef burger 676 kcal each each Skinny beef burger (300) 369 kcal leeberg lettuce, tomato, red onion, with a side salad, instead of chips soft drink* 6.97 American cheese burger (229 kcal soft drink* soft drink* 6 American cheese burger 729 kcal soft drink* 6 American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 7 American-style mustard soft drink* 7 Double beef burgers Two 3oz beef patties. soft drink* 7 Served with chips (602 kcal, included in Calories below). alcoholic drink* 7 Double Classic beef burger 1137 kcal soft drink* alcoholic drink* 9,26 Bouble classic beef burger 1118 kcal leeberg lettuce, tomato, red onion 8 soft drink* 9,26 Bouble American cheese burger 1206 kcal soft drink* 8 alcoholic drink* 9,26 Bouble American style mustard soft drink* 9 8 alcoholic drink* 9 Just-a-burger soft drink* 9 366 kcal alcoholic drink* 9	
American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 7 American-style mustard Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below). Double American burger 1137 kcal soft drink* alcoholic drink 9.26 Bouble classic beef burger 1118 kcal ceberg lettuce, tomato, red onion soft drink* alcoholic drink* 9.26 Bouble American cheese burger 1206 kcal soft drink* alcoholic drink* 9.26 Bouble American cheese burger 1206 kcal soft drink* alcoholic drink* 9.26 Bouble American cheese burger 1206 kcal soft drink* 9.26 American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 9 American-style mustard soft drink* 9 Just-a-burger Served on its own, without chips or a drink. each Just-a-burger 366 kcal each 3 American burger (SSS) 366 kcal reach 3 Crunchy chicken strip burger (SSS) 668 kcal 459 kcal 3 Two southern-fried chicken strips, iceberg lettuce, mayonnaise 3 3 Additional toppings and burger patties 3 3 3	p, American-style mustard r 676 kcal d onion r 369 kcal
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 Double American cheese burger 1206 kcal 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 / ∰ 59 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise Additional toppings and burger patties Maple-cured bacon with American-style cheese 174 kcal Cheddar cheese ŷ 83 kcal American-style cheese ŷ 83 kcal	burger 729 kcal soft drink* 6.04 d onion, gherkin, ketchup, alcoholic drink* 7.57
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1118 kcal lceberg lettuce, tomato, red onion Double American cheese burger 1206 kcal 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 / ∰ 59 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise Additional toppings and burger patties Maple-cured bacon with American-style cheese 174 kcal Cheddar cheese ŷ 83 kcal American-style cheese ŷ 89 kcal	-
American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 9 American-style mustard Just-a-burger served on its own, without chips or a drink. each 3 American burger 🐨 366 kcal Red onion, gherkin, ketchup, American-style mustard Grunchy chicken strip burger / € ● 459 kcal 36 Two southern-fried chicken strips, iceberg lettuce, mayonnaise Additional toppings and burger patties 3 Maple-cured bacon with Cheddar cheese 174 kcal 2 Cheddar cheese 🔮 83 kcal 1 American-style cheese 🔮 69 kcal 1	p. American-style mustard f burger 1118 kcal each
Served on its own, without chips or a drink. each 3 American burger (55) 366 kcal additional toppings and burger (100 kcal) Red onion, gherkin, ketchup, American-style mustard additional toppings and burger patties Additional toppings and burger patties adapte-cured bacon with Cheddar cheese 174 kcal Maple-cured bacon with American-style cheese 160 kcal adapte cheese (100 kcal) Cheddar cheese (100 kcal) adapte cheese (100 kcal)	
Maple-cured bacon with Cheddar cheese 174 kcal 2 Maple-cured bacon with American-style cheese 160 kcal 2 Cheddar cheese V 83 kcal 1 American-style cheese V 69 kcal 1	366 kcal , American-style mustard : rip burger ≠ 55 % cal
	vith Cheddar cheese 174 kcal 2.14 vith American-style cheese 160 kcal 2.14 kcal 1.52 se V 69 kcal 1.52
Crunchy chicken strip ∮ 92 kcal 1 3oz beef patty 169 kcal Fried halloumi-style cheese ♥ 446 kcal	92 kcal 1.50
Grilled chicken breast 187 kcal	t 187 kcal each 1.97 ken 473 kcal each 1.97 atty ♥ 257 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, garlic & herb dip	soft drink*		
Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal	10.83		
Side salad 978 kcal; Mediterranean salad 1089 kcal	each		
Hot and spicy 💴 Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*		
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 ### 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	soft drink*		
Chicken bites basket	8.68		
Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 🚳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	each		
Southern-fried chicken strips basket / Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	alcoholic drink*		
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	10.21 each		
Quorn [™] 'no chicken' nuggets basket // ♥	Cucii		
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			

Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calories 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 Caledonian burger 1713 kcal Wo 3oz beef patties, haggis, whisky sauce Ultimate burger 1661 kcal 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 BBO burger Maple-cured bacon, Cheddar cheese, BBO sauce Choose: Beef (two 3oz beef patties) 1564 kcal; Fried buttermilk chicken 1702 kcal Fiesta burger @ 1462 kcal SetYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion Triple American cheese & bacon burger 1479 kcal SetYOND MEAT plant-based patty, salsa, guacamole, alcoholic drink* 11.38 Three 3oz beef patties, American-style cheese, maple-cured bacon, alcoholic drink* 12.91 red onion, gherkin, ketchup, American-style mustard soft drink* 5.44 Wo southern-fried chicken strips loeger / 787 kcal soft drink* 7.73 Served with a small portion of chips (329 kcal, included i	0			
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 Caledonian burger 1713 kcal Two 3oz beef patties, haggis, whisky sauce 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, BBO sauce Choose: Beef (two 3oz beef patties) 1644 kcal; Grilled chicken breast 1495 kcal Friesta burger @ 1462 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion Triple American cheese & bacon burger 1479 kcal soft drink* Three 3oz beef patties, American-style cheese, maple-cured bacon, alcohotic drink* 12.91 red onion, gherkin, ketchup, American-style mustard soft drink* 5.44 Wo southern-fried chicken strips, iceberg lettuce, mayonnaise alcohotic drink* 6.97 Served with a small portion of chips (329 kcal, included in the Calories below). Soft drink* 7.73 each	aerved with childs, six onion rings to zi kcar, included in Calorie	s below).		
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 Caledonian burger 1713 kcal Two 30z beef patties, haggis, whisky sauce Ultimate burger 1661 kcal Two 30z 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 30z 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 30z beef patties) 1644 kcal; Grilled chicken breast 1495 kcal Friesta burger @ 1462 kcal © BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion Triple American cheese & bacon burger 1479 kcal Soft drink* 11.38 Three 30z beef patties, American-style cheese, maple-cured bacon, alcoholic drink* 12.91 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 Served with chips (602 kcal, included in Calories below). Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet Grilled chicken breast burger 969 kcal Breaded whole chicken breast fillet Grilled chicken breast burger 969 kcal Skinny chicken burgers Sath drink* Skinny chicken burger 20 388 kcal Grilled chicken breast with salad, instead of chips Meat-free burgers				
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Grilled chicken breast with salad, instead of chips each Meat-free burgers	Grilled chicken breast burger 969 kcal	alcoholic drink*		
Meat-free burgers	Skinny chicken burger 🧐 1 388 kcal	0.24		
	Grilled chicken breast with salad, instead of chips			
Served with chips (002 kcal, included in calories below).	· ·····	each		
Fried halloumi-style cheese burger // v 1128 kcal each	· ·····	each soft drink*		
Breaded vegetable burger ♥ 1038 kcal	Meat-free burgers Served with chips (602 kcal, included in Calories below). Fried halloumi-style cheese burger 💋 🛯 1128 kcal	each soft drink* 7.73		

Fried halloumi-style cheese burger // (v) 1128 kcal	7.73	
Sweet chilli sauce	each	
Breaded vegetable burger (v) 1038 kcal	alcoholic drink*	
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella,	9.26	
mature Cheddar cheese	each	
Beyond Burger™ @ 834 kcal. 🎧 BEYOND MEAT plant-based patty		

Curries INCLUDES A DRINK

Katsu curries With a mild Japanese-style katsu curry saud coconut-flavour rice, sliced chillies and coriander.	ce,
Katsu chicken curry ⊗ 685 kcal Sliced whole breaded chicken breast fillet Katsu grilled chicken curry ⊗ 541 kcal Sliced grilled chicken breast Katsu Quorn [™] nugget curry ⊘ 685 kcal Eight coated pieces	soft drink* 8.73 each alcoholic drink* 10.26 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* 9.84 each alcoholic drink* 11.37 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 // Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	soft drink* 7.62 each alcoholic drink*
Simple chicken jalfrezi //// Choose: Basmati pilau rice 🕸 575 kcal; Chips 977 kcal	9.15 each

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

On a fres Margheri Haggis 119 Pepperon Ham and r **BBQ** chick Mozzarella, B Roasted v Mozzarella, m Vegan roa Mushroom, roa

Spicy mea Mozzarella, ha Addition

Red onion 🥏 Garlic & herb Chicken breast 94 kcal; Maple-cured bacon 91 kcal

Pepperoni 🎢 109 kcal; Roasted vegetables 🥥 135 kcal

Smal

Fish and Small fres Peas 680 kcal Small Whi Chips, peas 65 Four Whitby br

Add: Two slice Chip shop-sty Small Wilt egg and cl One slice of W Small all-Sausage, baco Small vege Two Quorn sau

Afte Mon - F Choose fr

Pub classics INCLUDES A DRINK

11" pizzas Includes A DRINK

· · · · · · · · · · · · · · · · · · ·	drink* .68	alcoholic drink* 10.21
94 kcal. Mozzarella, haggis, red onion		
 i i i 1157 kcal. Mozzarella, pepperoni mushroom 1012 kcal. Mozzarella, ham, mushroom, rocket kcal BQ sauce, chicken breast, red onion, rocket regetable 1029 kcal hushroom, roasted pepper, courgette, onion, basil 		soft drink* 9.84 each Icoholic drink* 11.37 each
asted vegetable @ 🕸 705 kcal basted pepper, courgette, onion, basil		
at feast //// 1220 kcal 11 am, pepperoni, chicken breast, sliced chillies, rocket	.02	12.55
tal toppings 10 kcal; Sliced chillies ///// @ 3 kcal; Mushroom @	🔊 6 kca	al each 88p
dip 🥏 180 kcal; Mozzarella 🔇 150 kcal; Ham 71 kcal st 94 kcal; Maple-cured bacon 91 kcal		each 1.15

I pub classics INCL	LUDES A I	RINK •
chips	soft drink'	* alcoholic drink*
shly battered haddock and chips or mushy peas 739 kcal	🧭 7.84	9.37
itby breaded scampi 58 kcal or mushy peas 718 kcal. readed scampi	7.84	9.37
es of bread 🔍 (383 kcal) 1.34 yle curry sauce 🥏 (118 kcal) 1.46		
tshire cured ham, hips (55) kcal Viltshire cured ham, fried egg	6.61	8.14
day brunch 666 kcal on, fried egg, baked beans, chips	6.91	8.44
jetarian all-day brunch ♥ 680 kcal usages, fried egg, baked beans, chips	6.91	8.44
rnoon deal	soft drink*	alcoholic drink*

each **1.53**

	SULLUTIIK	acconotic urnik
ri, 2pm - 5pm	6.09	7.62
m the above small pub classic meals.		
1		

	soft drink*	alcoholic drink*
Fish and chips		
Freshly battered haddock 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	8.32	9.85
Peas, onion & red wine gravy Choose: Chips 1223 kcal; Mashed potato 907 kcal		
Bangers and mash 950 kcal	8.32	9.85
Three Lincolnshire sausages, peas, onion & red wine gravy Vegetarian bangers and mash V 793 kcal	8.32	9.85
Three Quorn sausages, peas, onion & red wine gravy	0.52	7.00
Wiltshire cured ham, eggs and chips 856 kcal	7.73	9.26
Two slices of Wiltshire cured ham, two fried eggs		
Sausages, chips and beans 1170 kcal	7.73	9.26
Three Lincolnshire sausages Vegan sausages, chips and beans @ 1013 kcal	7.73	9.26
Three Quorn sausages	1.15	7.20
Five-bean chilli / @ 😳 590 kcal. Rice, tortilla chips	8.32	9.85
All-day brunch 1213 kcal	9.72	11.25
Two sausages, bacon, two fried eggs, baked beans, chips		
Add: Two slices of black pudding (355 kcal) 1.51		
Vegetarian all-day brunch V 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	9.72	11.25
		alcoholic drink*
Mon – Fri, 2pm – 5pm Choose from the above pub classic meals.	7.27	8.80

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* 11.25	alcoholic drink* 12.78
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	soft drink* 13.59	alcoholic drink* 15.12
Add your choice of steak sauce: Creamy peppercorn sauce Jack Daniel's® Tennessee Honey glaze 🌒 (87 kcal) Whisky sauce (81 kcal)	, , , , , , , , , , , , , , , , , , ,	each 1.82
Below meals are served with peas, tomato and mushroom. BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 28 803 kcal; Mashed potato 807 kc 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		
10oz gammon and eggs Choose: Jacket potato 🚳 819 kcal; Mashed potato 824 kc Chips 1140 kcal; Mediterranean salad 735 kcal; Side sala		13.42
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		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 kca Chips 2006 kcal; Mediterranean salad 1602 kcal; Side sal		15.18
Add: Haunis and whisky sauce (313 kcal) 2.75	••••	•••••

Add: Haggis and whisky sauce (313 kcal) 2.75

Salads and pastas INCLUDES A DRINK

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Burrito salad bowl V 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli / V (119 kcal) 1.97	soft drink* al 8.62	coholic drink* 10.15
Grilled halloumi-style cheese & roasted vegetable salad V (1997) 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast @ 📆 279 kcal Southern-fried chicken breast strips 📆 461 kcal	9.47	11.00
Mediterranean salad @ 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: 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	8.35	9.88
Macaroni cheese 🖤 1186 kcal. Chips Add: Cheese 🖤 (83 kcal) 1.52 Maple-cured bacon (91 kcal) 1.52	7.78	9.31
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.§		