Sides and extras

Bowl of chips @ 964 kcal (A	.dd: Spicy seasoning 🥏 (8 kca	ıl) 34p)	4.23
Small bowl of chips @ 602	2 kcal		2.48
Five chicken wings	402 kcal		3.34
Eight Whitby breaded sca	ımpi 527 kcal		4.99
Grilled halloumi-style cheese ② 446 kcal		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 👽 399 kcal			1.40
Sliced chillies FFFF @ 3 kcal		88p	
Chicken gravy 50 kcal			94p
Onion rings @	Six 269 kcal 2.33	Twelve 538 kcal	3.50

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 ♥ (\$35) 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 © (37) 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 ♥ 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.

result in changes to allergens contained in the dish.

- 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

DIETARY SYMBOLS

= Very mild = Mild = Medium hot = Very hot
= Extremely hot
▼ Vegetarian
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

8am - 12 noon

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, Hollandaise sauce. rocket	5.14
Small breakfast (33) 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.45	Miner's Benedict 939 kcal	5.14
Add: Two slices of black pudding (355 kcal) 1.51		Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Large vegetarian breakfast 1 206 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. ♥३३ 322 kcal Two pancakes, maple-flavour syrup. ♥ ३३ ३३७ 277 kcal	3.54 3.25
Small vegetarian breakfast (V) (557) 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 ⊘ 786 kcal	4.61	Beans on toast 🗸 🚳 566 kcal. Buttered white bloomer toast	3.66
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Small beans on toast ♥ ॐ ॐ 251 kcal Buttered white bloomer toast	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 V 655 496 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 \$\circ\$ \$\cong \cong	2.09

Breakfast extras

Add any of the following:					
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal	1.57	Hash brown 🥏 82 kcal	46p
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 91 kcal	93p
Quorn [™] sausage ⊘ 116 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves 🥥 16 kcal	52p
Grilled halloumi-style cheese ♥ 396 kcal	1.97	Fried egg V 56 kcal	93p	Slice of toast V 191 kcal	1.13
Baked beans @ 126 kcal	93p	Poached egg	93p		

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88
Quorn [™] sausage butty ② 609 kcal	3.88
Two Quorn sausages, buttered white bloomer bread	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin 2 335 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin 300 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin \$355 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin ♥ (%%) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin \$65 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin ② ॐ ॐ 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ♥ (63 kcal) 93p Grilled halloumi-style cheese ♥ (396 kcal) 1.97	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 -

LAVATIR (A) (100 AABEC

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

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

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

for the facts drinkaware.co.uk 🕏 jdwetherspoon.com

Decaffeinated tea and coffee available.

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

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



Breakfast

8am - 12 noon

breakfast £4.99

Traditional

Tea. coffee and hot chocolate Free refills

Burger meals

INCLUDES A DRINK • Featuring 3oz American burger soft drink* alcoholic drink*

£5.44

£6.97

Afternoon deals

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips alcoholic drink*

£6.09 £7.62

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

£7.91

alcoholic drink* £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

in Wellington in 1741, he discovered and developed digitalis which is made from the dried leaves of the purple foxglove and used in the treatment of heart disease.



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.





Arabica Lavazza coffee^t we serve is from Rainforest Alliance-certified farms.

The Tetley tea we serve also comes from Rainforest

Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.

Alliance-certified farms

The freshly ground 100%

wetherspoon hotels

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 £14.93	
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 ♥ ॐ ∰ 341 kcal White bloomer bread	4.23
With any of the small plates below, choose one dip: Sweet chilli	
Halloumi-style fries 🛡 🚟 396 kcal	4.96
Chicken bites 355 298 kcal Ten battered chicken breast pieces	6.09
Southern-fried chicken strips ✓ 359 kcal Five chicken breast strips	6.09
Chicken wings ### 804 kcal Ten spicy chicken wings	6.75
Quorn™ nuggets @ ॐॐ 331 kcal Eight coated pieces	5.19

Deli Deals INCLUDES A DRINK •

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

alcoholic drink* Quorn[™] nuggets @ 534 kcal Tomato cucumber salsa

Southern-fried chicken and smoky chipotle mayo FFF 639 kcal

Cold chicken and sweet chilli sauce FF @ 514 kcal

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

Chips (602 kcal) Salad (87 kcal) Tomato & basil soup (a) (150 kcal)

Spicy rice (208 kcal)

each **1.44**

soft drink*

soft drink*

5.70

each

7.23

Jacket potatoes Includes A DRINK',

With salad and one filling. Extra fillings 1.22 each.

Tuna mayo 621 kcal

Coleslaw V 578 kcal 6.85 each Cheese V 531 kcal alcoholic drink* Baked beans @ 501 kcal 8.38 each

Five-bean chilli / @ 5% 500 431 kcal Roasted vegetables @ 52 602 kcal Burgers INCLUDES A DRINK • Beef burgers made from 100% British beef. Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below). American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard soft drink* alcoholic drink* 5.44 6.97 Classic beef burger 676 kcal each each Iceberg lettuce, tomato, red onion Skinny beef burger (500) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips soft drink* 6.04 American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 7.57 American-style mustard Double beef burgers Two 3ozbeef patties. Served with chips (602 kcal, included in Calories below) Double American burger 1137 kcal soft drink* alcoholic drink* Red onion, gherkin, ketchup, American-style mustard 7.73 9.26 Double classic beef burger 1118 kcal each each Iceberg lettuce, tomato, red onion soft drink* 8.30

Double American cheese burger 1206 kcal alcoholic drink* 9.83 American-style cheese, red onion, gherkin, ketchup, American-style mustard Just-a-burger

Served on its own, without chips or a drink. American burger 366 kcal Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger / 459 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 174 kcal Maple-cured bacon with American-style cheese 160 kcal

2.14 Cheddar cheese
83 kcal 1.52 American-style cheese V 69 kcal 1.52 Maple-cured bacon 91 kcal 1.52 1.50 Crunchy chicken strip # 92 kcal 3oz beef patty 169 kcal

Fried halloumi-style cheese V 446 kcal Grilled chicken breast 187 kcal each **1.97** Fried buttermilk chicken 473 kcal Breaded vegetable patty V 257 kcal

BEYOND MEAT patty @ 184 kcal

Chicken Includes a Drink

Char-grilled half chicken Chicken on the bone is marinated, slow cooked and finished on the char-grill. Lemon and herb **F** Char-grilled in a lemon & herb glaze

Coleslaw narlic & herh din soft drink* Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal 10.83 Side salad 978 kcal; Mediterranean salad 1089 kcal alcoholic drink

Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal Side salad 948 kcal; Mediterranean salad 1058 kcal

Char-grilled half chicken, mash and gravy 857 kcal Lemon & herb chicken, peas, chicken gravy

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

Boneless basket 🍠 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 520 739 kcal; Chips 1133 kcal; Side salad 618 kcal Southern-fried chicken strips basket 🖊 Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal

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

Add: Chicken gravy (50 kcal) 94p

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 Ultimate burger 1661 kcal soft drink* Two 3oz beef patties, maple-cured bacon, Cheddar cheese, 9.93 signature burger sauce, gherkin each Tennessee burger alcoholic drink Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze 11.46 Choose: Beef (two 3oz beef patties) 1565 kcal Grilled chicken breast 1416 kcal: Fried buttermilk chicken 1702 kcal **BBQ burger** Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal; Grilled chicken breast 1495 kcal Fried buttermilk chicken 1780 kcal Fiesta burger @ 1462 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, couraette, onion Triple American cheese & bacon burger 1479 kcal soft drink* 11.38 Three 3oz beef patties, American-style cheese, alcoholic drink* 12.91 maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

Chicken burgers

each **3.36**

2.14

12.36

each

soft drink*

8.68

each

alcoholic drink*

10.21

Served with a small portion of chips (329 kcal, included in the Calories below). Crunchy chicken strip burger **/** 787 kcal soft drink* 5.44 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 6.97

Served with chips (602 kcal, included in Calories below) soft drink* Fried buttermilk chicken burger 1254 kcal 7.73 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink* Skinny chicken burger 52 588 kcal 9.26 each

each

alcoholic drink*

9.26

each

soft drink*

7.62

each

9.15

each

Grilled chicken breast with salad, instead of chips **Meat-free burgers** soft drink* Served with chips (602 kcal, included in Calories below). 7.73 Fried halloumi-style cheese burger // 💟 1128 kcal Sweet chilli sauce

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

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

Curries Includes a Drink

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

soft drink* Katsu chicken curry 826 kcal 8.73 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry 59 541 kcal alcoholic drink* Sliced grilled chicken breast 10.26 Katsu Quorn™ nugget curry @ 685 kcal each Eight coated pieces

Classic curries With basmati pilau rice, plain naan and poppadums. soft drink* 9.84 Mangalorean roasted cauliflower each & spinach curry **FF** @ 867 kcal Chicken tikka masala ## 1190 kcal alcoholic drink 11.37 Chicken jalfrezi FFF 🚳 935 kcal each Beef Madras / 1043 kcal

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 52 575 kcal; Chips 977 kcal Simple beef Madras

Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

Small pub classics INCLUDES A DRINK • soft drink* alcoholic drink* Fish and chips 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 Two slices of bread (383 kcal) 1.34 Chip shop-style curry sauce @ (118 kcal) 1.46 8.14 Small Wiltshire cured ham. 6.61 egg and chips (500) 455 kcal One slice of Wiltshire cured ham, fried ego Small all-day brunch 666 kcal 8.44 6.91 Sausage, bacon, fried egg, baked beans, chips

Afternoon deal Mon - Fri, 2pm - 5pm

Choose from the above small pub classic meal

Two Quorn sausages, fried egg, baked beans, chips

Small vegetarian all-day brunch **©** 680 kcal

soft drink* alcoholic drink* 6.09 7.62

8.44

6.91

Pub classics INCLUDES A DRINK

soft drink* alcoholic drink* Fish and chips 10.08 11.61 Freshly battered cod and chips 🥟 Peas 1239 kcal or mushy peas 1298 kcal Whitby breaded scampi 10.08 11.61 Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi

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 9.85 Bangers and mash 950 kcal 8.32 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 9.26 Wiltshire cured ham, eggs and chips 856 kcal 7.73 Two slices of Wiltshire cured ham, two fried eggs 9.26 Sausages, chips and beans 1170 kcal 7.73 Three Lincolnshire sausages

Vegan sausages, chips and beans @ 1013 kcal 7.73 Three Quorn sausages Five-bean chilli / @ 590 kcal 8.32 Rice, tortilla chips 11.25 9.72 All-day brunch 1213 kcal

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

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

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

Afternoon deal soft drink* Mon - Fri, 2pm - 5pm 7.27 Choose from the above pub classic meals.

alcoholic drink 8.80

9.72

9.26

9.85

11.25

Steaks and grills INCLUDES A DRINK •

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

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

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

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

Mediterranean salad 909 kcal; Side salad 798 kcal

Gourmet 8oz sirloin steak

Below meals are served with peas, soft drink* alcoholic drink tomato and mushroom **BBQ** chicken melt 10.08 11.61 Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 52 803 kcal: Mashed potato 807 kcal Chips 1123 kcal; Mediterranean salad 719 kcal; Side salad 608 kcal 5oz gammon and egg 10.26 8.73 Choose: Jacket potato 🚳 610 kcal; Mashed potato 614 kcal Chips 930 kcal: Mediterranean salad 526 kcal: Side salad 6556 kcal 13.42 10oz gammon and eggs 11.89 Choose: Jacket potato 38 819 kcal; Mashed potato 824 kcal Chips 1140 kcal; Mediterranean salad 735 kcal; Side salad 625 kcal Mixed grill 11.89 13.42 Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kcal Chips 1513 kcal; Mediterranean salad 1108 kcal; Side salad 997 kcal Large mixed grill 13.65 15.18 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 1491 kcal

Salads and pastas Includes A DRINK • soft drink* alcoholic drink*

10.15 Burrito salad bowl V 657 kcal 8.62 Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Chicken breast (187 kcal) 1.97 Five-bean chilli / (119 kcal) 1.97 Grilled halloumi-style cheese 8.62 10.15 & roasted vegetable salad V 655 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Chicken & maple-cured bacon salad 9.47 11.00 Choose: Grilled chicken breast 5% (1987) 279 kcal Southern-fried chicken breast strips 600 461 kcal 9.88

Mediterranean salad @ 58 (1888) 334 kcal 8.35 Pearl barley, quinoa, butternut squash, wheat berries. red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese (V) (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06 Roasted vegetables @ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97

Pasta alfredo V 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach sun-dried tomato hasil rocket

Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52

British beef & pancetta lasagne 9.47 Choose: Side salad 780 kcal: Chins 1295 kcal

Adults need around 2000 kcal a day.§

11.00

8.90

10.43