Sides and extras

Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (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	ampi 527 kcal		4.99
Grilled halloumi-style cl	heese 🤍 446 kcal		1.97
Peas 🥝 130 kcal			94p
Mushy peas ♥ 248 kcal			94p
Side salad @ 87 kcal			2.29
Mediterranean side salad @ 198 kcal			3.22
Roasted vegetables @ 135 kcal			1.53
Coleslaw 💟 399 kcal			1.40
Sliced chillies	3 kcal		88p
Onion rings 🕢	Six 269 kcal 2.33	Twelve 538 kcal	3.50
Garlic pizza bread ♥ 8 " 386 kcal 4.40 11" 772 kcal			5.57
With cheese 💟	8 " 461 kcal 4.98	11 " 922 kcal	6.44

Descarte

Dessel (3	
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 ♥ (\$550) 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ 355 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Fresh fruit 🗸 🚳 📆 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 ♥ 830 kcal Vanilla ice cream	5.62

Vanilla ice cream scoop (135 kcal) 94p Belgian chocolate sauce (61 kcal) 42p Toffee sauce (74 kcal) 42p Banana (a) (101 kcal) **62p** Strawberries @ (14 kcal) 62p

Blueberries (a) (17 kcal) 62p

ALLERGEN AND NUTRITIONAL INFORMATION

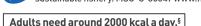
This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- 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 not = Very not	
= Extremely hot	
Vegetarian 🕢 Vegan 5% 5% fat or less 500 Dish under 500 Calorie	ès
Seafood with this mark comes from an MSC-certified sustainable fishery, MSC-C-56647 www.msc.org	



BREAKFAST

Served 8am - 12 noon

5.14

5.14

5.14

3.77

3.66

2.47

3.66

2.09

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
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
Small breakfast (19 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.45	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding,
Add: Two slices of black pudding (355 kcal) 1.51		Hollandaise sauce, rocket
Large vegetarian breakfast ♡ 1206 kcal	6.59	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		Beans on toast 👽 🚳 566 kcal. Buttered white bloomer toast
Vegetarian breakfast ♥ 816 kcal	4.99	Two slices of toast with jam or marmalade V 555 496 kcal White bloomer bread
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Fresh fruit @ 58 (566) 177 kcal Apple, banana, blueberries, strawberries
Small vegetarian breakfast 👽 📆 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45	Porridge (V 68) (157) 252 kcal (plain) Add: Banana (a) (101 kcal) 62p
Vegan breakfast ⊘ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61	Strawberries (a) (14 kcal) 62p Blueberries (a) (17 kcal) 62p Honey (b) (91 kcal) 34p
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	

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	Two mushrooms @ 91 kcal	93p
Sausage 168 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves @ 16 kcal	52p
Quorn [™] sausage ⊘ 116 kcal	1.05	Fried egg 🤍 56 kcal	93p	Slice of toast V 191 kcal	1.13
Grilled halloumi-style cheese V 396 kcal	1.97	Poached egg V 63 kcal	93p		
Baked beans @ 126 kcal	93p	Hash brown 🕢 82 kcal	46p		

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 ♥ 609 kcal	3.88
Two Quorn sausages, buttered white bloomer bread	

Breakfast wrap 739 kcal	4.36
Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap 🔮 835 kcal	4.36
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin ♥ 360 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin 398 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin 367 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin ♥ (%55) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 6555 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Add: Hash brown (82 kcal) 46p	

-Tea, coffee and hot chocolate-

FREE

TEA. COFFEE AND HOT CHOCOLATE - ALL DAY EVERY DAY -

LAVATIA (2) (100)

Flat white **1** 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee V 24 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)

Decaffeinated tea and coffee available.

Biscuits

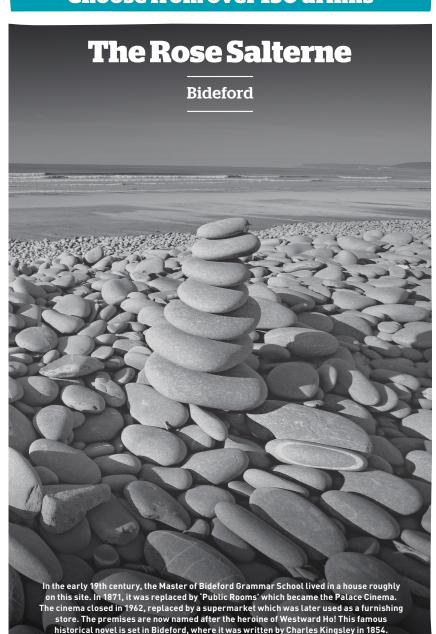
Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

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 ⊃

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

£1.56

Burger meals INCLUDES A DRINK

Featuring 3oz American burger soft drink* alcoholic drink*

£6.04

£7.57

Afternoon deals

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips alcoholic drink*

£6.67

£8.20

Steak Club

INCLUDES A DRINK • Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink*

£11.79 £10.26

Curry Club

INCLUDES A DRINK Thursday 11.30am - 11pm

Featuring the katsu curry range alcoholic drink*

£8.49

£10.02

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.

LAVALLA





Food hygiene rating

We have been awarded the maximum food hygiene rating



100% UK and Irish beef

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



Sustainable fish The cod and haddock we serve

come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.



Free-range eggs 100% of the eggs we use are

free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.



The freshly ground 100%





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.§







Small plates Any 3 for £14.93 8" pizzas on a freshly baked sourdough base.	
Margherita 470 kcal Mozarella. basil	5.91
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 @ \$\text{\$\}\$}}}\$}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}	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	5.53
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.03
With any of the small plates below, choose one dip: Sweet chilli	
Halloumi-style fries ♥ 555 396 kcal	4.96
Chicken bites (355) 298 kcal Ten battered chicken breast pieces	6.09
Southern-fried chicken strips / 3555 459 kcal Five chicken breast strips	6.09
Chicken wings /// 804 kcal Ten spicy chicken wings	6.75
Quorn™ nuggets 3 31 kcal Eight coated pieces	5.19
Deli Deals [®] INCLUDES A DRINK A	

Deli Deals Includes a Drink

Paninis

Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal

BBQ chicken, bacon and Cheddar cheese 572 kcal

Wraps

alcoholic drink* Quorn[™] nuggets @ 534 kcal 7.80 Tomato, cucumber, salsa

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

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

Chips (602 kcal) Salad @ (87 kcal) Spicy rice @ (208 kcal) 1.44 each

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)		es below).
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard	6.04	7.57
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	6.61	8.14
•••••		
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories be	low).	
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard	8.30	9.83
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	8.88	10.41
Just-a-burger Served on its own, without chips or a drink.		each 3.59
American burger 366 kcal Red onion, gherkin, ketchup, American-style mustard		
Crunchy chicken strip burger / 655 459 kcal		

• • • • • • • • • • • • • • • • • • • •
2.14
2.14
1.52
1.52
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 BEYOND MEAT patty @ 184 kcal

Curries Includes A DRINK •

Katsu curries

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

soft drink* 9.31 Katsu chicken curry 826 kcal each Sliced whole breaded chicken breast fillet alcoholic drink* Katsu grilled chicken curry 68 541 kcal 10.84 Sliced grilled chicken breast

Katsu Quorn[™] nugget curry @ 685 kcal Eight coated pieces

Classic curries

Beef Madras

soft drink*

6.27

each

each

With basmati pilau rice, plain naan and poppadums

Mangalorean roasted cauliflower & spinach curry soft drink* **FF** 🕢 🚳 867 kcal 10.43 each Chicken tikka masala **FF** 1190 kcal alcoholic drink* 11.96 Chicken ialfrezi each **FFF 33** 935 kcal

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

$Served\ with\ chips, six\ onion\ rings\ (871\ kcal, included\ in\ Calories\ below).$

Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1565 kcal Grilled chicken breast 1416 kcal soft drink* Fried buttermilk chicken 1702 kcal 10.51 **BBQ burger** Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal alcoholic drink Grilled chicken breast 1495 kcal 12.04 Fried buttermilk chicken 1780 kcal each

BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion Triple American cheese & bacon burger 1479 kcal

soft drink* 11.96 Three 3oz beef patties, American-style cheese, alcoholic drink* 13.49 maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

Chicken burgers

Fiesta burger @ 1462 kcal

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

soft drink* 6-04 Crunchy chicken strip burger **787** kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 7.57

Served with chips (602 kcal, included in Calories below).	soft drink* 8.30
Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet	each
Grilled chicken breast burger 969 kcal	alcoholic drink* 9.83 each

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

Sweet chilli sauce Beyond Burger[™] @ 834 kcal BEYOND MEAT plant-based patty

soft drink* 8.30 each alcoholic drink* 9.83 each

soft drink*

9.25

each

alcoholic drink*

10.78

each

Chicken baskets Includes A DRINK

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

Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 58 739 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 **// V** Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

Jacket potatoes INCLUDES A DRINK

With salad and one filling. Extra fillings 1.30 each

Coleslaw V 578 kcal soft drink* 7.43 Cheese V 531 kcal each Baked beans @ 501 kcal alcoholic drink* Five-bean chilli / @ 5% (500) 431 kcal 8.96 each Roasted vegetables @ 58 588 402 kcal

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

Grilled halloumi-style cheese 9.18 10.71 & roasted vegetable salad V 600 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Chicken & maple-cured bacon salad 10.03 11.56 Choose: Grilled chicken breast 59 (1999) 279 kcal Southern-fried chicken breast strips 600 461 kcal Mediterranean salad @ 5% (50%) 334 kcal 8.90 10.43 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 Roasted vegetables (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97 9.47 11.00 Pasta alfredo V 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97 British beef & pancetta lasagne 10.03 11.56

Small pub classics INCLUDES A DRINK . soft drink* alcoholic drink

Fish and chips Small freshly battered cod and chips 8.44 9.97 Peas 680 kcal or mushy peas 739 kcal Small Whitby breaded scampi 9.97 8.44 Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi Add: Two slices of bread (383 kcal) 1.34 Chip shop-style curry sauce (a) (118 kcal) 1.46

Small Wiltshire cured ham. 7.20 8.73 egg and chips (500) 455 kcal One slice of Wiltshire cured ham, fried equ 9.02 Small all-day brunch 666 kcal 7.49 Sausage, bacon, fried egg, baked beans, chips Small vegetarian all-day brunch V 680 kcal 7.49 9.02

soft drink*

6.67

alcoholic drink

8.20

Afternoon deal Mon - Fri, 2pm - 5pm

Two Quorn sausages, fried egg, baked beans, chips

Choose: Side salad 780 kcal; Chips 1295 kcal

Pub classics INCLUDES A DRINK

soft drink* alcoholic drink* Fish and chips Freshly battered cod and chips 🥏 12.18 10.65 Peas 1239 kcal or mushy peas 1298 kcal 12.18 Whitby breaded scampi 10.65 Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi Add: Two slices of bread (V) (383 kcal) 1.34 Chip shop-style curry sauce @ (118 kcal) 1.46 Steak & kidney pudding 1223 kcal 8.91 10.44 Chips, peas, onion & red wine gravy Wiltshire cured ham, eggs and chips 856 kcal 8.32 9.85 Two slices of Wiltshire cured ham, two fried eggs Sausages, chips and beans 1170 kcal 8.32 9.85

Three Lincolnshire sausages Vegan sausages, chips and beans @ 1013 kcal 8.32 9.85 Three Quorn sausages 10.44 Five-bean chilli / @ 590 kcal. Rice, tortilla chips 8.91 All-day brunch 1213 kcal 10.31 11.84 Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51 Vegetarian all-day brunch ♥ 1126 kcal 10.31 11.84

Afternoon deal

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

soft drink* alcoholic drink Mon - Fri, 2pm - 5pm 7.84 9.37

11" pizzas includes a drink • On a freshly baked sourdough base. soft drink* alcoholic drink* 10.78 9.25 Margherita V 939 kcal. Mozzarella, basil Pepperoni / 1157 kcal. Mozzarella, pepperoni Ham and mushroom 1012 kcal soft drink* Mozzarella, ham, mushroom, rocket 10.43 BBQ chicken 1103 kcal each Mozzarella, BBQ sauce, chicken breast, red onion, rocket alcoholic drink* 11.96 Roasted vegetable V 1029 kcal each Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable @ 50 705 kcal Mushroom, roasted pepper, courgette, onion, basil 13.13 Spicy meat feast // 1220 kcal 11.60 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket **Additional toppings** Red onion @ 10 kcal Sliced chillies PPPP @ 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 each **1.15** Pepperoni // 109 kcal Roasted vegetables @ 135 kcal each **1.53**

Steaks and grills INCLUDES A DRINK •

soft drink*

soft drink*

14.18

11.84

alcoholic drink*

alcoholic drink*

15.71

13.37

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: Chips 1061 kcal Mediterranean salad 657 kcal; Side salad 546 kcal Gourmet 8oz sirloin steak

With peas, tomato, mushroom, three onion rings and a steak sauce. Choose:

Jacket potato 993 kcal: Chips 1314 kcal Mediterranean salad 909 kcal: Side salad 798 kcal

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

Below meals are served with peas, tomato and mushroom. soft drink* alcoholic drink* **BBQ** chicken melt 10.65 12.18 Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose-Jacket potato 528 803 kcal: Chips 1123 kcal Mediterranean salad 719 kcal; Side salad 608 kcal Mixed arill 12.48 14.01 Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Chips 1513 kcal Mediterranean salad 1108 kcal: Side salad 997 kcal Large mixed grill 14.23 15.76

Gammon, pork loin, rump, lamb, two sausages. fried egg, six onion rings Choose:

Jacket potato 1686 kcal; Chips 2006 kcal Mediterranean salad 1602 kcal; Side salad 1491 kcal

Adults need around 2000 kcal a day.§