

Sides and extras

Bowl of chips	🌿 964 kcal (Add: Spicy seasoning 🌿 (8 kcal) 34p)	4.23
Small bowl of chips	🌿 602 kcal	2.48
Five chicken wings	🔥🔥🔥 402 kcal	3.34
Eight Whitby breaded scampi	527 kcal	4.99
Grilled halloumi-style cheese	🌿 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
Garlic pizza bread	🌿 8* 386 kcal	4.40
With cheese	🌿 8* 461 kcal	4.98
		11* 922 kcal

Desserts

Vanilla ice cream	🌿 <small>UNDER 500</small> 338 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	🌿 <small>UNDER 500</small> 365 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie	🌿 <small>UNDER 500</small> 435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	🌿 <small>UNDER 500</small> 435 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream		
Fresh fruit	🌿 <small>5% UNDER 500</small> 447 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	🌿 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie	🌿 736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	🌿 735 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble	🌿 830 kcal	5.62
Vanilla ice cream		
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

🔥 = Very mild 🔥🔥 = Mild 🔥🔥🔥 = Medium hot 🔥🔥🔥🔥 = Very hot
🔥🔥🔥🔥🔥 = Extremely hot
🌿 Vegetarian 🌿 Vegan 5% 5% fat or less UNDER 500 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

Large breakfast	1286 kcal	6.59
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	742 kcal	4.99
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast		
Small breakfast	<small>UNDER 500</small> 419 kcal	4.45
Fried egg, bacon, sausage, baked beans, hash brown		
Add: Two slices of black pudding (355 kcal) 1.51		
Large vegetarian breakfast	🌿 1206 kcal	6.59
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	🌿 816 kcal	4.99
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	🌿 <small>UNDER 500</small> 313 kcal	4.45
Fried egg, Quorn sausage, baked beans, hash brown, tomato		
Vegan breakfast	🌿 786 kcal	4.61
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
Freedom breakfast	545 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		

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
Sausage	168 kcal	1.05	Four rashers of maple-cured bacon	91 kcal	1.52
Quorn™ sausage	🌿 116 kcal	1.05	Two scrambled eggs	🌿 136 kcal	1.63
Grilled halloumi-style cheese	🌿 396 kcal	1.97	Fried egg	🌿 56 kcal	93p
Baked beans	🌿 126 kcal	93p	Poached egg	🌿 63 kcal	93p
			Hash brown	🌿 82 kcal	46p
			Two mushrooms	🌿 91 kcal	93p
			Two grilled tomato halves	🌿 16 kcal	52p
			Slice of toast	🌿 191 kcal	1.13

Breakfast butties and wraps

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

Served
8am – 12 noon

Eggs Benedict	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	🌿 629 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
Scrambled egg on toast	🌿 570 kcal	3.77
Three eggs, buttered white bloomer toast		
Beans on toast	🌿 <small>5% UNDER 500</small> 566 kcal. Buttered white bloomer toast	3.66
Small beans on toast	🌿 <small>5% UNDER 500</small> 251 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	🌿 <small>UNDER 500</small> 496 kcal	2.47
White bloomer bread		
Fresh fruit	🌿 <small>5% UNDER 500</small> 177 kcal	3.66
Apple, banana, blueberries, strawberries		
Porridge	🌿 <small>5% UNDER 500</small> 252 kcal (plain)	2.09
Add: Banana 🌿 (101 kcal) 62p		
Strawberries 🌿 (14 kcal) 62p		
Blueberries 🌿 (17 kcal) 62p		
Honey 🌿 (91 kcal) 34p		

FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks

The Cooper Rose

Sunderland

This building stands on the site of three private residences, similar to the adjacent properties built in the early 19th century. This short row was called Albion Place. Dr Henry Renney ('Public Vaccinator' for Sunderland) was living at Albion Place in 1890. Ten years later, his thoughts on public vaccination were published in the British Medical Journal. He advocated the use of the Cooper Rose vaccinator which he carried with 'half an ounce of antiseptic, more than enough for nine arms'.



Food hygiene rating
We have been awarded the maximum food hygiene rating of 5 in our pub.



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.

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.*

goodfoodtalks
opening menus for everybody
The spoken menu app for the visually impaired

Breakfast
8am – 12 noon
Traditional breakfast
£4.99

Tea, coffee and hot chocolate
Free refills
£1.56 each

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 soft drink* | alcoholic drink*
£6.09 | £7.62

Steak Club®

INCLUDES A DRINK*

Tuesday 11.30am – 11pm

Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£9.67 | £11.20

Curry Club®

INCLUDES A DRINK*

Thursday 11.30am – 11pm

Featuring the katsu curry range soft drink* | alcoholic drink*
£7.91 | £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.



Coffee
The freshly ground 100% Arabica Lavazza coffee® we serve is from Rainforest Alliance-certified farms.
Tea
The Tetley tea we serve also comes from Rainforest Alliance-certified farms.
Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.

wetherspoon hotels

57 in England, Ireland, Scotland and Wales
Book direct for the best rates* jdwetherspoon.com or on our app



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
*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, spirits, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).
































for the facts
drinkaware.co.uk
jdwetherspoon.com

SIM

MENU_6617

Small plates | Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.


Margherita  <small>UNDER 500</small> 470 kcal Mozzarella, 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   <small>UNDER 500</small> 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
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	
Halloumi-style fries  <small>UNDER 500</small> 396 kcal	4.96
Chicken bites <small>UNDER 500</small> 298 kcal Ten battered chicken breast pieces	6.09
Southern-fried chicken strips  <small>UNDER 500</small> 459 kcal Five chicken breast strips	6.09
Chicken wings    804 kcal Ten spicy chicken wings	6.75
Quorn™ nuggets  <small>UNDER 500</small> 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

Cheddar cheese and tomato  532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal	soft drink* 5.70 each
BBQ chicken, bacon and Cheddar cheese 572 kcal	
Wraps	alcoholic drink* 7.23 each
Quorn™ nuggets  534 kcal Tomato, cucumber, salsa	

Southern-fried chicken
and smoky chipotle mayo    639 kcal

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

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

Burgers INCLUDES A DRINK

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 each	6.97 each
Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion		
Skinny beef burger <small>UNDER 500</small> 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips		
<hr/>		
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink*	6.04
	alcoholic drink*	7.57

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	soft drink* 7.73 each	alcoholic drink* 9.26 each
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	soft drink* 8.30	alcoholic drink* 9.83

Just-a-burger
Served on its own, without chips or a drink. each 3.36

American burger UNDER 500 366 kcal
Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger  UNDER 500 459 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 174 kcal	2.14
Maple-cured bacon with American-style cheese 160 kcal	2.14
Cheddar cheese  83 kcal	1.52
American-style cheese  69 kcal	1.52
Maple-cured bacon 91 kcal	1.52
Crunchy chicken strip  92 kcal	1.50

3oz beef patty 169 kcal

Fried halloumi-style cheese  446 kcal



Grilled chicken breast 187 kcal

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.

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

Classic curries With basmati pilau rice,
plain naan and poppadums.

Mangalorean roasted cauliflower & spinach curry    867 kcal	soft drink* 9.84 each
Chicken tikka masala  1190 kcal	alcoholic drink* 11.37 each
Chicken jalfrezi     935 kcal	
Beef Madras     1043 kcal	

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

Jacket potatoes INCLUDES A DRINK

With salad and one filling. Extra fillings 1.22 each.

Coleslaw  578 kcal

Cheese  531 kcal

Baked beans   501 kcal

Five-bean chilli    UNDER 500 431 kcal

Roasted vegetables   UNDER 500 402 kcal



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
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,
courgette, onion

Triple American cheese & bacon burger 1479 kcal
Three 3oz beef patties, American-style cheese,
maple-cured bacon, 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
Two southern-fried chicken strips, iceberg lettuce, mayonnaise



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

Skinny chicken burger  UNDER 500 388 kcal
Grilled chicken breast with salad, instead of chips

Meat-free burgers
Served with chips (602 kcal, included in Calories below).


Fried halloumi-style cheese burger   1128 kcal
Sweet chilli sauce




Beyond Burger™  834 kcal
 BEYOND MEAT plant-based patty

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, BBQ sauce
Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal

Chicken bites basket
Ten battered chicken breast pieces, coleslaw, sticky soy sauce
Choose: Spicy rice  739 kcal; Chips 1133 kcal; Side salad 618 kcal





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

Salads and pastas INCLUDES A DRINK

	soft drink* 9.47	alcoholic drink* 11.00
Chicken & maple-cured bacon salad Choose: Grilled chicken breast  <small>UNDER 500</small> 279 kcal Southern-fried chicken breast strips <small>UNDER 500</small> 461 kcal		
Mediterranean salad   <small>UNDER 500</small> 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese  (396 kcal) 1.97 Roasted vegetables  (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97	8.35	9.88
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









Small pub classics INCLUDES A DRINK

	soft drink* 7.84	alcoholic drink* 9.37
Fish and chips Small freshly battered cod and chips  Peas 680 kcal or mushy peas 739 kcal		
Small Whitby breaded scampi Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi	7.84	9.37
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 <small>UNDER 500</small> 455 kcal One slice of Wiltshire cured ham, fried egg	6.61	8.14
Small all-day brunch 666 kcal Sausage, bacon, fried egg, baked beans, chips	6.91	8.44
Small vegetarian all-day brunch  680 kcal Two Quorn sausages, fried egg, baked beans, chips	6.91	8.44

Afternoon deal
Mon - Fri, 2pm - 5pm
Choose from the above small pub classic meals.

soft drink* 6.09	alcoholic drink* 7.62
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Pub classics INCLUDES A DRINK


	soft drink* 10.08	alcoholic drink* 11.61
Fish and chips Freshly battered cod and chips  Peas 1239 kcal or mushy peas 1298 kcal		
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		
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	7.73	9.26
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	7.73	9.26
Vegan sausages, chips and beans  1013 kcal Three Quorn sausages	7.73	9.26
Five-bean chilli    590 kcal. Rice, tortilla chips	8.32	9.85
All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51	9.72	11.25
Vegetarian all-day brunch  1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	9.72	11.25


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

soft drink* 7.27	alcoholic drink* 8.80
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11" pizzas INCLUDES A DRINK


On a freshly baked sourdough base. soft drink* alcoholic drink*



Margherita  939 kcal. Mozzarella, basil	8.68	10.21
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Pepperoni  1157 kcal. Mozzarella, pepperoni

Ham and mushroom 1012 kcal
Mozzarella, ham, mushroom, rocket

BBQ chicken 1103 kcal
Mozzarella, BBQ sauce, chicken breast, red onion, rocket

Roasted vegetable  1029 kcal
Mozzarella, mushroom, roasted pepper, courgette, onion, basil


Vegan roasted vegetable   705 kcal
Mushroom, roasted pepper, courgette, onion, basil

Spicy meat feast    1220 kcal
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Additional toppings

Red onion  10 kcal
Sliced chillies      3 kcal
Mushroom  6 kcal

Garlic & herb dip  180 kcal
Mozzarella  150 kcal
Ham 71 kcal
Chicken breast 94 kcal
Maple-cured bacon 91 kcal

Pepperoni  109 kcal
Roasted vegetables  135 kcal

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; Chips 1061 kcal Mediterranean salad 657 kcal; Side salad 546 kcal	soft drink* 11.25	alcoholic drink* 12.78
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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	soft drink* 13.59	alcoholic drink* 15.12
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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.

BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato  803 kcal; Chips 1123 kcal Mediterranean salad 719 kcal; Side salad 608 kcal	soft drink* 10.08	alcoholic drink* 11.61
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Mixed grill
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
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.*