## **Sides and extras**

Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (8 kcal) 34p)				4.23 2.48
Small bowl of chips @ 602	Small bowl of chips 🧭 602 kcal			
Five chicken wings 🕬 4	02 kcal			3.34
Eight Whitby breaded sca	mpi 527 kcal			4.99
Grilled halloumi-style che	ese V 446 k	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	3 kcal			88p
Chicken gravy 50 kcal				94p
Onion rings 🤕	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread V	<b>8</b> '' 386 kcal	4.40	<b>11</b> " 772 kcal	5.57
With cheese 💟	<b>8</b> '' 461 kcal	4.98	<b>11</b> " 922 kcal	6.44

Desserts

<b>NEW Millionaire's shortbread ()</b> 528 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.17
<b>Vanilla ice cream (V) (557)</b> 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
<b>Cookie crunch (V)</b> (566) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Cheesecake V 🐯 437 kcal Raspberry & white chocolate cheesecake, strawberries, blueberries	5.33
Mini warm chocolate brownie V 🐲 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 👽 뻀 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
<b>Fresh fruit (V) 69 (567)</b> 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 <b>V</b> 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich <b>V</b> 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 V (134 kcal) 1.23; Vanilla ice cream scoop V (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 **FFFF** = 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 8am - 12 noon

<b>Large breakfast</b> 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99
<b>Small breakfast (557)</b> 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.45
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast 🕥 1080 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59
<b>Vegetarian breakfast                                    </b>	4.99
<b>Small vegetarian breakfast (V) (555)</b> 271 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	4.45
<b>Vegan breakfast @</b> 702 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61
Freedom breakfast 545 kcal Гwo fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45
<b>American breakfast</b> 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.85
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99

#### **Breakfast extras**

1.51	Two rashers of back bacon 99 kcal
1.05	Four rashers of maple-cured bacon
1.05	Two scrambled eggs V 136 kcal
1.97	Fried egg V 56 kcal
93p	Poached egg V 63 kcal
	1.05 1.05 1.97

## **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
Vegetarian sausage butty 🕐 525 kcal	3.88
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread 🥥 503 kcal	

#### **Breakfast muffin deal**

Includes tea, coffee or hot chocolate. Free refills		
<b>Egg &amp; cheese muffin () ())</b> Fried egg, American-style cheese, in an English muffin	3.31	
<b>Egg &amp; bacon muffin (556)</b> 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77	
<b>Egg &amp; sausage muffin (500)</b> 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77	
<b>Egg &amp; vegetarian sausage muffin ♥ (555)</b> 322 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.77	
<b>Breakfast muffin ()))</b> 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01	
Smashed avocado muffin @ State 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		

5.14 Eggs Benedict 725 kcal 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 American-style pancakes 4.99 Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. 💟 🚳 554 kcal 4.30 Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. (300) 322 kcal 3.54 Two pancakes, maple-flavour syrup. 💙 😵 😘 217 kcal 3.25 Scrambled egg on toast V 570 kcal 3.77 Three eggs, buttered white bloomer toast 3.66 Beans on toast 💟 😳 566 kcal. Buttered white bloomer toast Vegan option available with vegan spread Ø 544 kcal Small beans on toast V 🚳 5 kcal 2.62 Buttered white bloomer toast Two slices of toast with jam or marmalade 🔇 5 496 kcal 2.47 White bloomer bread Fresh fruit @ 58 555 177 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 💟 (91 kcal) 34p

	1.57	Hash brown 🥝 82 kcal	46p
<b>n</b> 91 kcal	1.52	Two mushrooms 🤕 91 kcal	93p
	1.63	Two grilled tomato halves 🥏 16 kcal	52p
	93p	Slice of toast 💟 191 kcal	1.13
	93p		

Breakfast wrap 739 kcal		
Fried egg, bacon, sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap 🔇 751 kcal	4.36	
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

# -Tea, coffee and hot chocolate -

FREE TEA, COFFEE AND HOT CHOCOLATE - ALL DAY EVERY DAY -LAVATLE 🛞 🚳 **1.56** each

Flat white 🖤 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 💟 147 kcal Espresso Ø 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 🕐 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 V 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

> for the facts drinkaware.co.uk 🕃 jdwetherspoon.com  $_{\supset}$

around 2000 kcal a day.§

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 <sup>O</sup>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. <sup>§</sup>Statement of daily calorie needs from the Department of Health & Social Care. <sup>11</sup>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 Coldwater Creek wines, Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml)

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

oled eggs V 136 kcal 56 kcal g V 63 kcal

mushrooms 🥝 91 kcal	УЗр	
grilled tomato halves 🤕 16 kcal	52p	
e of toast 🕐 191 kcal	1.13	

2.09



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

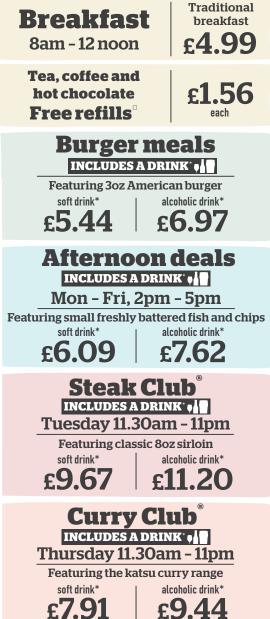
# INCLUDES A DRINK\* **Choose from over 150 drinks**

# **The Commercial Hotel**

#### Accrington



This landmark corner building had been the Regency Bar since 1977. Before then, it was the Commercial Hotel for almost 100 years. Built in 1881, it was the second Commercial Hotel on this site. The first was an early 19th-century coaching inn. In 1848, two coaches called at the hotel daily, except Sundays – the Invincible (for Burnley and Preston) and the Shuttle (for Blackpool).



# How to order from your table



Or note your table number and order at the bar.







#### **Food hygiene** rating We have been awarded

the maximum food hygiene rating of 5 in our pub.



#### 100% UK and Irish beef Sourced from farms in the UK and Ireland. Traceable from farm to fork.



**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 Tetley tea we serve also comes from Rainforest Alliance-certified farms Tetley is a member of

The freshly ground 100%

Arabica Lavazza coffee<sup>+</sup>

Alliance-certified farms.

we serve is from Rainforest

Coffee

Tea

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



# wetherspoon hotels

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



## Small plates Anv 3 for £14.93

	O" pizzas en a frachly halved sourdough hase	
	8" pizzas on a freshly baked sourdough base.	E 04
	Margherita 💟 🗺 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 V 515 kcal	6.51
	Mozzarella, mushroom, roasted pepper, courgette, onion, basil	0.51
	Vegan roasted vegetable @ 58 (500) 353 kcal	6.51
	Mushroom, roasted pepper, courgette, onion, basil	
	BBQ jackfruit and vegan cheeze 🖅 🖉 🐻 437 kcal	7.09
	BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket	
	Spicy meat feast /// 618 kcal	7.09
	Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	
	11" garlic pizza bread 💟 772 kcal	5.57
	Bao buns Traditional Asian steamed buns	5.19
	Choose:	
	Spicy crunchy chicken 💴 624 kcal. Spicy mayo, red onion, sliced chillies, corian	der
	BBQ jackfruit 🥏 5 416 kcal. Red onion, sliced chillies, coriander	
	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
ļ	Loaded chips 1218 kcal. Cheese, maple-cured bacon, sour cream	6.03
	NEW Mexican chips /// 🛛 1214 kcal	6.03
	Cheese, guacamole, salsa, sour cream, sliced chillies	( 00
	Pizza chips (V) 1138 kcal. Pizza sauce, mozzarella Add: Pepperoni // (109 kcal) 1.53	6.03
	Tomato & basil soup V 58 (557) 341 kcal. White bloomer bread	4.23
	Vegan option available with vegan spread @ 58 500 370 kcal	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	
	Halloumi-style fries V (350 kcal	4.96
	Chicken bites 558 298 kcal. Ten battered chicken breast pieces	4.70 6.09
	Southern-fried chicken strips	
	<b>Chicken wings 1 8</b> 04 kcal. Ten spicy chicken wings	6.75
		6.75 5.19
	Quorn <sup>™</sup> nuggets ⊘ 🐯 331 kcal. Eight coated pieces	5.17

## **Deli Deals**<sup>®</sup> INCLUDES A DRINK

8" pizzas on a freshly baked sourdough base.		
Choose any 8" pizza from the small plates section. Paninis		
Tuna mayo and Cheddar cheese 599 kcal		
<b>BBQ jackfruit and vegan cheeze Ø</b> 516 kcal BBQ jackfruit, vegan cheese alternative	soft drink* <b>5.70</b>	
Cheddar cheese and tomato 💟 532 kcal	each	
Wiltshire cured ham and Cheddar cheese 512 kcal	alcoholic drink*	
BBQ chicken, bacon and Cheddar cheese 572 kcal	7.23	
Wraps	each	
Shawarma chicken /// 749 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato. onion. rocket. fresh mint		
Quorn <sup>™</sup> nuggets @ 534 kcal. Tomato, cucumber, salsa		
Southern-fried chicken and smoky chipotle mayo <b>FFF</b> 639 kcal Cold chicken and sweet chilli sauce <b>FF</b> 3514 kcal		
Fried halloumi-style cheese and sweet chilli sauce 🗾 🖤 🕥 738 kcal Tomato, cucumber		
Add: Chips 🥥 (602 kcal): Salad 🥥 (87 kcal) Tomato & basil soup 🥥 (150 kcal): Spicy rice ⊘ (208 kcal) <b>1.44</b> each		

#### Jacket potatoes INCLUDES A DRINK

-	
With salad and one filling. Extra fillings 1.22 each.	
0 0	soft drink*
Tuna mayo 621 kcal	
Coleslaw 💟 578 kcal	6.85
	each
Cheese 💟 531 kcal	
Baked beans ⊘ 🚳 501 kcal	alcoholic drink*
	8.38
Smoky vegan chilli 🎵 🤕 🐯 451 kcal	each
Roasted vegetables @ 🚳 🐻 402 kcal	

#### Rurgors INCLUDES A DRINK - I from 100% British beef.

Burgers Includes A DRINK	Beeft	ourgers mad		
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, in American burger 695 kcal	cluded in Cal	ories below).		
Red onion, gherkin, ketchup, American-style mustard <b>Classic beef burger</b> 676 kcal Iceberg lettuce, tomato, red onion	soft drink* alcoholic drink 5.44 6.97 each each			
Skinny beef burger (369 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips				
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* <b>6.04</b> lic drink* <b>7.57</b>		
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).				
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion	soft drink* <b>7.73</b> each	alcoholic drink* <b>9.26</b> each		
<b>Double American cheese burger</b> 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* <b>8.30</b> lic drink* <b>9.83</b>		

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

American burger (556) 366 kcal. Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger 卢 😘 459 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise 3.36 NEW Spicy chicken strip burger **FFF** 350 kcal each Two southern-fried chicken strips, iceberg lettuce, Naga chilli mayo Meat-free burgers soft drink\*

Served with chips (602 kcal, included in Calories below). Fried halloumi-style cheese burger <b>//</b> Il28 kcal Sweet chilli sauce	7.73 each	
Breaded vegetable burger V 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink' <b>9.26</b> each	
Beyond Burger <sup>™</sup> @ 834 kcal. 🎧 BEYOND MEAT <sup>®</sup> plant-based patty		

#### **Additional toppings**

Maple-cured bacon with Cheddar cheese 174 kcal		2.14	
Maple-cured bacon with American-style cheese 160 kcal		2.14	
Cheddar cheese V 83 kcal	1.52	Vegan cheeze slice 🥏 57 kcal	1.52
Maple-cured bacon 91 kcal	1.52	Crunchy chicken strip 卢 92 kcal	1.50
American-style cheese 💟	69 kcal		1.52

#### 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 each
Side salad 978 kcal; Mediterranean salad 1089 kcal	eduli
Hot and spicy <b>FFF</b> Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*
Coleslaw, Naga chilli dip Chases Spinuries 19/0 keel Shine 1//2 keel Mashed retate 11/7 keel	12.36 each
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal Side salad 948 kcal; Mediterranean salad 1058 kcal	eacn
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	1
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	soft drink*
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	8.68
Choose: Spicy rice 🚳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	each
Southern-fried chicken strips basket /	alcoholic drink*
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	10.21
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	each
Quorn <sup>™</sup> 'no chicken' nuggets basket <b>/// ∨</b>	
Eight coated pieces, coleslaw, sweet chilli sauce	
Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal	
Add: Chicken gravy (50 kcal) <b>94p</b>	
<b>3 • • • • • • • •</b>	

#### **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 butterm Uli

Choose: Grilled chicken breast 1754 kcal; Fried buttermilk chicken 203	39 kcal
Ultimate burger 1661 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin Tennessee burger	soft drink* <b>9.93</b> each
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	alcoholic drink* <b>11.46</b> each
BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal; Grilled chicken breast 1 Fried buttermilk chicken 1780 kcal	495 kcal
Smoky jackfruit burger @ 1523 kcal BEYOND MEAT plant-based patty, BBQ jackfruit, vegan cheese alt Fiesta burger @ 1360 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted peppe	
Triple American cheese & bacon burger 1479 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>11.38</b> nolic drink* <b>12.91</b>
<b>Chicken burgers</b> Served with a small portion of chips (329 kcal, included in the Calories below).	soft drink* <b>5.44</b>
<b>Crunchy chicken strip burger /</b> 787 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	each alcoholic drink*

6.97 NEW Spicy chicken strip burger **FFF** 778 kcal each Two southern-fried chicken strips, iceberg lettuce, Naga chilli mayo 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\* 9.26 Skinny chicken burger 🚳 🐻 388 kcal each Grilled chicken breast with salad, instead of chips

#### Additional burger patties

l
each <b>1.97</b>

# Curries INCLUDES A DRINK

Katsu curries With a mild Japanese-style katsu curry saud coconut-flayour rice, sliced chillies and coriander.	ce,
Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet Katsu grilled chicken curry ⊗ 541 kcal Sliced grilled chicken breast Katsu Quorn <sup>™</sup> 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 Change your plain naan to a garlic naan @ (add 58 kcal) 47p	soft drink* 9.84 each alcoholic drink* 11.37 each
Simple curries With basmati pilau rice or chips. Simple Mangalorean roasted cauliflower & spinach curry FF @ Choose: Basmati pilau rice @ 508 kcal; Chips 910 kcal	soft drink* <b>7.62</b>
Simple chicken tikka masala <b>//</b> Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi <b>////</b> Choose: Basmati pilau rice 😵 575 kcal; Chips 977 kcal	each alcoholic drink* <b>9.15</b> each

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

# On a fresh

Margherit Pepperon Ham and n **BBQ** chicke Mozzarella, BE Roasted v Mozzarella, m Vegan roa Mushroom, roa

**BBQ** jackf **###** 🔊 873 | sliced chillies, Spicy mea

Mozzarella, ha Addition

Red onion 🤕 1 Garlic & herb

Chicken breast Pepperoni 🕖 109 kcal; Roasted vegetables 🥥 135 kcal

## **Smal**

Fish and o Small fres Peas 680 kcal Small Whi Four scampi, c

Add: Two slice Chip shop-sty Small Wilts

egg and ch One slice of Wi Small all-d Sausage, bacor Small vege Two vegan sau

After

# Pubo

Fish and o Freshly ba Peas 1239 kcal Whitby bre Eight scampi, c Add: Two slice: Chip shop-styl

Steak & ki Choose: Chips **Bangers** a Three Lincolns Vegetarian Three vegan sa Wiltshire c Two slices of W Sausages, Three Lincolns Vegan sau Three vegan sa Smoky veg Soya mince, rec haricot beans, i All-day br Two sausages, Add: Two slice Vegetarian Three vegan sa

After

Mon - F

#### 11" pizzas INCLUDES A DRINK

h <b>ly baked sourdough base.</b> t <b>a ♥</b> 939 kcal. Mozzarella, basil	soft drink <b>8.68</b>	* alcoholic drink* <b>10.21</b>
i // 1157 kcal. Mozzarella, pepperoni mushroom 1012 kcal. Mozzarella, ham, mushroon kcen 1103 kcal BQ sauce, chicken breast, red onion, rocket regetable 1029 kcal ushroom, roasted pepper, courgette, onion, basil isted vegetable 250 % 705 kcal	n, rocket	soft drink* 9.84 each alcoholic drink* 11.37 each
asted pepper, courgette, onion, basil <b>ruit and vegan cheeze</b> kcal. BBQ jackfruit, vegan cheese alternative, red onion, rocket <b>at feast ////</b> 1220 kcal am, pepperoni, chicken breast, sliced chillies, rocki	11.02 11.02 11.02	
al toppings 10 kcal; Sliced chillies <b>//////</b> @ 3 kcal; Mushro dip @ 180 kcal; Mozzarella & 150 kcal; Ham 71 k st 94 kcal; Maple-cured bacon 91 kcal	•••••	each <b>1.15</b>
· · · · · · · · · · · · · · · · · · ·		

l pub classics INC	LUDES A D soft drink*	
chips shly battered cod and chips 🤣	7.84	9.37
or mushy peas 739 kcal <b>itby breaded scampi</b> chips, peas 658 kcal or mushy peas 718 kcal.	7.84	9.37
es of bread ♥ (383 kcal) <b>1.34</b> rle curry sauce ∅ (118 kcal) <b>1.46</b>		•••••
tshire cured ham, hips 뻀 455 kcal	6.61	8.14
iltshire cured ham, fried egg <b>day brunch</b> 666 kcal m, fried egg, baked beans, chips	6.91	8.44
etarian all-day brunch ♥ 596 kcal Isages, fried egg, baked beans, chips	6.91	8.44
rnoon deal	soft drink*	alcoholic drink*

6.09

7.62

each **1.53** 

Mon - Fri, 2pm - 5pm Choose from the above small p

Classics INCLUDES A D	RINK <sup>*</sup> • 4 soft drink	* alcoholic drink*
<b>chips</b> attered cod and chips <i>Ø</i> l or mushy peas 1298 kcal	10.08	11.61
eaded scampi chips, peas 1195 kcal or mushy peas 1255 kca	<b>10.08</b>	11.61
es of bread 🔍 (383 kcal) <b>1.34</b> le curry sauce 🧭 (118 kcal) <b>1.46</b>		
dney pudding Peas, onion & red wine gr 1223 kcal; Mashed potato 907 kcal	avy <b>8.32</b>	9.85
nd mash 950 kcal	8.32	9.85
shire sausages, peas, onion & red wine gravy <b>n bangers and mash (V)</b> 667 kcal	8.32	9.85
ausages, peas, onion & red wine gravy <b>cured ham, eggs and chips</b> 856 kca Witebias awad ham two fried case	il <b>7.73</b>	9.26
Viltshire cured ham, two fried eggs <b>, chips and beans</b> 1170 kcal shire sausages	7.73	9.26
I <b>sages, čhips and beans @</b> 887 kcal	7.73	9.26
ausages <b>gan chilli 🖅 @</b> 🧐 629 kcal d namera rod kidny bong, black turth boog	8.32	9.85
d peppers, red kidney beans, black turtle beans in a smoky chipotle tomato sauce. Rice, tortilla <b>unch</b> 1213 kcal , bacon, two fried eggs, baked beans, chips		11.25
ts of black pudding (355 kcal) <b>1.51</b> n all-day brunch ♥ 1100 kcal ausages, two fried eggs, baked beans, chips	9.72	11.25
r <b>noon deal</b> ri, 2pm - 5pm n the above pub classic meals.	soft drink* <b>7.27</b>	alcoholic drink* <b>8.80</b>

## 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* <b>11.25</b>	alcoholic drink* <b>12.78</b>
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 Add your choice of steak sauce: Creamy peppercorn sauc Jack Daniel's® Tennessee Honey glaze () (87 kcal) 1.82	( )	alcoholic drink* <b>15.12</b>
Below meals are served with peas, tomato and mushroom. BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 🚳 803 kcal; Mashed potato 807 kc Chips 1123 kcal; Mediterranean salad 719 kcal; Side sala		
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

# **Salads pastas and noodles**

#### INCLUDES A DRINK

	soft drink* a	coholic drink*
Ramen noodle bowl / @ S 136 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Grilled chicken breast (94 kcal) 1.15 Poached egg (63 kcal) 93p	8.90	10.43
Burrito salad bowl © 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Fried buttermilk chicken (473 kcal) 1.97 Chicken breast (187 kcal) 1.97 Smoky vegan chilli // @ (248 kcal) 1.97	8.62	10.15
Grilled halloumi-style cheese & roasted vegetable salad V 🐯 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast @ (66) 279 kcal Southern-fried chicken breast strips (66) 461 kcal	9.47	11.00
Mediterranean salad	8.35 1.53	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

Adults need around 2000 kcal a day.§