Sides and extras

Bowl of chips 🥏 964 kcal (Add: Spicy seasoning 🥏 (8 kcal) 34p)			4.46	
Small bowl of chips @ 602 kcal			2.71	
Five chicken wings 🗾	402 kcal			3.34
Eight Whitby breaded sc	ampi 527 kcal			4.99
Grilled halloumi-style c	heese 🕐 446	kcal		1.97
Peas 🧭 130 kcal				94p
Mushy peas V 248 kcal				94p
Side salad 🥥 87 kcal				2.29
Mediterranean side salad 🤕 198 kcal			3.22	
Roasted vegetables 🥏 135 kcal				1.53
Coleslaw V 399 kcal			1.40	
Sliced chillies	🕽 3 kcal			88p
Chicken gravy 50 kcal				94p
Onion rings 🤕	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread V	8 '' 386 kcal	4.64	11 " 772 kcal	5.80
With cheese V	8 '' 461 kcal	5.21	11 " 922 kcal	6.68

Desserts

Vanilla ice cream (V) (1999) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.05
Cookie crunch 🕐 뻀 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.05
Mini warm chocolate brownie V (555) 435 kcal Belgian chocolate sauce, vanilla ice cream	3.22
Mini warm cookie dough sandwich 🔇 🐻 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.22
Mini American-style pancakes (V) (555) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.77
Fresh fruit (V 😵 뻀) 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.80
Warm chocolate fudge cake V 913 kcal. Vanilla ice cream	5.57
Warm chocolate brownie 🕥 736 kcal Belgian chocolate sauce, vanilla ice cream	5.57
Warm cookie dough sandwich ♥ 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.57
British Bramley apple crumble 💟 Vanilla ice cream 830 kcal or custard 694 kcal	5.84
American-style pancakes ♥ ⑳ 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	5.22

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 (a) (101 kcal) 62p; Strawberries (a) (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 hot **////** = Very hot **Extremely hot** Vegetarian ØVegan 🤓 5% fat or less 👫 Dish under 500 Calories

Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.§

Served BREAKFAST 8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	7.09
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.41
Small breakfast (999) 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.84
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast () 1206 kcal Gwo fried eggs, three Quorn sausages, baked beans, three hash browns, nushroom, tomato, two slices of toast	7.09
/egetarian breakfast (v) 816 kcal wo fried eggs, two Quorn sausages, baked beans, two hash browns, nushroom, tomato, slice of toast	5.41
Small vegetarian breakfast 🕐 🛞 313 kcal ried egg, Quorn sausage, baked beans, hash brown, tomato	4.84
/egan breakfast @ 786 kcal wo Quorn sausages, baked beans, two hash browns, mushroom, omato, slice of toast, vegan spread	5.01
Freedom breakfast 545 kcal Гwo fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.84
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	7.09
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	5.22

Breakfast extras

Add any of the following:		
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal
Quorn [™] sausage ⊘ 116 kcal	1.05	Two scrambled eggs 🔇 136 kcal
Grilled halloumi-style cheese V 396 kcal	1.97	Fried egg V 56 kcal
Baked beans @ 126 kcal	93p	Poached egg V 63 kcal

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	
Quorn [™] sausage butty (V) 609 kcal	
Two Quorn sausages, buttered white bloomer bread	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin V ()) 249 kcal Fried egg, American-style cheese, in an English muffin	3.54
Egg & bacon muffin ())) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.01
Egg & sausage muffin 🚟 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.01
Egg & Quorn™ sausage muffin ♥ (557) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.01
Breakfast muffin (555) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.23
Smashed avocado muffin ⊘ ☜ ☜ 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	4.23
Add: Hash brown 🥥 (82 kcal) 46p	

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.57
Mushroom Benedict 🕐 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.57
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.57
American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. © 😳 554 kcal	5.22 4.52
Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. ()) 322 kcal Two pancakes, maple-flavour syrup. () ()) 500 ()) 277 kcal	3.77 3.47
Scrambled egg on toast 父 570 kcal Three eggs, buttered white bloomer toast	4.01
Beans on toast V 🤓 566 kcal. Buttered white bloomer toast	3.88
Small beans on toast V 🕸 (55) 251 kcal Buttered white bloomer toast	2.84
Two slices of toast with jam or marmalade (V) (1999) 496 kcal White bloomer bread	2.69
Fresh fruit @ 🕸 🐯 177 kcal Apple, banana, blueberries, strawberries	3.88
Porridge ♥ ☜ ☜ 252 kcal (plain) Add: Banana @ (101 kcal) 62p: Maple-flavour syrup @ (125 kcal) 34p Strawberries @ (14 kcal) 62p: Blueberries @ (17 kcal) 62p	2.09

Honey V (91 kcal) 34p

1.57	Hash brown 🥝 82 kcal	46p
1.52	Two mushrooms @ 91 kcal	93p
1.63	Two grilled tomato halves @ 16 kcal	52p
93p	Slice of toast V 191 kcal	1.13
93p	Sile of toast V I/ I Kat	1.15

Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.59
Vegetarian breakfast wrap 🔇 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.59

-Tea, coffee and hot chocolate -



Stem ginger biscuit V 123 kcal 71p

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 with semi-skimmed milk 🔍 14 kcal (Oat milk available 🥥 4 kcal) Decaffeinated tea and coffee available.

STD 🗵

Salted caramel brownie bar V 316 kcal 1.64 for the facts

drinkaware.co.uk ♀ jdwetherspoon.com \neg

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com ^OOffer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. • Non-refundable advance purchase rates, available to book direct on the telephone our website and our app. • Statement of daily calorie needs from the Department of Health & Social Care. ⁺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)

gs V 136 kcal kcal

Biscuits

Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap V 835 kcal	4
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	



Belgian chocolate biscuit V 129 kcal 71p



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

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

The Dog Beck

Penrith

The largely hidden stream known as the Dog Beck crossed the open area now occupied by the adjacent New Squares shopping centre. It then ran into an underground channel in front of these premises and underneath Penrith to the Thacka Beck. These premises are an amalgamation of several properties. The largest is an early 19th-century grade II listed building. Most recently a nightclub, it had housed the Cumberland County Clinic.



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 012345

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.





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



Coffee The freshly ground 100% Arabica Lavazza coffeet 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.

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

wetherspoon hotels

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



Small plates Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.	
Margherita V (555) 470 kcal Mozzarella, basil	6.14
Pepperoni 💋 578 kcal Mozzarella, pepperoni	6.74
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.74
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.74
Roasted vegetable V 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.74
Vegan roasted vegetable Ø 58 (555) 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.74
Spicy meat feast FFF 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.33
11" garlic pizza bread 💟 772 kcal	5.80
Nachos ♥♥♥ ♥ 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	6.03
Bowl of chips 🥏 964 kcal	4.46
Bowl of chips with curry sauce 🥥 1082 kcal	5.81
Cheesy chips 💙 1256 kcal	5.58
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.26
Tomato & basil soup ♥ ⊗ ☜ 341 kcal White bloomer bread	4.46
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 kca	
Chipotle mayo	5.19
Chicken bites 300 298 kcal. Ten battered chicken breast pieces	6.14
Southern-fried chicken strips / 559 kcal. Five chicken breast strip	•
Chicken wings	6.26
Quorn [™] nuggets Ø ເວັ້ນ 331 kcal. Eight coated pieces	5.41

Deli Deals[®] 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 Cheddar cheese and tomato V 532 kcal Wiltshire cured ham soft drink* and Cheddar cheese 512 kcal 5.92 BBQ chicken, bacon and Cheddar cheese 572 kcal each Wraps alcoholic drink* 7.45 Quorn[™] nuggets Ø 534 kcal each 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 **FF** V 738 kcal Tomato, cucumber

Add: Chips @ (602 kcal); Salad @ (87 kcal)

Tomato & basil soup 🥥 (150 kcal); Spicy rice 🥥 (208 kcal) 1.44 each

Jacket potatoes Includes A DRINK

With salad and one filling. Extra fillings 1.22 each.	
Tuna mayo 621 kcal	soft drink*
Coleslaw 💟 578 kcal	7.09 each
Cheese 💟 531 kcal	alcoholic drink*
Baked beans 🥏 😳 501 kcal	8.62
Five-bean chilli 卢 🧭 🤫 🗺 431 kcal	each
Roasted vegetables 🥏 🚳 🐻 402 kcal	

om 100% British beef.

Burgers Includes A DRINK*	Beef t	ourgers mad
Beef burgers One 3oz beef patty.		
Served with a small portion of chips (329 kcal, inc	luded in Cal	ories below).
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 676 kcal	soft drink* 5.70 each	alcoholic drink* 7.23 each
lceberg lettuce, tomato, red onion	each	each
Skinny beef burger (555) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, instea	ad of chips	
American cheese burger 729 kcal		oft drink* 6.27
American-style cheese, red onion, gherkin, ketchup, American-style mustard		lic drink* 7.80
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories I	below).	
Double American burger 1137 kcal	soft drink*	alcoholic drink*
Red onion, gherkin, ketchup, American-style mustard	7.95	9.48
Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion	each	each
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 8.53 lic drink* 10.06
Just-a-burger		
Served on its own, without chips or a drink.		each 3.36
American burger (7889) 366 kcal Red onion, gherkin, ketchup, American-style mustard		
Crunchy chicken strip burger / (1990) 459 kca	al	
Two southern-fried chicken strips, iceberg lettuce, mayonr		
Additional toppings and burger patties		
Maple-cured bacon with Cheddar cheese 174 kc	al	2.14
Maple-cured bacon with American-style chees	e 160 kcal	2.14
Cheddar cheese 💟 83 kcal		1.52
American-style cheese 👽 69 kcal		1.52
Maple-cured bacon 91 kcal		1.52 1.50
Crunchy chicken strip 🍠 92 kcal		1.30
3oz beef patty 169 kcal Fried halloumi-style cheese V 446 kcal		
Grilled chicken breast 187 kcal		
Fried buttermilk chicken 473 kcal		each 1.97
Breaded vegetable patty 💟 257 kcal		

Chicken INCLUDES A DRINK

BEYOND MEAT patty @ 184 kcal

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	11.07 each
Side salad 978 kcal; Mediterranean salad 1089 kcal	eduli
Hot and spicy /// Char-grilled in a Naga chilli & citrus glaze	alcoholic drink *
Coleslaw, Naga chilli dip	12.60
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	each
Side salad 948 kcal; Mediterranean salad 1058 kcal	
Char-grilled half chicken, mash and gravy 857 kcal Lemon & herb chicken, peas, chicken gravy	
Chicken baskets	
Chicken wing basket /// Eight wings, coleslaw, Naga chilli dip)
Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 999 kcal	
Boneless basket // Three southern-fried chicken strips, five chicken breast bites,	
coleslaw. BBQ sauce	
Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal	
Chicken bites basket	soft drink*
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	8.91
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	10.44
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	each
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	

Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calories below). Heatwave burger Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Grilled chicken breast 1754 kcal; Fried buttermilk chicken 2039 kcal Ultimate burger 1661 kcal soft drink* Two 3oz beef patties, maple-cured bacon, Cheddar cheese, 10.17 signature burger sauce, gherkin each Tennessee burger alcoholic drink* Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze 11.70 Choose: Beef (two 3oz beef patties) 1565 kcal each 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* 11.60 alcoholic drink* 13.13 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 soft drink* 5.70 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 7.23 Served with chips (602 kcal, included in Calories below). soft drink* Fried buttermilk chicken burger 1254 kcal 7.95 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink* Skinny chicken burger 58 (555) 388 kcal 9.48 each Grilled chicken breast with salad, instead of chips **Meat-free burgers** soft drink* Served with chips (602 kcal, included in Calories below). 7.95 Fried halloumi-style cheese burger **//** 🛛 1128 kcal each Sweet chilli sauce alcoholic drink* Breaded vegetable burger V 1038 kcal 9.48 Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, each mature Cheddar cheese

Beyond Burger[™] Ø 834 kcal. 🞧 BEYOND MEAT[®] plant-based patty

Curries Includes A DRINK

Katsu curries With a mild Japanese-style katsu curry sau coconut-flavour rice, sliced chillies and coriander.	ce,
Katsu chicken curry @ 685 kcal Sliced grilled chicken breast Sliced grilled chicken breast Katsu Quorn [™] nugget curry @ 685 kcal Eight coated pieces	soft drink* 8.96 each alcoholic drink* 10.49 each
Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower & spinach curry // @ @ 867 kcal Chicken tikka masala // 1190 kcal Chicken jalfrezi /// @ 935 kcal Beef Madras //// 1043 kcal	soft drink* 10.08 each alcoholic drink* 11.61 each
Change your plain naan to a garlic naan ♥ (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	soft drink* 7.84 each
Simple chicken tikka masala Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi Choose: Basmati pilau rice 575 kcal; Chips 977 kcal	alcoholic drink* 9.37 each

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

11" pizzas INCLUDES A DRINK On a freshly baked sourdough base. soft drink* alcoholic drink* Margherita 🔍 939 kcal. Mozzarella, basil 8.91 10.44 Pepperoni **//** 1157 kcal. Mozzarella, pepperoni Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket soft drink* alcoholic drink* BBQ chicken 1103 kcal 10.08 11.61 Mozzarella, BBQ sauce, chicken breast, red onion, rocket each each Roasted vegetable 💟 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable Ø 55 kcal Mushroom, roasted pepper, courgette, onion, basil 12.78 Spicy meat feast **FFF** 1220 kcal 11.25 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Garlic & herb d Chicken breas

Smal

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

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

Afte Mon - F Choose fr

Pub classics INCLUDES A DRINK

Fish and Freshlv ba Peas 1239 kcal Whitby bre Chips, peas 11 Eight Whitby br

Add: Two slice: Chip shop-sty

Steak & ki

Peas, onion & r Choose: Chips **Bangers** a Three Lincolns Vegetariar Three Quorn sa Wiltshire of Two slices of W Sausages, Three Lincolns Vegan sau Three Quorn sa Five-bean All-day bru Two sausages Add: Two slice: Vegetariar

Three Quorn s Afte Mon - F

Additional toppings	
Red onion @ 10 kcal; Sliced chillies ######@ 3 kcal; Mushroom @ 6 kcal e	each 88p
Garlic & herb dip 🥏 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal	
Chicken breast 94 kcal; Maple-cured bacon 91 kcal e	each 1.15
Pepperoni 🗾 109 kcal; Roasted vegetables 🥥 135 kcal ea	ach 1.53

l pub classics		DRINK [*] •
chips		
shly battered cod and chips 🤣 . . or mushy peas 739 kcal	8.09	9.62
itby breaded scampi 58 kcal or mushy peas 718 kcal. readed scampi	8.09	9.62
es of bread 🔍 (383 kcal) 1.34 /le curry sauce 🧭 (118 kcal) 1.46		
tshire cured ham, hips (55) kcal 'iltshire cured ham, fried eqq	6.86	8.39
day brunch 666 kcal on, fried egg, baked beans, chips	7.15	8.68
etarian all-day brunch ♥ 680 kcal usages, fried egg, baked beans, chips	7.15	8.68
rnoon deal	soft drink*	alcoholic drink*

1 A	SULLUTIIK	acconotic ur
r i, 2pm – 5pm n the above small pub classic meals.	6.33	7.86
in the above small pub classic meals.		

TOPPINGEOUES AD		
	soft drink	 alcoholic drink*
chips attered cod and chips <i>Ø</i> al or mushy peas 1298 kcal	10.31	11.84
eaded scampi 95 kcal or mushy peas 1255 kcal. readed scampi	10.31	11.84
es of bread 💟 (383 kcal) 1.34 rle curry sauce 🥥 (118 kcal) 1.46		
i dney pudding red wine gravy	8.56	10.09
1223 kcal; Mashed potato 907 kcal and mash 950 kcal shire sausages, peas, onion & red wine gravy	8.56	10.09
n bangers and mash (V 793 kcal ausages, peas, onion & red wine gravy	8.56	10.09
cured ham, eggs and chips 856 kca Wiltshire cured ham, two fried eggs	l 7.96	9.49
, chips and beans 1170 kcal shire sausages	7.96	9.49
isages, chips and beans 🧭 1013 kca ausages	l 7.96	9.49
a chilli / ⊘ ⊗ 590 kcal. Rice, tortilla chips runch 1213 kcal , bacon, two fried eggs, baked beans, chips	8.56 9.96	
es of black pudding (355 kcal) 1.51 n all-day brunch ♥ 1126 kcal ausages, two fried eggs, baked beans, chips	9.96	11.49
r noon deal ri, 2pm - 5pm m the above pub classic meals.	soft drink* 7.49	alcoholic drink* 9.02

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.

for Er days then seasoned with a steak	Scusoning	bicita.
Classic 8oz sirloin steak Choose: Jacket potato 741 kcal Mashed potato 745 kcal; Chips 1061 kcal Mediterranean salad 657 kcal; Side salad 546 kcal	soft drink* 11.49	alcoholic drink* 13.02
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 sauce		alcoholic drink* 15.37
Jack Daniel's® Tennessee Honey glaze Ѵ (87 kcal) 1.82	2 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; 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		13.66
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 sal		13.66
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings Choose: Jacket potato 1686 kcal; Mashed potato 1690 kc Chips 2006 kcal; Mediterranean salad 1602 kcal; Side sal		15.42

Salads and pastas INCLUDES A DRINK

soft drink* alcoholic drink* Burrito salad bowl @ 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chill ♥ @ (119 kcal) 1.97 Grilled halloumi-style cheese & roasted vegetable salad @ @ @ 244 kcal Roasted vegetable salad @ @ @ 279 kcal Southern-fried chicken breast @ 279 kcal Southern-fried chicken breast @ @ 279 kcal Southern-fried chicken breast @ @ 279 kcal Southern-fried chicken breast strips @ 461 kcal Mediterranean salad @ @ @ @ 334 kcal Peart barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled chicken breast (187 kcal) 1.97 Tuna mayo (307 kcal) 1.06 Roasted vegetables @ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97 Pasta alfredo @ 618 kcal Fusili 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 British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal Adults need	paran hasen w		
Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli ♥ ● (119 kcal) 1.97 Grilled halloumi-style cheese 8.85 & roasted vegetable salad ● ● ● 494 kcal Roasted vegetable salad ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●		soft drink* alcoholic dr	rink*
Five-bean chilli (119 kcal) 1.97 Grilled halloumi-style cheese & roasted vegetable salad 8.85 10.38 Roasted vegetable salad (10) (10) (10) (10) (10) (10) (10) (10)	Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add:	8.85 10.3	38
& roasted vegetable salad () () () () () () () () () () () () ()			
Choose: Grilled chicken breast @ @ 279 kcal Southern-fried chicken breast @ @ 279 kcal Southern-fried chicken breast @ @ @ @ 200 334 kcal Mediterranean salad @ @ @ @ 200 334 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 Tuna mayo (307 kcal) 1.06 Roasted vegetables @ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97 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 British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	& roasted vegetable salad V ‱ 494 kcal	8.85 10.3	38
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese ♥ (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 ♥ 618 kcal 9.13 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) 1.97 Maple-cured bacon (91 kcal) 1.52 British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	Choose: Grilled chicken breast 🚳 쨼 279 kcal	9.70 11.2	23
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 British beef & pancetta lasagne 9.70 Choose: Side salad 780 kcal; Chips 1295 kcal	Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dress Add: Grilled halloumi-style cheese () (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06 Roasted vegetables () (135 kcal) 1.53		10
Choose: Side salad 780 kcal; Chips 1295 kcal	Fusilli pasta, creamy pecorino & regato cheese sauce, sp sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	66
Adults need around 2000 kcal a day.§		9.70 11.2	23
	Adults need around 2000 kcal a day.§		