Sides and extras

Bowl of chips 🤕 964 kcal (Add: Spicy seas	oning ⊘	(8 kcal) 34p)	4.51
Small bowl of chips 🥝 60	12 kcal			2.77
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 V 248 kcal				94p
Side salad 🥝 87 kcal				2.29
Mediterranean side sala	i d 198 kcal			3.22
Roasted vegetables 🥥 🛙	35 kcal			1.53
Coleslaw V 399 kcal				1.40
Sliced chillies 🗾	3 kcal			88p
Onion rings 🤕	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread V	8 '' 386 kcal	4.69	11 " 772 kcal	5.86
With cheese V	8 '' 461 kcal	5.27	11 " 922 kcal	6.74

Desserts

Vanilla ice cream (V) (1999) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.11
Cookie crunch (V) (555) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.11
Mini warm chocolate brownie ♥ (‱) 435 kcal Belgian chocolate sauce, vanilla ice cream	3.28
Mini warm cookie dough sandwich 🔮 🚟 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.28
Fresh fruit () (%) (%) 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	5.16
Warm chocolate fudge cake V 913 kcal. Vanilla ice cream	5.91
Warm chocolate brownie 🔮 736 kcal Belgian chocolate sauce, vanilla ice cream	5.91
Warm cookie dough sandwich V 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.91
British Bramley apple crumble V 830 kcal Vanilla ice cream	6.22
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 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

L arge breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, nushroom, two slices of toast	7.43
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.75
Small breakfast () 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	5.19
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast 🔇 1206 kcal Iwo fried eggs, three Quorn sausages, baked beans, three hash browns, nushroom, tomato, two slices of toast	7.43
Vegetarian breakfast 	5.75
Small vegetarian breakfast Ѵ 뻀 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.19
Vegan breakfast @ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, omato, slice of toast, vegan spread	5.36
Freedom breakfast 545 kcal Gwo fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.19

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	Two scrambled eggs V 136 kcal
Quorn[™] sausage ⊘ 116 kcal	1.05	Fried egg V 56 kcal
Grilled halloumi-style cheese V 396 kcal	1.97	Poached egg V 63 kcal
Baked beans 🥏 126 kcal	93p	Hash brown 🤕 82 kcal

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 muffin deal

Includes tea, coffee or hot chocolate. Free refills	
Egg & cheese muffin () (55) 249 kcal Fried egg, American-style cheese, in an English muffin	3.77
Egg & bacon muffin ())) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.23
Egg & sausage muffin (557) 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.23
Egg & Quorn™ sausage muffin ♥ (555) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.23
Breakfast muffin (555) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.47
Add Hard barren 🔿 (00 hard) 4.4 m	• • • • • • •
Add: Hash brown 🧭 (82 kcal) 46p	

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.92
Mushroom Benedict V 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.92
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.92
Scrambled egg on toast 👽 570 kcal Three eggs, buttered white bloomer toast	4.36
Beans on toast V 🤓 566 kcal. Buttered white bloomer toast	3.77
Two slices of toast with jam or marmalade 💟 🎆 496 kcal White bloomer bread	2.58
Fresh fruit @ 93 (177) kcal Apple, banana, blueberries, strawberries	3.77
Porridge V 28 (552 kcal (plain) Add: Banana (101 kcal) 62p Strawberries (14 kcal) 62p Blueberries (17 kcal) 62p Honey V (91 kcal) 34p	2.09

l	1.57	Two mushrooms @ 91 kcal	93p
	1.63	Two grilled tomato halves 🥏 16 kcal	52p
	93p	Slice of toast 💟 191 kcal	1.13
	93p		
	46p		

Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.93
Vegetarian breakfast wrap 🔮 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.93

-Tea, coffee and hot chocolate -



Stem ginger biscuit 🕐 123 kcal 71p

Belgian chocolate biscuit V 129 kcal 71p

Salted caramel brownie bar V 316 kcal 1.64

Flat white V 92 kcal Cappuccino V 102 kcal Latte 💟 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.

AND IR **BFFF**

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)

for the facts drinkaware.co.uk 👷 jdwetherspoon.com \neg

SWSEA ∑



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

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



This is named after the last sailing trawler to be built, in 1926, by Uphams. The Vigilance has since been restored and is once again moored at Brixham. Fishing and Brixham have gone hand in hand for centuries, the industry being a major source of local work. In fact, until World War I, it was possible to walk right across the harbour, stepping from ship to ship, so closely were they moored. Today, the fishing industry remains an important part of the local scene.



How to order from your table



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.

Traceable from farm



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 freshly ground 100% Arabica Lavazza coffeet we serve is from Rainforest Alliance-certified farms.

Tea

Coffee

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.§

to fork.



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Scotland and Wales HOTELS Book direct for the best rates jdwetherspoon.com or on our app



Small plates Any 3 for £15.78

6.22

6.80

8" pizzas on a freshly baked sourdough base. Margherita 💙 5 470 kcal Mozzarella, basil Pepperoni 🕖 578 kcal

Mozzarella, pepperoni	
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.80
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.80
Roasted vegetable V 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.80
Vegan roasted vegetable @ 53 (553) kcal Mushroom, roasted pepper, courgette, onion, basil	6.80
Spicy meat feast //// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.38
11" garlic pizza bread 💟 772 kcal	5.86
Nachos //// 🛇 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	6.09
Bowl of chips @ 964 kcal	4.51
Bowl of chips with curry sauce @ 1082 kcal	5.86
Cheesy chips 💟 1256 kcal	5.69
	1.04
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.31

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 💟 \varpi 396 kcal	5.24
Chicken bites (555) 298 kcal Ten battered chicken breast pieces	6.37
Southern-fried chicken strips / 📷 459 kcal Five chicken breast strips	6.37
Chicken wings ### 804 kcal Ten spicy chicken wings	7.04
Quorn™ nuggets Ø (‱) 331 kcal Eight coated pieces	5.47

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

Quorn[™] nuggets Ø 534 kcal Tomato, cucumber, salsa

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

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

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

Burgers INCLUDES A DRINK Beef burgers made from 100% British beef.

Served with a small portion of chips (329 kcal, inclue		alcoholic drink
	SOIT OFINK* a	acconotic drink
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard	6.61	8.14
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	7.20	8.73
	•••••	•••••
Double beef burgers Two 30z beef patties. Served with chips (602 kcal, included in Calories be	low).	
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard	8.88	10.41
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	9.46	10.99
Just-a-burger Served on its own, without chips or a drink.		each 4 .5'
Served on its own, without chips of a drink.		eduli 4.J
American burger (555) 366 kcal Red onion, gherkin, ketchup, American-style mustard		
Crunchy chicken strip burger ₱ (59) kcal Two southern-fried chicken strips, iceberg lettuce, mayonnais	se	
	•••••	
Additional toppings and burger patties		
Maple-cured bacon with Cheddar cheese 174 kcal	1/0	2.14
Maple-cured bacon with American-style cheese Cheddar cheese 1 83 kcal	160 KCal	2.14 1.52
American-style cheese V 69 kcal		1.52
Maple-cured bacon 91 kcal		1.5
Crunchy chicken strip ፆ 92 kcal		1.50
2 bf		
3oz beef patty 169 kcal Fried halloumi-style cheese V 446 kcal		
Grilled chicken breast 187 kcal		each 1.9 7
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
Katsu grilled chicken curry 🕸 541 kcal Sliced grilled chicken breast
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
Chicken tikka masala

Chicken jalfrezi **////** 🚳 935 kcal

Beef Madras **FFF** 1043 kcal

soft drink*

6.85

each

alcoholic drink*

8.38

each

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

Gourmet burgers

Beyond Burger[™] Ø 834 kcal

Boneless basket 🖊

Chicken bites basket

Coleslaw 💟 578 kcal

Baked beans 🧭 🧐 501 kcal

Five-bean chilli 🖊 ⊘ 🚳 😘 431 kcal

Roasted vegetables @ 🕫 🛗 402 kcal

Cheese 💟 531 kcal

coleslaw, BBQ sauce

soft drink*

9.90

each

alcoholic drink*

11.43

each

.

soft drink*

11.02

each

alcoholic drink*

12.55

each

BEYOND MEAT plant-based patty

uded in Cal

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			
Fried buttermilk chicken 1702 kcal	soft drink* 11.09		
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	each alcoholic drink* 12.62 each		
Fiesta burger @ 1462 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion			
Triple American cheese & bacon burger 1479 kcal soft drink* 12.54 Three 3oz beef patties, American-style cheese, alcoholic drink* 14.07 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 kcalsoft drink*6.61Two southern-fried chicken strips, iceberg lettuce, mayonnaisealcoholic drink*8.14			
Served with chips (602 kcal, included in Calories below).	soft drink* 8.88 each		
Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet			
Grilled chicken breast burger 969 kcal	alcoholic drink* 10.41 each		
Meat-free burgers			
Served with chips (602 kcal, included in Calories below).	soft drink* 8.88		
Fried halloumi-style cheese burger // V 1128 kcal Sweet chilli sauce	each		
	alcoholic drink*		

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

Three southern-fried chicken strips, five chicken breast bites,

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

Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Southern-fried chicken strips basket 🖉

Quorn[™] 'no chicken' nuggets basket **///** ♥

With salad and one filling. Extra fillings 1.22 each.

Eight coated pieces, coleslaw, sweet chilli sauce

Choose: Spicy rice 😳 739 kcal; Chips 1133 kcal; Side salad 618 kcal

Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze

Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal

Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

Jacket potatoes Includes A DRINK

Grilled ha & roasted Roasted peppe

Chicken & Choose: Griller Southern-frie

Mediterra Pearl barley, c red pepper, ch Add: Grilled h Roasted veget Grilled chicke

Pasta alfr Fusilli pasta, o sun-dried tom Add: Grilled cl

British be Choose: Side salad 780 kcal; Chips 1295 kcal

Smal

After

Pubo

10.41

each

soft drink*

9.84

each

alcoholic drink*

11.37

each

soft drink*

8.01

each

alcoholic drink*

9.54

each

Fish and

Freshly ba Peas 1239 kcal Whitby bre Chips, peas 119 Eight Whitby br

Add: Two slice: Chip shop-styl

Steak & ki Chips, peas, on

Wiltshire of Two slices of W

Sausages, Three Lincolns

Vegan sau Three Quorn sa

Five-bean All-day br Two sausages Add: Two slice

Vegetariar Three Quorn sa
After Mon - Fr Choose from

Salads and pastas Includes A DRINK

us and pastas me		
	soft drink* alc	coholic drink*
alloumi-style cheese d vegetable salad V (1997) 494 kcal per, courgette, onion, pico de gallo, dressing	9.75	11.28
& maple-cured bacon salad ed chicken breast 🕸 (557) 279 kcal ed chicken breast strips (557) 461 kcal	10.60	12.13
anean salad @ 😵 📆 334 kcal quinoa, butternut squash, wheat berries, herry tomatoes, pumpkin seeds, basil, dressing nalloumi-style cheese V (396 kcal) 1.97 etables @ (135 kcal) 1.53 en breast (187 kcal) 1.97	9.47	11.00
redo ♥ 618 kcal creamy pecorino & regato cheese sauce, spina nato, basil, rocket chicken breast (187 kcal) 1.97	10.03 ich,	11.56
eef & pancetta lasagne	10.60	12.13

Small pub classics	LUDES A DI soft drink*	
Fish and chips Small freshly battered cod and chips Ø Peas 680 kcal or mushy peas 739 kcal	9.01	10.54
Small Whitby breaded scampi Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi	9.01	10.54
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 (550) 455 kcal One slice of Wiltshire cured ham, fried egg	7.80	9.33
Small all-day brunch 666 kcal Sausage, bacon, fried egg, baked beans, chips	8.09	9.62
Small vegetarian all-day brunch (1) 680 kcal Two Quorn sausages, fried egg, baked beans, chips	8.09	9.62
Afternoon deal	soft drink*	leobolic drink*

7.27

8.80

Mon - Fri, 2pm - 5pm

Choose from the above small pub classic i

Classics Includes a D	RINK [*] •	alcoholic drink*
chips		
attered cod and chips 🥝 Il or mushy peas 1298 kcal	11.25	12.78
eaded scampi 95 kcal or mushy peas 1255 kcal. readed scampi	11.25	5 12.78
es of bread ♥ (383 kcal) 1.34 rle curry sauce ∅ (118 kcal) 1.46		
i dney pudding 1223 kcal nion & red wine gravy	9.49	9 11.02
cured ham, eggs and chips 856 kca Wiltshire cured ham, two fried eggs	8.91	10.44
, chips and beans 1170 kcal shire sausages	8.91	10.44
isages, chips and beans @ 1013 kca ausages	l 8.91	10.44
1 chilli 🖊 ⊘ 😳 590 kcal. Rice, tortilla chips	9.49	11.02
r unch 1213 kcal , bacon, two fried eggs, baked beans, chips es of black pudding (355 kcal) 1.51	10.90	12.43
n all-day brunch ♥ 1126 kcal ausages, two fried eggs, baked beans, chips	10.90	12.43
rnoon deal ri, 2pm - 5pm	soft drink* 8.44	alcoholic drink* 9.97

11" pizzas Includes a drink •	1	
On a freshly baked sourdough base.	soft drink*	alcoholic drink*
Margherita 🔇 939 kcal. Mozzarella, basil	9.84	11.37
Pepperoni 🕖 1157 kcal. Mozzarella, pepperoni		•••••
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket		soft drink* 11.02
BBQ chicken 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		each
Roasted vegetable 💟 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		12.55 each
Vegan roasted vegetable @ 🕸 705 kcal Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast FFF 1220 kcal Mozzarella, ham. pepperoni, chicken breast, sliced chillies, rock	et	13.71
Additional toppings Red onion @ 10 kcal		
Sliced chillies ####################################		aach 99 m
Mushroom @ 6 kcal		each 88p
Garlic & herb dip ⊘ 180 kcal Mozzarella ♥ 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

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* 12.42	alcoholic drink* 13.95
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* 14.77	alcoholic drink* 16.30
Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal) Jack Daniel's® Tennessee Honey glaze Ѵ (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 11.25	
Mixed grill Gammon, pork loin, rump, lamb, sausage Choose: J acket potato 1192 kcal ; Chips 1513 kcal Mediterranean salad 1108 kcal; Side salad 997 kcal	13.07	14.60
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	14.82	16.35
Adults need around 2000 kcal a day.§		