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
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				
Onion rings 🕖	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread 🗸	8 " 386 kcal	4.40	11 " 772 kcal	5.57
With cheese V	8 " 461 kcal	4.98	11 " 922 kcal	6.44

Descarte

Dessel (3	
Vanilla ice cream ♥ 555 338 kcal Two scoops, toffee sauce, Belgian chocolate s	1.82 sauce
Cookie crunch (V) (555) 365 kcal Two vanilla ice cream scoops, chocolate cook	1.82 ie, Belgian chocolate sauce
Mini warm chocolate brownie V Belgian chocolate sauce, vanilla ice cream	435 kcal 2.98
Mini warm cookie dough sandwi Salted caramel filling, toffee sauce, vanilla icc	
Fresh fruit V 59 (565) 447 kcal Apple, banana, blueberries, strawberries, van	4.56 illa ice cream
Warm chocolate fudge cake 👽 91	3 kcal. Vanilla ice cream 5.33
Warm chocolate brownie ♥ 736 kg Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich V Salted caramel filling, toffee sauce, vanilla icc	
British Bramley apple crumble (№ 830 kcal 5.62

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

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99	Mushroom Benedict ② 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Small breakfast 👑 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.45	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding,	
Add: Two slices of black pudding (355 kcal) 1.51		Hollandaise sauce, rocket	
Large vegetarian breakfast ♥ 1206 kcal	6.59	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.77
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		Beans on toast ♥ № 566 kcal Buttered white bloomer toast	3.66
Vegetarian breakfast ♥ 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns,	4.99	Two slices of toast with jam or marmalade (V) (888) 496 kcal White bloomer bread	2.47
mushroom, tomato, slice of toast		Fresh fruit @ 33 5555 177 kcal	3.66
Small vegetarian breakfast 🗸 😘 313 kcal	4.45	Apple, banana, blueberries, strawberries	
Fried egg, Quorn sausage, baked beans, hash brown, tomato		Porridge 🗸 👀 😘 252 kcal (plain)	2.09
Vegan breakfast ⊘ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61	Add: Banana (101 kcal) 62p Strawberries (14 kcal) 62p	
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Blueberries 	

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

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	3.88	Breakfast wrap 739 kcal	4.36
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88	Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Quorn™ sausage butty © 609 kcal Two Quorn sausages, buttered white bloomer bread	3.88	Vegetarian breakfast wrap ♥ 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.36

Breakfast muffin deal

Includes tea. coffee or hot chocolate. Free refills

Egg & cheese muffin ♥ (500) 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin 6567 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin v 5555 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 355 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Add: Hash brown (82 kcal) 46p	•••••

-Tea, coffee and hot chocolate-

TEA. COFFEE AND

HOT CHOCOLATE - ALL DAY EVERY DAY -

LAVATIA (2) (100)

Flat white **9** 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee 24 kcal (Oat milk available @ 4 kcal) Hot chocolate V 169 kcal Tea Tetley with semi-skimmed milk V 14 kcal (Oat milk available @ 4 kcal) Decaffeinated tea and coffee available.

Biscuits

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

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for quidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *Non-refundable advance purchase rates, available to book direct on the telephone our website and our app. *Statement of daily calorie needs from the Department of Health & Social Care. **Excluding decaffeinated. *Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for

for the facts drinkaware.co.uk 🎖 jdwetherspoon.com ⊃

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

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

The Lord High Constable of England

Gloucester



This building stands on the east side of the docks, between Llanthony Warehouse (now Gloucester Waterways Museum) and Llanthony Road, where it crosses Llanthony Bridge. The name 'Llanthony' is taken from the now-ruined medieval priory on the west bank. Llanthony Secunda Priory was established by Miles de Gloucester in 1136. Like his father and grandfather Miles was High Sheriff of Gloucester and was also Lord High Constable of England.

Breakfast

8am - 12 noon

Traditional breakfast £4.99

Tea. coffee and hot chocolate Free refills

£1.56

Burger meals INCLUDES A DRINK

Featuring 3oz American burger soft drink* alcoholic drink*

£6.04

£7.57

Afternoon deals

INCLUDES A DRINK'

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips alcoholic drink*

£6.67

£8.20

Steak Club

INCLUDES A DRINK • Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* alcoholic drink* £10.26 £11.79

Curry Club®

INCLUDES A DRINK Thursday 11.30am - 11pm

Featuring the katsu curry range alcoholic drink*

£8.49

£10.02

How to order from your table



Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.





Food hygiene rating

We have been awarded the maximum food hygiene rating



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

The cod and haddock we serve



Free-range eggs

Sustainable fish

100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.



The freshly ground 100% Arabica Lavazza coffee^t we serve is from Rainforest Alliance-certified farms.

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.§







Small plates Any 3 for £14 8" pizzas on a freshly baked sourdough base.	.93
Margherita ♥ (555) 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 ② ॐ ॐ 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast PPP 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
Sweet chilli 3 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 500 396 kcal	4.96
Chicken bites 333 298 kcal Ten battered chicken breast pieces	6.31
Southern-fried chicken strips / €550 459 kcal Five chicken breast strips	6.20
Chicken wings /// 804 kcal Ten spicy chicken wings	6.99
Quorn™ nuggets @ (555) 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* 6.27
BBQ chicken, bacon and Cheddar cheese 572 kcal	each
Wraps	alcoholic drink* 7.80
Quorn™ nuggets 3 34 kcal Tomato, cucumber, salsa	each
Southern-fried chicken and smoky chipotle mayo /// 639 kcal	

and smoky chipotle mayo / 639 kcal

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

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

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

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below). American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard soft drink* alcoholic drink* 6.04 7.57 Classic beef burger 676 kcal each each Iceberg lettuce, tomato, red onion Skinny beef burger (500) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips

American cheese burger 729 kcal soft drink* 6.61 American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 8.14 American-style mustard

Double beef burgers Two 3ozbeef patties. Served with chips (602 kcal, included in Calories below)

Double American burger 1137 kcal soft drink* alcoholic drink* Red onion, gherkin, ketchup, American-style mustard 8.30 9.83 Double classic beef burger 1118 kcal each each Iceberg lettuce, tomato, red onion

soft drink* 8.88 Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, alcoholic drink* 10.41 American-style mustard

Just-a-burger

Served on its own, without chips or a drink. American burger 5555 366 kcal

Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger / 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 W 83 kcal 1.52 American-style cheese V 69 kcal 1.52 Maple-cured bacon 91 kcal 1.52

1.50 Crunchy chicken strip # 92 kcal 3oz beef patty 169 kcal Fried halloumi-style cheese V 446 kcal Grilled chicken breast 187 kcal each **1.97** Fried buttermilk chicken 473 kcal BEYOND MEAT patty @ 184 kcal

Curries Includes A DRINK •

 ${\color{red}\textbf{Katsu curries}} \ \textbf{With a mild Japanese-style katsu curry sauce,}$

coconut-flavour rice, sliced chillies and coriander soft drink* Katsu chicken curry 826 kcal 9.31 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry @ 541 kcal alcoholic drink* Sliced grilled chicken breast 10.84 Katsu Quorn[™] nugget curry **②** 685 kcal Eight coated pieces soft drink*

Classic curries With basmati pilau rice, plain naan and poppadums 10.43 Mangalorean roasted cauliflower each & spinach curry // @ 38 867 kcal alcoholic drink* Chicken tikka masala // 1190 kcal 11.96 Chicken jalfrezi / 935 kcal each Beef Madras /// 1043 kcal

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

Jacket potatoes INCLUDES A DRINK'

With salad and one filling. Extra fillings 1.22 each

Coleslaw V 578 kcal soft drink* 7.43 Cheese V 531 kcal each Baked beans @ 501 kcal alcoholic drink* Five-bean chilli / @ 58 688 431 kcal 8.96 each Roasted vegetables @ 58 588 402 kcal

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

Ultimate burger 1661 kcal

signature burger sauce, gherkin

Two 3oz beef patties, maple-cured bacon, Cheddar cheese,

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

Chicken burgers

each **3.59**

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

Crunchy chicken strip burger 787 kcal soft drink* 6.04 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 7.57

Served with chips (602 kcal, included in Calories below). Fried buttermilk chicken burger 1254 kcal

8.30 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink* Skinny chicken burger 53 888 kcal 9.83 each 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 // V 1128 kcal Sweet chilli sauce

BEYOND MEAT plant-based patty

Salads and pastas includes a drink of

soft drink* alcoholic drink* 9.18 10.71 Burrito salad bowl **3** 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies

Chicken breast (187 kcal) 1.97 Five-bean chilli / (119 kcal) 1.97

11.56 Chicken & maple-cured bacon salad 10.03 Grilled chicken breast 58 (500) 279 kcal Southern-fried chicken breast strips (\$60) 461 kcal

Mediterranean salad @ 53 (555) 334 kcal 8.90 10.43 Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing

Roasted vegetables @ (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97

Pasta alfredo V 618 kcal 9.47 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket

Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52

Chips 1295 kcal

British beef & pancetta lasagne 10.03 Choose: Side salad 780 kcal

Chicken baskets INCLUDES A DRINK

soft drink*

9.25

each

alcoholic drink*

10.78

Boneless basket 🅖

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

coleslaw, BBQ sauce

soft drink*

10.51

each

alcoholic drink

12.04

each

soft drink*

soft drink*

8.30

each

alcoholic drink*

9.83

each

11.00

11.56

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

Chicken bites basket

Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Spicy rice 39 739 kcal; Chips 1133 kcal; Side salad 618 kcal

Southern-fried chicken strips basket /

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

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

Quorn[™] 'no chicken' nuggets basket **// V** Eight coated pieces, coleslaw, sweet chilli sauce

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

Small pub classics INCLUDES A DRINK .

soft drink* alcoholic drink* Fish and chips Small freshly battered cod and chips @ 8.44 9.97 Peas 680 kcal or mushy peas 739 kcal Small Whitby breaded scampi 8.44 9.97 Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi

Add: Two slices of bread (383 kcal) 1.34 Chip shop-style curry sauce (2) (118 kcal) 1.46

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

Sausage, bacon, fried egg, baked beans, chips Small vegetarian all-day brunch V 680 kcal 7.49 9.02 Two Quorn sausages, fried egg, baked beans, chips

Afternoon deal

soft drink* alcoholic drink* Mon - Fri, 2pm - 5pm 6.67 8.20 hoose from the above small pub classic mea

Pub classics includes a drink

soft drink* alcoholic drink* Fish and chips Freshly battered cod and chips 🕖 12.18 10.65 Peas 1239 kcal or mushy peas 1298 kcal Whitby breaded scampi 10.65 12.18 Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi

Add: Two slices of bread (V) (383 kcal) 1.34 Chip shop-style curry sauce (a) (118 kcal) 1.46

Wiltshire cured ham, eggs and chips 856 kcal 8.32 9.85 Two slices of Wiltshire cured ham, two fried eggs Sausages, chips and beans 1170 kcal 8.32 9.85 Three Lincolnshire sausages Vegan sausages, chips and beans @ 1013 kcal 9.85 8.32 Three Quorn sausages Five-bean chilli / @ 590 kcal. Rice, tortilla chips 8.91 10.44 All-day brunch 1213 kcal 10.31 11.84

Add: Two slices of black pudding (355 kcal) 1.51 10.31 Vegetarian all-day brunch V 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips

Two sausages, bacon, two fried eggs, baked beans, chips

Afternoon deal soft drink* Mon - Fri, 2pm - 5pm

alcoholic drink 7.84 9.37

11.84

11 pizzas includes a drink]		
On a freshly baked sourdough base.	soft drink	k* alcoholic	dri
Margherita 👽 939 kcal. Mozzarella, basil		5 10	
Pepperoni 🌈 1157 kcal. Mozzarella, pepperoni			•••
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket		soft drink*	
BBQ chicken 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		each	
Roasted vegetable V 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		11.96 each	
Vegan roasted vegetable © \$205 kcal Mushroom, roasted pepper, courgette, onion, basil			
Spicy meat feast FFF 1220 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rock	11.60 et) 13	.1
Additional toppings Red onion @ 10 kcal Sliced chillies *** @ 3 kcal Mushroom @ 6 kcal		each 8	
Garlic & herb dip ⊘ 180 kcal Mozzarella № 150 kcal Ham 71 kcal Chicken breast 94 kcal			•••
Maple-cured bacon 91 kcal		each 1	
Pepperoni		each 1 .	.5

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

Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings and a steak sauce. Choose:

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

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

Below meals are served with peas, tomato and mushroom.	soft drink*	alcoholic drink*
BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato \$\sigma\$ 803 kcal; Chips 1123 kcal Mediterranean salad 719 kcal; Side salad 608 kcal	10.65	12.18
Mixed grill	12.48	14.01

Gammon, pork loin, rump, lamb, sausage 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.§

15.76

alcoholic drink*

13.37

alcoholic drink*

15.71

soft drink*

soft drink*

14.18

14.23

11.84