# wetherspoon hotels

In England, Ireland, Scotland and Wales

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# ALLERGEN AND NUTRITIONAL INFORMATION

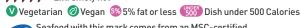
This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

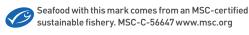
- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
  Set Calorie and carbohydrate limits.
- · List only vegan or vegetarian dishes.

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





Adults need around 2000 kcal a day.§

# BREAKFAST

# 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>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Small breakfast 655 419 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,	5.14
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,		Beans on toast 🛡 🚳 566 kcal. Buttered white bloomer toast	3.66
mushroom, tomato, two slices of toast  Vegetarian breakfast ♥ 816 kcal	4.99	Small beans on toast ♥ ጭ ₹555 251 kcal Buttered white bloomer toast	2.62
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Two slices of toast with jam or marmalade <b>()</b> 496 kcal White bloomer bread	2.47
Small vegetarian breakfast ♥ (555) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45	Fresh fruit @ 59 556 177 kcal Apple, banana, blueberries, strawberries	3.66
Vegan breakfast ⊘ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61	Porridge © ® 866 252 kcal (plain) Add: Banana @ (101 kcal) 62p Strawberries @ (14 kcal) 62p	2.09
<b>Freedom breakfast</b> 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Blueberries ⊘ (17 kcal) 62p Honey ♥ (91 kcal) 34p	

# **Breakfast extras**

Add any of the following:					
Two slices of black pudding 355 kcal	1.51	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 91 kcal	93p
Sausage 168 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves @ 16 kcal	52p
<b>Quorn</b> <sup>™</sup> sausage <b>(2)</b> 116 kcal	1.05	Fried egg 🤍 56 kcal	93p	Slice of toast V 191 kcal	1.13
Baked beans @ 126 kcal	93p	Poached egg V 63 kcal	93p		
Two rashers of back bacon 99 kcal	1.57	Hash brown 🕢 82 kcal	46p		

# **Breakfast butties and wraps**

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	3.88
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88
<b>Quorn™ sausage butty ②</b> 609 kcal	3.88
Two Quorn sausages, buttered white bloomer bread	

<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.36
Vegetarian breakfast wrap ♥ 835 kcal	4.36
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

# **Breakfast muffin deal**

Add: Hash brown @ (82 kcal) 46p

Includes tea, coffee or hot chocolate. Free refills

<b>Egg &amp; cheese muffin ©</b> 349 kcal ried egg, American-style cheese, in an English muffin	3.3
Egg & bacon muffin 📆 298 kcal ried egg, bacon, American-style cheese, in an English muffin	3.7
Egg & sausage muffin 📆 417 kcal ried egg, sausage, American-style cheese, in an English muffin	3.7
<b>Egg &amp; Quorn™ sausage muffin ♥ (%%)</b> 364 kcal 'ried egg, Quorn sausage, American-style cheese, in an English muffin	3.7
Breakfast muffin (550) 466 kcal ried egg, sausage, bacon, American-style cheese, in an English muffin	4.0

# -Tea, coffee and hot chocolate-



HOT CHOCOLATE - ALL DAY EVERY DAY -

LAVATIA (2) (100) £1.56

Flat white **1** 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee V 24 kcal (Oat milk available @ 4 kcal) Hot chocolate V 169 kcal with semi-skimmed milk V 14 kcal (Oat milk available @ 4 kcal)

Decaffeinated tea and coffee available.

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

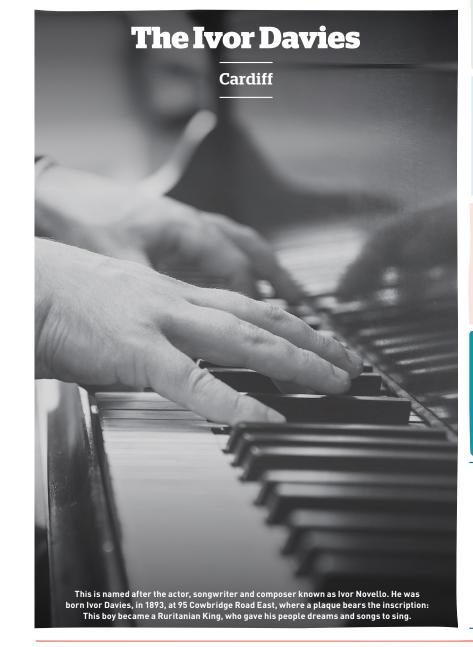
All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per 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 5

# 

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



**Breakfast** 

8am - 12 noon

breakfast £4.99

**Traditional** 

Tea. coffee and hot chocolate Free refills

£1.56

# **Burger meals** INCLUDES A DRINK

Featuring 3oz American burger soft drink\* alcoholic drink\*

£5.44

£6.97

# **Afternoon deals**

INCLUDES A DRINK'

Featuring small freshly battered fish and chips

Mon - Fri, 2pm - 5pm

£6.09 £7.62

# Curry Club

INCLUDES A DRINK Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink\* alcoholic drink\*

£7.91

£9.44

# INCLUDES A DRINK\* •▲

**Choose from over** 150 drinks

# 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.

LAVAZZA





## **Food hygiene** rating

We have been awarded the maximum food hygiene rating



### 100% UK and Irish beef Sourced from farms

in the UK and Ireland. Traceable from farm to fork.



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

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.



Arabica Lavazza coffee<sup>t</sup> we serve is from Rainforest Alliance-certified farms.

The freshly ground 100%

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.



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**qoodfoodtalks** opening menus for everybody The spoken menu app for the visually impaired

Small plates Any 3 for £14.98" pizzas on a freshly baked sourdough base.	93
Margherita  470 kcal	5.91
Mozzarella, basil	
Pepperoni	6.51
<b>Ham and mushroom</b> 505 kcal Mozzarella, ham, mushroom, rocket	6.51
<b>BBQ chicken</b> 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
<b>Vegan roasted vegetable (2) (35)</b> 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast /// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
11" garlic pizza bread 👽 772 kcal	5.57
Nachos ♥♥♥ ♥ 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Bowl of chips @ 964 kcal	4.23
Bowl of chips with curry sauce @ 1082 kcal	5.58
Cheesy chips ♥ 1256 kcal	5.41
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.03
With any of the small plates below, choose one dip:  Sweet chilli	
Halloumi-style fries V 396 kcal	4.96
<b>Chicken bites</b> 298 kcal Ten battered chicken breast pieces	6.09
<b>Southern-fried chicken strips /</b> € 355 459 kcal Five chicken breast strips	6.09
Chicken wings /// 804 kcal Ten spicy chicken wings	6.75
<b>Quorn™ nuggets @ ॐ</b> 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.

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**<sup>™</sup> **nuggets 1** 534 kcal. Tomato, cucumber, salsa

Southern-fried chicken and smoky chipotle mayo FFF 639 kcal

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

soft drink\*

5.70

each

alcoholic drink\*

7.23

each

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

Burgers Includes A DRINK	Beef burgers made	e from 100% British beef.
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, in	ncluded in Calories below).	Gourmet burge Served with chips, s
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion	soft drink* alcoholic drink*  5.44 each each	Ultimate burger Two 3oz beef patties, m signature burger sauce,
Skinny beef burger 369 kcal lceberg lettuce, tomato, red onion, with a side salad, inst		Tennessee burge Maple-cured bacon, Jac Choose: Beef (two 3oz t Fried buttermilk chicke
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 6.04 alcoholic drink* 7.57	BBQ burger Maple Choose: Beef (two 3oz b Fried buttermilk chicke
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calorie		Fiesta burger @
<b>Double American burger</b> 1137 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* alcoholic drink*	courgette, onion
<b>Double classic beef burger</b> 1118 kcal lceberg lettuce, tomato, red onion	7.73 9.26 each each	Triple American of Three 3oz beef patties,
		1 11 1

<b>Double American cheese burger</b> 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* alcoholic drink*	8.30 9.83
Iust-a-hurger		

each **3.36** 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 V 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 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 8.73 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry 68 541 kcal alcoholic drink\* Sliced grilled chicken breast 10.26 Katsu Quorn<sup>™</sup> nugget curry **②** 685 kcal

Eight coated pieces Classic curries With basmati pilau rice, plain naan and poppadums soft drink\* 9.84 Mangalorean roasted cauliflower each & spinach curry // @ 58 867 kcal Chicken tikka masala // 1190 kcal alcoholic drink\* 11.37 Chicken jalfrezi / 935 kcal 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\* 6.85 Cheese V 531 kcal each Baked beans @ 501 kcal alcoholic drink\* Five-bean chilli / @ 58 656 431 kcal 8.38 Roasted vegetables @ 598 5555 402 kcal

# **Gourmet burgers**

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

# **Ultimate burger** 1661 kcal

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

signature burger sauce, gherkin Tennessee burger

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1565 kcal

Fried buttermilk chicken 1702 kcal BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 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\* 11.38 Three 3oz beef patties, American-style cheese, alcoholic drink\* 12.91 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).

alcoholic drink\* soft drink\* 5.44 6.97

soft drink\*

9.93

each

alcoholic drink

11.46

each

alcoholic drink\*

9.26

soft drink\*

10.83

alcoholic drink

12.36

each

soft drink\*

8.68

each

alcoholic drink\*

10.21

Crunchy chicken strip burger **/** 787 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Served with chips
(602 kcal, included in Calories below).
<b>Fried buttermilk chicken burger</b> 1254 kcal Breaded whole chicken breast fillet

**Meat-free burgers** Served with chips (602 kcal, included in Calories below) Beyond Burger<sup>™</sup> @ 834 kcal

BEYOND MEAT plant-based patty

each **1.97** 

alcoholic drink\* soft drink\* 7.73 9.26

soft drink\*

7.73

Fried halloumi-style cheese burger // W 1128 kcal

# Chicken Includes A DRINK

Char-grilled half chicken

Chicken on the bone is marinated, slow cooked and finished on the char-grill.

Lemon and herb ♥ Char-grilled in a lemon & herb glaze Coleslaw, garlic & herb dip Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Side salad 978 kcal

Mediterranean salad 1089 kcal Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dir Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Side salad 948 kcal

Mediterranean salad 1058 kcal

# Chicken baskets

Boneless basket 🍠 Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce

Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Choose: Spicy rice 3 739 kcal; Chips 1133 kcal; Side salad 618 kcal Southern-fried chicken strips basket 🍠

Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal

Quorn™ 'no chicken' nuggets basket **//** ∨ Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

# Salads and pastas INCLUDES A DRINK ,

soft drink\* alcoholic drink\* Chicken & maple-cured bacon salad 9.47 11.00 Chicken breast 538 555 279 kcal Southern-fried chicken breast strips 6500 461 kcal 9.88 Mediterranean salad @ 58 555 334 kcal 8.35 Pearl barley, guinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Roasted vegetables @ (135 kcal) 1.53 Pasta alfredo V 618 kcal 8.90 10.43 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach sun-dried tomato, basil, rocket Add: Chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52 British beef & pancetta lasagne 9.47 11.00

# Small pub classics Includes a Drink of soft drink\* alcoholic drink\*

Side salad 780 kcal

Chips 1295 kcal

Fish and chips		
Small freshly battered cod and chips Peas 680 kcal or mushy peas 739 kcal	7.84	9.37
Small Whitby breaded scampi Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi	7.84	9.37
Add: Two slices of bread ♥ (383 kcal) 1.34 Chip shop-style curry sauce ⊘ (118 kcal) 1.46		
Small Wiltshire cured ham, egg and chips 555 455 kcal One slice of Wiltshire cured ham, fried egg	6.61	8.14

# Afternoon deal

Sausage, bacon, fried egg, baked beans, chips

Two Quorn sausages, fried egg, baked beans, chips

Small vegetarian all-day brunch V 680 kcal

Small all-day brunch 666 kcal

soft drink\* alcoholic drink\* Mon - Fri, 2pm - 5pm 6.09 7.62

6.91

6.91

9.72

11.25

8.44

8.44

# Pub classics INCLUDES A DRINK ...

	soft drink*	alcoholic drink*
Fish and chips		
Freshly battered cod and chips Peas 1239 kcal or mushy peas 1298 kcal	10.08	11.61
Whitby breaded scampi Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi	10.08	11.61
Add: Two slices of bread ♥ (383 kcal) 1.34 Chip shop-style curry sauce ∅ (118 kcal) 1.46		
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	7.73	9.26
<b>Sausages, chips and beans</b> 1170 kcal Three Lincolnshire sausages	7.73	9.26
<b>Vegan sausages, chips and beans  ②</b> 1013 kcal Three Quorn sausages	7.73	9.26
Five-bean chilli 🖊 🥥 🚳 590 kcal. Rice, tortilla chips	8.32	9.85
All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51	9.72	11.25

# Afternoon deal

Vegetarian all-day brunch ♥ 1126 kcal

Three Quorn sausages, two fried eggs, baked beans, chips

soft drink\* alcoholic drink\* Mon - Fri, 2pm - 5pm 7.27 8.80

11"	7	
11" pizzas Includes A Drink:	soft drink*	* alcoholic drink*
Margherita ♥ 939 kcal. Mozzarella, basil		10.21
Pepperoni ሾ 1157 kcal. Mozzarella, pepperoni		•••••
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket BBQ chicken 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		soft drink*  9.84 each alcoholic drink*
Roasted vegetable V 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		11.37 each
<b>Vegan roasted vegetable  ② \$3</b> 705 kcal Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast <b>FFF</b> 1220 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rock		12.55
Additional toppings Red onion ② 10 kcal: Sliced chillies <b>FFFF</b> ② 3 kcal Mushroom ② 6 kcal		each <b>88p</b>
- Table Golden		
Garlic & herb dip ⊘ 180 kcal; Mozzarella ∨ 150 kcal; Ham 71 Chicken breast 94 kcal; Maple-cured bacon 91 kcal		each <b>1.15</b>
Pepperoni 🏴 109 kcal; Roasted vegetables 🧿 135 kcal	• • • • • • • • • •	each <b>1.53</b>

# Sides and extras

Didos did circius					
Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (8 kcal) 34p)					
Small bowl of chips @ 602 kcal					
Five chicken wings /// 402 kcal					
Eight Whitby breaded scampi 527 kcal					
Peas 130 kcal				94p	
Mushy peas ♥ 248 kcal				94p	
Side salad 🕢 87 kcal				2.29	
Mediterranean side salad @ 198 kcal				3.22	
Roasted vegetables 🥥 135 kcal				1.53	
Coleslaw V 399 kcal					
Sliced chillies FFFF @ 3 kcal				88p	
Onion rings 🕖	Six 269 kcal	2.33	Twelve 538 kcal	3.50	
Garlic pizza bread 🗸	<b>8</b> " 386 kcal	4.40	<b>11</b> " 772 kcal	5.57	
With cheese V	<b>8</b> " 461 kcal	4.98	<b>11</b> " 922 kcal	6.44	

# **Desserts**

Vanilla ice cream V \varpi 338 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch V 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie © \$\ \frac{435}{600}\$ kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ (35) 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Fresh fruit 👽 😵 📆 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 ♥ 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich ♥ 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble <b>②</b> 830 kcal Vanilla ice cream	5.62

Add: Vanilla ice cream scoop V (135 kcal) 94p; Toffee sauce V (74 kcal) 42p Belgian chocolate sauce (V) (61 kcal) 42p; Banana (a) (101 kcal) 62p Strawberries (a) (14 kcal) 62p; Blueberries (a) (17 kcal) 62p

Adults need around 2000 kcal a day.§