#### Sides and extras 4.23 Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 34p) 2.48 Small bowl of chips @ 602 kcal Five chicken wings **FFF** 407 kcal 3.34 NEW Five chicken breast bites 161 kcal 2.99 Eight Whitby breaded scampi 464 kcal 4.99 Grilled halloumi-style cheese V 447 kcal 1.97 Peas 133 kcal Mushy peas V 248 kcal 94p 2.29 Side salad @ 91 kcal Mediterranean side salad @ 198 kcal 3.22 Roasted vegetables @ 135 kcal 1.53 Coleslaw V 399 kcal 1.40 88p Sliced chillies FFFF @ 3 kcal 94n Chicken gravy 50 kcal Onion rings 🕖 Six 269 kcal 2.33 **Twelve** 538 kcal **3.50** 8" 386 kcal 4.98 **11**" 772 kcal **6.14** Garlic pizza bread 🗸

<b>8</b> " 473 kcal	5.57	<b>11</b> " 922 kcal	7.02
			6.39
		e sauce,	2.46
	auce		2.11
	e, Belgian chocolate	sauce	2.11
	435 kcal		3.28
		l	3.28
	_		4.93
	lla ice cream		5.16
dge cake V 909	9 kcal. Vanilla ice cre	eam	5.91
	al		5.91
			5.91
			6.22
	el sticky toffe in custard 741 kcal shortbread vas, shortbread bisc vas, shortbread bisc vas, shortbread bisc vas, chocolate so vas, chocolate cooki de brownie vanilla ice cream ough sandwie e sauce, vanilla ice e pancakes vanidae cake vas, vanidae vas, vanidae cake vas, vas, vas, vas, vas, vas, vas, vas,	334 kcal elgian chocolate sauce 3 364 kcal is, chocolate cookie, Belgian chocolate ite brownie ♥ 555 435 kcal nilla ice cream ough sandwich ♥ 555 431 kcal e sauce, vanilla ice cream e pancakes ♥ 555 412 kcal ur syrup, vanilla ice cream  470 kcal strawberries, vanilla ice cream dge cake ♥ 909 kcal. Vanilla ice cre ownie ♥ 736 kcal	el sticky toffee pudding var custard 741 kcal shortbread vass 409 kcal ss, shortbread biscuit, Belgian chocolate sauce,  334 kcal elgian chocolate sauce 3364 kcal ss, chocolate cookie, Belgian chocolate sauce te brownie vass 435 kcal milla ice cream ough sandwich vass 431 kcal e sauce, vanilla ice cream e pancakes vass 412 kcal ur syrup, vanilla ice cream dige cake vass 909 kcal. Vanilla ice cream ownie vass 736 kcal milla ice cream n sandwich vass 727 kcal e sauce, vanilla ice cream n sandwich vass 727 kcal e sauce, vanilla ice cream oble crumble vass 409 kcal

Add: Custard (134 kcal) 1.23; Vanilla ice cream scoop (135 kcal) 94p Belgian chocolate sauce (6) (61 kcal) 42p; Toffee sauce (1) (66 kcal) 42p Banana (110 kcal) 62p; Strawberries (27 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.

American-style pancakes V 38 689 kcal

Four pancakes, maple-flavour syrup, vanilla ice cream

- 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 ho	t	
Vegetarian 🕖 Vegan	5% fat or less	Dish under 500 Calories

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

Adults need around 2000 kcal a day.§

# BREAKFAST

# 8am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	8.24	Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa	4.59
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of Small breakfast 335 kcal	6.54 toast 5.62	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.74
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	5.62	Mushroom Benedict ♥ 638 kcal Two poached eggs, on an English muffin, with mushroom,	6.74
Add: Black pudding (178 kcal) <b>75p</b>		Hollandaise sauce, rocket	
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.62	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding,	6.74
Large vegetarian breakfast V 1129 kcal	8.24	Hollandaise sauce, rocket	
Two fried eggs, three vegan sausages, baked beans, three hash browns,		American-style pancakes	
mushroom, tomato, two slices of toast		NEW Four pancakes, banana, strawberries, blueberries,	6.39
Vegetarian breakfast V 786 kcal	6.54	maple-flavour syrup. 👽 🚳 708 kcal	6.39
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ ☜ 554 kcal	5.70
Small vegetarian breakfast 🖤 🕸 🐝 291 kcal	5.62	Small American-style pancakes	0.70
Fried egg, vegan sausage, baked beans, hash brown, tomato	0.02	Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal	4.93
Vegan breakfast @ 642 kcal	6.14	Two pancakes, maple-flavour syrup. V 🚳 📆 277 kcal	4.64
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	5.16
American breakfast 1258 kcal	8.24	Beans on toast 👽 🚳 566 kcal. Buttered white bloomer toast	4.01
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausage four pancakes, maple-flavour syrup	es,	NEW Yegan option available with vegan spread @ 😵 📆 460 kcal Small beans on toast 👽 🚳 📆 252 kcal	2.84
Small American breakfast 629 kcal	6.39	Buttered white bloomer toast	2.04
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage,	0.07	Two slices of toast with jam or marmalade V 524 kcal	2.80
two pancakes, maple-flavour syrup		White bloomer bread	
Porridge V 59 (1986) 252 kcal (plain)	2.09	Fresh fruit 🥏 🤋 😘 200 kcal	4.01
Add: Banana @ (110 kcal) 62p; Maple-flavour syrup @ (125 kcal) 34p		Apple, banana, blueberries, strawberries	=
Strawberries @ (27 kcal) 62p; Blueberries @ (17 kcal) 62p Honey W (91 kcal) 34p; Sliced apple @ (46 kcal) 62p		NEW Fresh fruit and yoghurt (V) (S) (SS) 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	5.62
10110) (7) Road O-p, ottoca appro (6) (40 Road) 02p		Apple, building, blueberries, stramberries, dieen style noney yoghurt	

### **Breakfast extras**

6.39

Add any of the following:					
Black pudding 178 kcal	75p	Two rashers of back bacon 131 kcal	1.57	Baked beans @ 126 kcal	93p
Lincolnshire sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 100 kcal	93p
Vegan sausage 🥏 82 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves @ 16 kcal	52p
Slice of toast V 225 kcal	1.13	Fried egg V 56 kcal	93p	Grilled halloumi-style cheese V 447 kcal	1.9 <b>7</b>
Hash brown 🥑 82 kcal	46p	Poached egg V 63 kcal	93p	,	

## **Breakfast butties and wraps**

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	4.59
Sausage butty 714 kcal	4.59
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty V 541 kcal	4.59
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread @ 🚳 😘 435 kcal	

# **Rreakfact muffin deal**

Dreakiast mullin deal	
Includes tea, coffee or hot chocolate. Free refill	S°
<b>Egg &amp; cheese muffin ♥ (%)</b> 249 kcal Fried egg, American-style cheese, in an English muffin	.70
Egg & bacon muffin 📆 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	5.16
Egg & sausage muffin 📆 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	5.16
Egg & vegetarian sausage muffin ♥ (555) 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	5.16
Breakfast muffin 😘 482 kcal 5 Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	5.40
Smashed avocado muffin ⊘ ॐ ॐ 271 kcal Guacamole, pico de gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ♥ (63 kcal) 93p Grilled halloumi-style cheese ♥ (447 kcal) 1.97	5.40
Add: Hash brown 🥑 (82 kcal) 46p	

Breakfast wrap 724 kcal 5.75 Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese Vegetarian breakfast wrap 735 kcal 5.75 Fried egg, two vegan sausages, two hash browns, Cheddar cheese

# Tea. coffee and hot chocolate-



Cappuccino 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee 24 kcal Hot chocolate 169 kcal Tea

Flat white **9** 92 kcal

with semi-skimmed milk **V** 14 kcal Dairy alternative: oat sachet @ 4 kcal Decaffeinated tea and coffee available

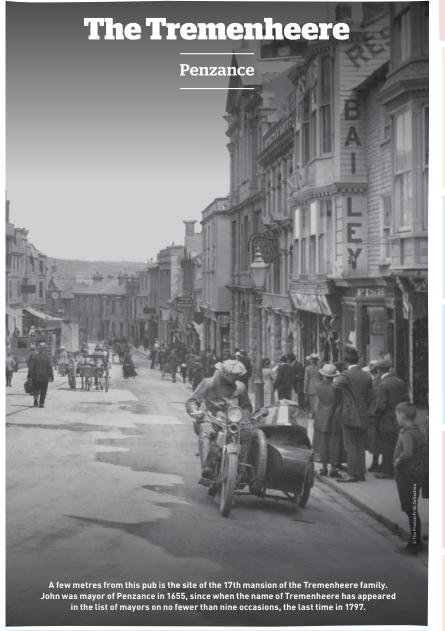
# **Biscuits**

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

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. Prices (in pounds sterling, including VAT) 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 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 our website, and and on the telephone. Statement of daily Calorie needs from the Department of Health & Social Care. "Excluding decaffeinated. "Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J2O and all canned

drinkaware.co.uk 🛎 idwetherspoon.com ≥

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





# **Table service**

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale



# **Food hygiene**

We have been awarded the maximum food hygiene rating of 5 in our pub.



# iustainable fish

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



around 2000 kcal a day.§

#### 100% UK and Irish beef

From farms in the UK and Ireland, prime beef steaks matured for 28 days. Traceable from farm to fork.

# The cod and haddock we serve



100% of the eggs we use are



### Free-range eggs

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



Tea. coffee and

hot chocolate

breakfast £6.54

**Traditional** 

# Free refills

**Deli Deals** INCLUDES A DRINK •

Featuring NEW small southern-fried chicken wrap just-a-wrap, without a drink

£5.41

£6.44

£7.97

alcoholic drink\*

# **Burger meals**

INCLUDES A DRINK •

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

£7.79 £9.32

**Afternoon deals** 

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm Featuring small freshly battered fish and chips soft drink\*

£8.44

£9.97

## Steak Club INCLUDES A DRINK' •

**Tuesday 11.30am - 11pm** 

Featuring classic 8oz sirloin alcoholic drink\*

£12.01

£13.54 Curry Club

## INCLUDES A DRINK Thursday 11.30am - 11pm

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

£10.26 £11.79

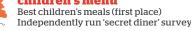
INCLUDES A DRINK' • **Choose from over 150 drinks** 

# Coffee The freshly ground 100% Arabica



Lavazza coffee<sup>tt</sup> we serve is from Rainforest Alliance-certified farms

### **Award-winning** children's menu





**Sustainable Restaurant** Association Awarded the highest rating in the world's

largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

wetherspoon hotels Allergen and nutritional information can **qoodfoodtalks** be found on our customer information screen, **Book direct** website and Wetherspoon app. Adults need opening menus for everybody for the best rates The spoken menu app for the visually impaired



Small plates Any 3 for £17.	<b>75</b>	Burgers includes a drink		
8" pizzas. Sourdough base - proved, stretched,		Beef burgers made with 100% British be	ef, freshl	у со
topped and freshly baked to order.		Beef burgers One 3oz beef patty.		
Margherita V (505) 467 kcal. Mozzarella, basil	6.61	Served with a small portion of chips (329 kcal, incl	uded in Cal	ories
Pepperoni / 575 kcal. Mozzarella, pepperoni	7.20	American burger 696 kcal		
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rock		Red onion, gherkin, ketchup, American-style mustard	soft drink*	alcol
BBQ chicken 555 kcal	7.20	Classic beef burger 677 kcal	7.79	
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.20	Iceberg lettuce, tomato, red onion	each	1
Roasted vegetable V 514 kcal	7.20	<b>Skinny beef burger</b> 375 kcal lceberg lettuce, tomato, red onion, with a side salad, instead	d of chine	
Mozzarella, mushroom, roasted pepper, courgette, onion, basil		iceberg terrace, torridto, rea oriiori, with a side sarad, ilistear		
Vegan roasted vegetable @ 53 (555) 355 kcal	7.20	American cheese burger 730 kcal		oft drin
Mushroom, roasted pepper, courgette, onion, basil		American-style cheese, red onion, gherkin, ketchup,	alcohol	olic drin
Spicy meat feast / 615 kcal	7.80	American-style mustard		
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		Double beef burgers Two 3oz beef patties.	•••••	
NEW Char-grilled halloumi-style cheese 🛡 514 kcal	6.20	Served with chips (602 kcal, included in Calories b	elow).	
Rocket, roasted pepper, courgette, onion, salsa	0.20	Double American burger 1138 kcal		
11" garlic pizza bread V 772 kcal	6.14	Red onion, gherkin, ketchup, American-style mustard	soft drink*	alcol
		Double classic beef burger 1119 kcal	10.04	1
Nachos /// v 695 kcal. Cheese, guacamole, salsa, sour cream, sliced		Iceberg lettuce, tomato, red onion	each	1
Bowl of chips @ 964 kcal	4.23	Double American shoose human 1997 keel		
Bowl of chips with curry sauce 1082 kcal	5.86	Double American cheese burger 1207 kcal		oft drin
Cheesy chips V 1256 kcal	5.53	American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcohol	Juc uriii
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.31	•		
Tomato & basil soup V 58 555 374 kcal. White bloomer bread	4.62	Chicken burgers		
NEW Vegan option available with vegan spread @ 50 500 285 kcal		Served with a small portion of chips (329 kcal, included in the small portion of chips (320 kcal, included in the small portion of chips (320 kcal, included in the small portion of chips (320 kcal		
With any of the small plates below, choose one dip:	• • • • • • • • • • • • • • • • • • • •	Crunchy chicken strip burger 🗗 776 kcal		soft drii
Sweet chilli <b>//</b> 37 kcal; Sticky soy <b>()</b> 100 kcal; Naga chilli <b>///</b> @	136 kcal	Two southern-fried chicken strips, iceberg lettuce, mayonna	aise alcoho	olic drii
Jack Daniel's® Tennessee Honey glaze V 87 kcal; Chipotle mayo		Served with chips (602 kcal, included in Calories b	elow).	
Blue cheese 270 kcal; BBQ sauce 88 kcal	_ roo nout	Fried buttermilk chicken burger 1255 kcal		
Halloumi-style fries ( Soo 396 kcal	6.20	Breaded whole chicken breast fillet	soft drink*	alcol
· · · · · · · · · · · · · · · · · · ·		Char-grilled chicken breast burger 970 kcal	10.04	atcol
Chicken bites 322 kcal. Ten battered chicken breast pieces	6.48	Skinny chicken burger 58 (555) 394 kcal	each	'
Southern-fried chicken strips / 459 kcal. Five chicken bre		Char-grilled chicken breast, with a side salad, instead of chips		•
Chicken wings /// 813 kcal. Ten spicy chicken wings	7.21		· · · · · · · · · · · · · · · · · · ·	• • • • •
Quorn™ nuggets @ 5331 kcal. Eight coated pieces	6.03	Meat-free burgers		
		Served with chips (602 kcal, included in Calories be	low).	
Deli Deals <sup>®</sup> INCLUDES A DRINK •		Beyond Burger™ @ 1043 kcal	soft drink*	alcol
		BEYOND MEAT plant-based patty,	10.04	1
All wraps and paninis are freshly made to order.		iceberg lettuce, garlic & herb sauce	each	
NEW 10" wraps A smaller wrap and filling.		Breaded vegetable burger V 1039 kcal	-t Obdal-	
Small brunch wrap 559 kcal		Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, m		
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese		Fried halloumi-style cheese burger 🏉 🔇	1118 kcal. Sw	veet ch
Small vegetarian brunch wrap V 545 kcal	just-a-wrap,	Just-a-burger		• • • • • •
Fried egg, two vegan sausages, Cheddar cheese	without a drink <b>5.41</b>	Served on its own, without chips or a drink.		
**	each	American burger 505 367 kcal		
Small shawarma chicken /// 502 kcal		Red onion, gherkin, ketchup, American-style mustard		
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink*	Crunchy chicken strip burger / (500) 447 kcal		
	6.44	Two southern-fried chicken strips, iceberg lettuce, mayonna		
Small Quorn™ nuggets @ 5310 kcal	each			
Salad leaves, tomato, cucumber, salsa		Curries includes a drink	7	
Small southern-fried chicken /// 555 399 kcal	alcoholic drink*		_	
Salad leaves, smoky chipotle mayo	<b>7.97</b> each	Classic curries With basmati pilau rice, plain	naan and p	oppa
Small cold chicken breast // 🚳 📆 277 kcal	cacii	Mangalorean roasted cauliflower		
Salad leaves, sweet chilli sauce		& spinach curry 🆊 🕢 🚳 927 kcal	ooft duint *	المام
Small fried halloumi-style cheese // V 555 391 kcal		Chicken tikka masala 🖊 1190 kcal	soft drink* 12.18	alcoh <b>1</b>
Salad leaves, sweet chilli sauce, tomato, cucumber		Chicken jalfrezi / 99 935 kcal	each	'
Add: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal)	1.03 each	Beef Madras /// 1043 kcal	00011	
		•••••		
12"wraps		Change your plain naan to a garlic naan 👽 (add 92	kcal) <b>47p</b>	
NEW Shawarma chicken 777 719 kcal				• • • • • •
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,		Simple curries With basmati pilau rice or chip	)S.	
tomato, onion, rocket, fresh mint		Simple Mangalorean roasted		
<b>Quorn</b> <sup>™</sup> <b>nuggets ② 308</b> kcal. Tomato, cucumber, salsa		cauliflower & spinach curry 🖊 🚳		
Southern-fried chicken /// 609 kcal		Choose: Basmati pilau rice 🚳 568 kcal; Chips 970 kcal		
Salad leaves, smoky chipotle mayo		Simple chicken tikka masala 🆊	soft drink*	alcoh
Cold chicken breast // 🚳 479 kcal	soft drink*	Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	9.95	1
Salad leaves, sweet chilli sauce	8.01	Simple chicken jalfrezi	each	'
Fried halloumi-style cheese // W 707 kcal	each	Choose: Basmati pilau rice 🚳 575 kcal; Chips 977 kcal		
Salad leaves, sweet chilli sauce, tomato, cucumber	alcoholic drink*	Simple beef Madras		
,	9.54	Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal		
	each			
Paninis		Add: One vegetable samosa and two onion bhajis ፆ 🥏 (2	493 kcal) <b>1.7</b> 6	6
Paninis Tuna mayo and Cheddar cheese 590 kcal		Two plain poppadums 🥏 (86 kcal) 47p		
		The plant perparation (00 hour) 47 p		
Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato © 527 kcal				
Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato ♥ 527 kcal Wiltshire cured ham and Cheddar cheese 508 kcal		Katsu curries With a mild Japanese-style katsu	ı curry sauc	ce,
Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato © 527 kcal		Katsu curries With a mild Japanese-style katsu coconut-flavour rice, sliced chillies and coriander.	u curry sauc	ce,
Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato 527 kcal Wiltshire cured ham and Cheddar cheese 508 kcal BBQ chicken, bacon and Cheddar cheese 586 kcal 8" pizzas on a freshly baked sourdough base		Katsu curries With a mild Japanese-style katsu coconut-flavour rice, sliced chillies and coriander. Katsu grilled chicken curry \$\sigma\$ 542 kcal	u curry sauc	ce,
Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato ♥ 527 kcal Wiltshire cured ham and Cheddar cheese 508 kcal BBQ chicken, bacon and Cheddar cheese 586 kcal		Katsu curries With a mild Japanese-style katsu coconut-flavour rice, sliced chillies and coriander.  Katsu grilled chicken curry \$\ \text{5}\$ 542 kcal Sliced char-grilled chicken breast		ce,
Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato 527 kcal Wiltshire cured ham and Cheddar cheese 508 kcal BBQ chicken, bacon and Cheddar cheese 586 kcal 8" pizzas on a freshly baked sourdough base Choose any 8" pizza from the small plates section.		Katsu curries With a mild Japanese-style katsu coconut-flavour rice, sliced chillies and coriander.  Katsu grilled chicken curry	soft drink*	alcoh
Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato 527 kcal Wiltshire cured ham and Cheddar cheese 508 kcal BBQ chicken, bacon and Cheddar cheese 586 kcal 8" pizzas on a freshly baked sourdough base		Katsu curries With a mild Japanese-style katsu coconut-flavour rice, sliced chillies and coriander.  Katsu grilled chicken curry \$\ \text{5}\$ 542 kcal Sliced char-grilled chicken breast		

Adults need around 2000 kcal a day.§

urgers includes a drink	, <b>1</b>		
eef burgers made with 100% British b	eef, freshl	y cooked to	order. Ti
eef burgers One 3oz beef patty. erved with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).	
merican burger 696 kcal	6.11.14	l	
d onion, gherkin, ketchup, American-style mustard	soft drink* <b>7.79</b>	alcoholic drink* <b>9.32</b>	
eberg lettuce, tomato, red onion	each	each	
kinny beef burger (500) 375 kcal	and a finding		
eberg lettuce, tomato, red onion, with a side salad, inste	ad of cnips		
merican cheese burger 730 kcal nerican-style cheese, red onion, gherkin, ketchup,		oft drink* 8.36 lic drink* 9.89	
nerican-style mustard	diculio	ucuilik 7.07	
ouble beef burgers Two 3ozbeef patties.			
rved with chips (602 kcal, included in Calories	below).		
ouble American burger 1138 kcal	soft drink*	alcoholic drink*	
d onion, gherkin, ketchup, American-style mustard <b>ouble classic beef burger</b> 1119 kcal	10.04	11.57	
eberg lettuce, tomato, red onion	each	each	
ouble American cheese burger 1207 kcal		oft drink* <b>10.63</b>	
nerican-style cheese, red onion, gherkin, ketchup,	-	lic drink* 12.16	
nerican-style mustard			
hicken burgers			
erved with a small portion of chips (329 kcal, incl runchy chicken strip burger // 776 kcal		alories below). oft drink* 7.79	
o southern-fried chicken strips, iceberg lettuce, mayor	_	olic drink* 9.32	
erved with chips (602 kcal, included in Calories	below).		
ried buttermilk chicken burger 1255 kcal			
eaded whole chicken breast fillet	soft drink*	alcoholic drink*	
<b>har-grilled chicken breast burger</b> 970 kcal <b>kinny chicken burger 🚱 ႈ 3</b> 94 kcal	10.04 each	11.57 each	
ar-grilled chicken breast, with a side salad, instead of chip	JS		
leat-free burgers			
erved with chips (602 kcal, included in Calories l	oelow).		
eyond Burger™ @ 1043 kcal BEYOND MEAT plant-based patty,	soft drink*	alcoholic drink*	
eberg lettuce, garlic & herb sauce	10.04 each	11.57 each	
readed vegetable burger 👽 1039 kcal			
ntils, carrot, onion, sweetcorn, mushroom, mozzarella, ried halloumi-style cheese burger 🏴 🅻			
	ITTO KCal. SW	reet cilitii sauce	
ıst-a-burger erved on its own, without chips or a drink.		each <b>5.10</b>	
merican burger 500 367 kcal		ouon offic	
d onion, gherkin, ketchup, American-style mustard			
<b>runchy chicken strip burger 🌶 🚟</b> 447 ko 7o southern-fried chicken strips, iceberg lettuce, mayor			
1 3	muisc		
UTTIES INCLUDES A DRINK			
lassic curries With basmati pilau rice, plai	n naan and p	oppadums.	
angalorean roasted cauliflower spinach curry // @ \$927 kcal			
hicken tikka masala 🎢 1190 kcal	soft drink* 12.18	alcoholic drink* 13.71	
<b>hicken jalfrezi 🏸 </b> 🥸 935 kcal	each	each	
eef Madras 🏴 🏴 1043 kcal			
nange your plain naan to a garlic naan V (add	92 kcal) <b>47p</b>		
mple curries With basmati pilau rice or ch	ıips.		
mple Mangalorean roasted			
auliflower & spinach curry // @			
oose: Basmati pilau rice 🚳 568 kcal; Chips 970 kcal mple chicken tikka masala 🏴			
oose: Basmati pilau rice 830 kcal; Chips 1232 kcal	soft drink* <b>9.95</b>	alcoholic drink* 11.48	
mple chicken jalfrezi	each	11.48 each	
oose: Basmati pilau rice 🚳 575 kcal; Chips 977 kcal			
mple beef Madras			
oose: Basmati pilau rice 684 kcal; Chips 1086 kcal			
d: One vegetable samosa and two onion bhajis 🎾 🥥	(293 kcal) <b>1.7</b>	6	
o plain poppadums 🥏 (86 kcal) <b>47p</b>			

soft drink\* alcoholic drink\*

12.60

each

each

Katsu chicken curry 828 kcal

Sliced whole breaded chicken breast fillet

aceable from farm to fork.	
Gourmet burgers Served with chips, six onion rings (871 kcal, included in	n Calories below).
Ultimate burger 1656 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	a calorico sciowy.
Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1567 kcal Char-grilled chicken breast 1417 kcal Fried buttermilk chicken 1703 kcal	soft drink* 12.25 each
BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal Char-grilled chicken breast 1494 kcal Fried buttermilk chicken 1780 kcal	alcoholic drink* 13.78 each
Heatwave burger /// Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Char-grilled chicken breast 1722 kcal Fried buttermilk chicken 2007 kcal	
Fiesta burger ⊘ 1380 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roas courgette, onion	sted pepper,
Triple American cheese & bacon burger 1770 kca Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	al soft drink* <b>13.71</b> alcoholic drink* <b>15.24</b>
Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 173 kg Maple-cured bacon with American-style chee Cheddar cheese ② 82 kgal American-style cheese ③ 69 kgal Maple-cured bacon 91 kgal Crunchy chicken strip 🍎 92 kgal	2.14 1.52 1.52 1.52 1.52
3oz beef patty 168 kcal Char-grilled chicken breast 187 kcal Fried buttermilk chicken 473 kcal Breaded vegetable patty ♥ 257 kcal Fried halloumi-style cheese ♥ 298 kcal  BEYOND MEAT patty Ø 184 kcal	each <b>1.97</b>
Chicken includes a drink	
Chicken on the bone is marinated, slow coo and finished on the char-grill. Peri-peri char-grilled half chicken	
Lemon and herb / Char-grilled in a lemon & herb glaze Coleslaw, garlic & herb dip Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal Hot and spicy / / Char-grilled in a Naga chilli & citrus Coleslaw, Naga chilli dip Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal Char-grilled half chicken, mash and gravy 818 Lemon & herb chicken, peas, chicken gravy	soft drink* 13.19 each  alcoholic drink* 14.72 each

Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal	each
Hot and spicy /// Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*
Coleslaw, Naga chilli dip Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal	14.72 each
	edcii
Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal	
Char-grilled half chicken, mash and gravy 818 kcal Lemon & herb chicken, peas, chicken gravy	
1	
Chicken baskets	
Chicken wing basket FFF Eight wings, coleslaw, Naga chilli di	p
Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal	
Boneless basket 🆊	
Three southern-fried chicken strips, five chicken breast bites, coleslaw,	BBQ sauce
Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal	
Chicken bites basket	soft drink*
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	11.02
Choose: Side salad 623 kcal; Spicy rice 🚳 763 kcal; Chips 1157 kcal	each
Southern-fried chicken strips basket 🖊	alcoholic drink
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	12.55
Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal	each
Quorn™ 'no chicken' nuggets basket 🆊 🗸 🔾	
Eight coated pieces, coleslaw, sweet chilli sauce	
Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal	
one out of the saturation hour, oping the for hour, only of hour	

11" pizzas includes a drink' Sourdough base - proved, stretched,		
topped and freshly baked to order.	soft drink	«* alcoholic
Margherita ♥ 934 kcal. Mozzarella, basil	11.02	12.
Pepperoni 🖊 1151 kcal. Mozzarella, pepperoni		
Ham and mushroom 1011 kcal		soft drink*
Mozzarella, ham, mushroom, rocket  BBQ chicken 1097 kcal		12.18 each
Mozzarella, BBQ sauce, chicken breast, red onion, rocket		alcoholic drir
<b>Roasted vegetable  ♥</b> 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, bas	oil	13.71
Vegan roasted vegetable © \$3 709 kcal	SIL	each
Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast /// 1214 kcal	13.36	14.
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, r	оскег	
Additional toppings		
Red onion @ 10 kcal; Sliced chillies PPPP @ 3 kcal; Mus	. <b></b>	kcal each 8
Garlic & herb dip   ◎ 180 kcal; Mozzarella     150 kcal; Ham	. <b></b>	•••••
Garlic & herb dip ⊘ 180 kcal; Mozzarella ♥ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal	. <b></b>	each <b>1</b>
Garlic & herb dip   ◎ 180 kcal; Mozzarella     150 kcal; Ham	. <b></b>	each <b>1</b>
Garlic & herb dip ⊚ 180 kcal; Mozzarella ♥ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal Pepperoni 📂 109 kcal; Roasted vegetables ⊚ 90 kcal	71 kcal	each <b>1</b> each <b>1</b> .
Garlic & herb dip @ 180 kcal; Mozzarella © 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal Pepperoni  109 kcal; Roasted vegetables @ 90 kcal Small pub classics INCL	71 kcal	each 1 each 1.
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni	71 kcal LUDES A I	each 1 each 1.  DRINK •
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics INCL  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal	71 kcal  UDES A I  soft drink	each 1 each 1.  DRINK • alcoholic of the seach 1.
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni	.UDES A I soft drink	each 1 each 1.  DRINK • alcoholic of the seach 1.
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics INCL  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi  Chips, peas 629 kcal or mushy peas 686 kcal.  Four Whitby breaded scampi	.UDES A I soft drink	each 1 each 1.  DRINK • alcoholic of the seach 1.
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics INCL  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi Chips. peas 629 kcal or mushy peas 686 kcal.  Four Whitby breaded scampi  Add: Two slices of bread @ (404 kcal) 1.34	.UDES A I soft drink	each 1 each 1.  DRINK • alcoholic of the seach 1.
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics Incl  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi  Chips, peas 629 kcal or mushy peas 686 kcal.  Four Whitby breaded scampi  Add: Two slices of bread @ (404 kcal) 1.34  Chip shop-style curry sauce @ (118 kcal) 1.46	71 kcal  **UDES A I  **soft drink**  10.20  10.20	each 1 each 1.  DRINK • alcoholic of the second of the sec
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics Incl  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi  Add: Two slices of bread @ (404 kcal) 1.34  Chip shop-style curry sauce @ (118 kcal) 1.46  Small Wiltshire cured ham,	.UDES A I soft drink	each 1 each 1.  DRINK • alcoholic of the second of the sec
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics INCL  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi  Chips, peas 629 kcal or mushy peas 686 kcal.  Four Whitby breaded scampi  Add: Two slices of bread @ (404 kcal) 1.34  Chip shop-style curry sauce @ (118 kcal) 1.46  Small Wiltshire cured ham, egg and chips @ 455 kcal	71 kcal  **UDES A I  **soft drink**  10.20  10.20	each 1 each 1.  DRINK • alcoholic of the second of the sec
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics INCL  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi  Chips, peas 629 kcal or mushy peas 686 kcal.  Four Whitby breaded scampi  Add: Two slices of bread @ (404 kcal) 1.34  Chip shop-style curry sauce @ (118 kcal) 1.46  Small Wiltshire cured ham, egg and chips @ 455 kcal  One slice of Wiltshire cured ham, fried egg  Small all-day brunch 681 kcal	71 kcal  **UDES A I  **soft drink**  10.20  10.20	each 1 each 1.  DRINK     * alcoholic of the color of the
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics INCL  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi  Chips, peas 629 kcal or mushy peas 686 kcal.  Four Whitby breaded scampi  Add: Two slices of bread @ (404 kcal) 1.34  Chip shop-style curry sauce @ (118 kcal) 1.46  Small Wiltshire cured ham, egg and chips @ Small all-day brunch 681 kcal  Lincolnshire sausage, bacon, fried egg, baked beans, chips	71 kcal  **UDES A I  **soft drink**  10.20  10.20  8.97	each 1 each 1.  DRINK     * alcoholic of the color of the
Garlic & herb dip @ 180 kcal; Mozzarella @ 150 kcal; Ham Chicken breast 94 kcal; Maple-cured bacon 91 kcal  Pepperoni  109 kcal; Roasted vegetables @ 90 kcal  Small pub classics INCL  Fish and chips  Small freshly battered cod and chips @ Peas 681 kcal or mushy peas 739 kcal  Small Whitby breaded scampi  Chips, peas 629 kcal or mushy peas 686 kcal.  Four Whitby breaded scampi  Add: Two slices of bread @ (404 kcal) 1.34  Chip shop-style curry sauce @ (118 kcal) 1.46  Small Wiltshire cured ham, egg and chips @ 455 kcal  One slice of Wiltshire cured ham, fried egg  Small all-day brunch 681 kcal	71 kcal  **UDES A I  **soft drink**  10.20  10.20  8.97	each 1 each 1.  DRINK • * alcoholic of the second of the s

Small vegetarian all-day brunch ♥ 611 kcal Two vegan sausages, fried egg, baked beans, chips	9.26	10.79
Afternoon deal Mon - Fri, 2pm - 5pm Choose from the above small pub classic meals.	soft drink* a	alcoholic drink* <b>9.97</b>
Pub classics Includes a Di	RINK" •	
Fish and chips	soft drink*	alcoholic drink*
Freshly battered cod and chips  Peas 1240 kcal or mushy peas 1298 kcal	12.42	13.95
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	12.42	13.95
Add: Two slices of bread ♥ (404 kcal) 1.34 Chip shop-style curry sauce ⊘ (118 kcal) 1.46		
All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked bea Add: Black pudding (178 kcal) <b>75p</b>	12.08 nns, chips	13.61
Vegetarian all-day brunch ♥ 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	12.08	13.61
Steak & kidney pudding Peas, onion & red wine gravy Choose: Mashed potato 963 kcal; Chips 1279 kcal	y <b>10.67</b>	12.20
Bangers and mash 894 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	10.67	12.20
Vegetarian bangers and mash ♥ 635 kcal Three vegan sausages, peas, onion & red wine gravy	10.67	12.20
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	10.08	11.61
Sausages, chips and beans 1170 kcal	10.08	11.61

10.08

soft drink\*

9.62

11.61

12.20

alcoholic drink\*

11.15

Three Lincolnshire sausages

Three vegan sausages

Vegan sausages, chips and beans @ 910 kcal

Afternoon deal

Mon - Fri, 2pm - 5pm Choose from the above pub classic meals.

NEW Chilli bean non-carne 🗸 🚳 🚳 635 kcal 10.67 12.20 Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips

Steaks and grills inc		
From farms in the UK and Ireland, prin (traceable from farm to fork), matured seasoned with a steak-seasoning blend cooked to your liking.	for 28 day	s,
Classic 8oz sirloin steak Choose: Side salad 526 kcal Mediterranean salad 657 kcal; Jacket potato 774 kcal Mashed potato 745 kcal; Chips 1061 kcal	soft drink* 13.59 each	alcoholic drink* <b>15.12</b> each
Gourmet 8oz sirloin steak Peas, tomato, mushroom, three onion rings, steak sauce Choose: Side salad 785 kcal Mediterranean salad 915 kcal; Jacket potato 1032 kcal Mashed potato 1003 kcal; Chips 1320 kcal	soft drink* <b>15.94</b> each	alcoholic drink* <b>17.47</b> each
Add your choice of steak sauce: Creamy peppercorn sauc Jack Daniel's® Tennessee Honey glaze ♥ (87 kcal) 1.82	'	
Below meals are served with peas, tomato and m	ushroom. soft drink	* alcoholic drin
BBQ chicken melt Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Side salad © 609 kcal; Mediterranean salad 739 Jacket potato © 856 kcal; Mashed potato 827 kcal; Chips	<b>12.42</b> kcal	atoonotio arm
5oz gammon and egg Choose: Side salad 😵 🗺 402 kcal; Mediterranean sal Jacket potato 🕸 649 kcal; Mashed potato 620 kcal; Chips		12.60
10oz gammon and eggs Choose: Side salad 611 kcal; Mediterranean salad 741 kca	<b>14.23</b>	15.76

## Noodles, salads and pastas INCLUDES A DRINK •

Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1146 kcal

Gammon, pork loin, rump, lamb, Lincolnshire sausage Choose: Side salad 984 kcal; Mediterranean salad 1114 kcal Jacket potato 1231 kcal; Mashed potato 1202 kcal; Chips 1519 kcal

Gammon, pork loin, rump, lamb, two Lincolnshire sausages,

Choose: Side salad 1477 kcal; Mediterranean salad 1607 kcal

Jacket potato 1724 kcal; Mashed potato 1696 kcal; Chips 2012 kcal

Mixed grill

Large mixed grill

fried egg, six onion rings

Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth  Add: Char-grilled chicken breast (93 kcal) 1.15; Poached egg (63 kcal) 93p  Chicken & maple-cured bacon salad  Choose: Char-grilled chicken breast (35) 283 kcal  Southern-fried chicken breast strips (35) 465 kcal  Mediterranean salad (35) 334 kcal  Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing  Add: Grilled halloumi-style cheese (447 kcal) 1.97  Tuna mayo (298 kcal) 1.06; Roasted vegetables (90 kcal) 1.53  Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese  Roasted vegetable salad (35) 494 kcal  Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl (368 kcal) 10.88  12.41  Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips,
carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth  Add: Char-grilled chicken breast (93 kcal) 1.15; Poached egg (63 kcal) 93p  Chicken & maple-cured bacon salad 11.72 13.25  Choose: Char-grilled chicken breast (35) 283 kcal  Southern-fried chicken breast strips (35) 465 kcal  Mediterranean salad (26) 333 34 kcal 10.60 12.13  Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing  Add: Grilled halloumi-style cheese (447 kcal) 1.97  Tuna mayo (298 kcal) 1.06; Roasted vegetables (90 kcal) 1.53  Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88 12.41  & roasted vegetable salad (26) 494 kcal  Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl (268 kcal) 10.88 12.41
Add: Char-grilled chicken breast (93 kcal) 1.15; Poached egg V (63 kcal) 93p  Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast 555 283 kcal Southern-fried chicken breast strips 555 465 kcal  Mediterranean salad 555 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese V (447 kcal) 1.97  Tuna mayo (298 kcal) 1.06; Roasted vegetables (90 kcal) 1.53  Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88  & roasted vegetable salad V 555 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl V 668 kcal 10.88 12.41
Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast 1990 283 kcal Southern-fried chicken breast strips 1990 465 kcal  Mediterranean salad 1990 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese 10,447 kcal) 1.97  Tuna mayo (298 kcal) 1.06: Roasted vegetables (90 kcal) 1.53 Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88 Roasted vegetable salad 10.88  Ta.41  Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl 168 kcal 10.88  Ta.41
Choose: Char-grilled chicken breast \$30 283 kcal  Southern-fried chicken breast strips \$30 465 kcal  Mediterranean salad \$30 334 kcal 10.60 12.13  Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing  Add: Grilled halloumi-style cheese \$\fo(447 \text{ kcal}\) 1.97  Tuna mayo (298 kcal) 1.06: Roasted vegetables \$\ointimes(90 \text{ kcal}\) 1.53  Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88 12.41  & roasted vegetable salad \$\fo(300 \text{ kcal}\) 3494 kcal  Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl \$\fo(68 \text{ kcal}\) 10.88 12.41
Southern-fried chicken breast strips 667 465 kcal  Mediterranean salad 6 667 334 kcal 10.60 12.13  Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing  Add: Grilled halloumi-style cheese (447 kcal) 1.97  Tuna mayo (298 kcal) 1.06; Roasted vegetables (90 kcal) 1.53  Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88 12.41  & roasted vegetable salad (367 494 kcal)  Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl (368 kcal) 10.88 12.41
Mediterranean salad © 3334 kcal 10.60 Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese © (447 kcal) 1.97 Tuna mayo (298 kcal) 1.06; Roasted vegetables © (90 kcal) 1.53 Char-grilled chicken breast (187 kcal) 1.97 Grilled halloumi-style cheese 10.88 & roasted vegetable salad © 333 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl © 668 kcal 10.88 12.41
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing  Add: Grilled halloumi-style cheese () (447 kcal) 1.97  Tuna mayo (298 kcal) 1.06: Roasted vegetables () (90 kcal) 1.53  Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88 12.41  & roasted vegetable salad () () () () () () () () () () () () ()
cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese ♥ (447 kcal) 1.97  Tuna mayo (298 kcal) 1.06; Roasted vegetables ⊘ (90 kcal) 1.53  Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88 12.41  & roasted vegetable salad ♥  494 kcal  Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl ♥ 668 kcal 10.88 12.41
Add: Grilled halloumi-style cheese (**) (447 kcal) 1.97  Tuna mayo (298 kcal) 1.06: Roasted vegetables (**) (90 kcal) 1.53  Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88 12.41  & roasted vegetable salad (**) (**) 494 kcal  Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl (**) 668 kcal 10.88 12.41
Tuna mayo (298 kcal) 1.06; Roasted vegetables (90 kcal) 1.53 Char-grilled chicken breast (187 kcal) 1.97 Grilled halloumi-style cheese 10.88 12.41 & roasted vegetable salad (1960 kcal) 1994 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl (1968 kcal) 10.88 12.41
Char-grilled chicken breast (187 kcal) 1.97  Grilled halloumi-style cheese 10.88 12.41  & roasted vegetable salad V 668 kcal 10.88 12.41  Burrito salad bowl V 668 kcal 10.88 12.41
Grilled halloumi-style cheese 10.88 12.41 & roasted vegetable salad © 668 kcal 10.88 12.41 Burrito salad bowl © 668 kcal 10.88 12.41
& roasted vegetable salad V 600 494 kcal  Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl V 668 kcal  10.88  12.41
Roasted pepper, courgette, onion, pico de gallo, dressing  Burrito salad bowl ♥ 668 kcal 10.88 12.41
Burrito salad bowl ♥ 668 kcal 10.88 12.41
Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips,
guacamole, sliced chillies
Add: Char-grilled chicken breast (187 kcal) 1.97
Chilli bean non-carne 🖊 🧑 (149 kcal) <b>1.97</b>
Pasta alfredo ♥ 618 kcal 11.17 12.70
Fusilli pasta, creamy pecorino & regato cheese sauce, spinach,
sun-dried tomato, basil, rocket
Add: Char-grilled chicken breast (187 kcal) 1.97; Maple-cured bacon (91 kcal) 1.52
British beef & pancetta lasagne 11.72 13.25

## Jacket potatoes includes a drink ...

With side salad and one filling. Extra fillings 1.30 each. Tuna mayo 592 kcal; Coleslaw V 559 kcal

Cheese V 512 kcal Baked beans @ 500 482 kcal Chilli bean non-carne / @ 538 5555 442 kcal

Roasted vegetables @ 598 (500) 383 kcal

Choose: Side salad 761 kcal; Chips 1295 kcal

soft drink\* alcoholic drink\* Q 9.18 10.71 each

15.76

17.53

14.23

16.00