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		
Grilled halloumi-style cheese V 446 kcal		1.97		
Peas 130 kcal		94p		
Mushy peas V 248 kcal		94p		
Side salad 87 kcal		2.29		
Mediterranean side salad 198 kcal		3.22		
Roasted vegetables 135 kcal		1.53		
Coleslaw V 399 kcal		1.40		
Sliced chillies 3 kcal		88p		
Chicken gravy 50 kcal		94p		
Onion rings	**Six** 269 kcal	2.33	**Twelve** 538 kcal	3.50
Garlic pizza bread V	**8"** 386 kcal	4.40	**11"** 772 kcal	5.57
With cheese V	**8"** 461 kcal	4.98	**11"** 922 kcal	6.44

Desserts

Vanilla ice cream V UNDER 500 338 kcal — 1.82
Two scoops, toffee sauce, Belgian chocolate sauce

Cookie crunch V UNDER 500 365 kcal — 1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce

Mini warm chocolate brownie V UNDER 500 435 kcal — 2.98
Belgian chocolate sauce, vanilla ice cream

Mini warm cookie dough sandwich V UNDER 500 435 kcal — 2.98
Salted caramel filling, toffee sauce, vanilla ice cream

Mini American-style pancakes V UNDER 500 412 kcal — 3.54
Two pancakes, maple-flavour syrup, vanilla ice cream

Fresh fruit V 5% UNDER 500 447 kcal — 4.56
Apple, banana, blueberries, strawberries, vanilla ice cream

Warm chocolate fudge cake V 913 kcal. Vanilla ice cream — 5.33

Warm chocolate brownie V 736 kcal — 5.33
Belgian chocolate sauce, vanilla ice cream

Warm cookie dough sandwich V 735 kcal — 5.33
Salted caramel filling, toffee sauce, vanilla ice cream

British Bramley apple crumble V — 5.62
Vanilla ice cream 830 kcal or custard 694 kcal

American-style pancakes V 5% 689 kcal — 4.99
Four pancakes, maple-flavour syrup, vanilla ice cream

Add: Custard V (134 kcal) **1.23**; **Vanilla ice cream scoop** V (135 kcal) **94p**
Belgian chocolate sauce V (61 kcal) **42p**; **Toffee sauce** V (74 kcal) **42p**
Banana (101 kcal) **62p**; **Strawberries** (14 kcal) **62p**; **Blueberries** (17 kcal) **62p**

ALLERGEN AND NUTRITIONAL INFORMATION

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

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

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

DIETARY SYMBOLS

= Very mild = Mild = Medium hot = Very hot = Extremely hot
V Vegetarian Vegan 5% 5% fat or less UNDER 500 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

Served 8am – 12 noon

Large breakfast 1286 kcal — 6.59
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast

Traditional breakfast 742 kcal — 4.99
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast

Small breakfast UNDER 500 419 kcal — 4.45
Fried egg, bacon, sausage, baked beans, hash brown

Add: Two slices of black pudding (355 kcal) **1.51**

Large vegetarian breakfast V 1206 kcal — 6.59
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

Vegetarian breakfast V 816 kcal — 4.99
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast

Small vegetarian breakfast V UNDER 500 313 kcal — 4.45
Fried egg, Quorn sausage, baked beans, hash brown, tomato

Vegan breakfast 786 kcal — 4.61
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread

Freedom breakfast 545 kcal — 4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

American breakfast 1258 kcal — 6.85
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup

Small American breakfast 629 kcal — 4.99
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup

Eggs Benedict 725 kcal — 5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket

Mushroom Benedict V 629 kcal — 5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

Miner's Benedict 939 kcal — 5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

American-style pancakes
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal — 4.99
Four pancakes, maple-flavour syrup. V 5% 554 kcal — 4.30

Small American-style pancakes
Two pancakes, maple-cured bacon, maple-flavour syrup. UNDER 500 322 kcal — 3.54
Two pancakes, maple-flavour syrup. V 5% UNDER 500 277 kcal — 3.25

Scrambled egg on toast V 570 kcal — 3.77
Three eggs, buttered white bloomer toast

Beans on toast V 5% 566 kcal. Buttered white bloomer toast — 3.66

Small beans on toast V 5% UNDER 500 251 kcal — 2.62
Buttered white bloomer toast

Two slices of toast with jam or marmalade V UNDER 500 496 kcal — 2.47
White bloomer bread

Fresh fruit 5% UNDER 500 177 kcal — 3.66
Apple, banana, blueberries, strawberries

Porridge V 5% UNDER 500 252 kcal (plain) — 2.09
Add: Banana (101 kcal) **62p**; **Maple-flavour syrup** (125 kcal) **34p**
Strawberries (14 kcal) **62p**; **Blueberries** (17 kcal) **62p**
Honey V (91 kcal) **34p**

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	**Four rashers of maple-cured bacon** 91 kcal	1.52	**Two mushrooms** 91 kcal	93p
Quorn™ sausage 116 kcal	1.05	**Two scrambled eggs** V 136 kcal	1.63	**Two grilled tomato halves** 16 kcal	52p
Grilled halloumi-style cheese V 396 kcal	1.97	**Fried egg** V 56 kcal	93p	**Slice of toast** V 191 kcal	1.13
Baked beans 126 kcal	93p	**Poached egg** V 63 kcal	93p		

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread — 3.88

Sausage butty 713 kcal. Two sausages, buttered white bloomer bread — 3.88

Quorn™ sausage butty V 609 kcal — 3.88
Two Quorn sausages, buttered white bloomer bread

Breakfast wrap 739 kcal — 4.36
Fried egg, bacon, sausage, hash brown, Cheddar cheese

Vegetarian breakfast wrap V 835 kcal — 4.36
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills□

Egg & cheese muffin V UNDER 500 249 kcal — 3.31
Fried egg, American-style cheese, in an English muffin

Egg & bacon muffin UNDER 500 298 kcal — 3.77
Fried egg, bacon, American-style cheese, in an English muffin

Egg & sausage muffin UNDER 500 417 kcal — 3.77
Fried egg, sausage, American-style cheese, in an English muffin

Egg & Quorn™ sausage muffin V UNDER 500 364 kcal — 3.77
Fried egg, Quorn sausage, American-style cheese, in an English muffin

Breakfast muffin UNDER 500 466 kcal — 4.01
Fried egg, sausage, bacon, American-style cheese, in an English muffin

Smashed avocado muffin 5% UNDER 500 244 kcal — 4.01
Guacamole, pico di gallo, on an English muffin, rocket
Add: Maple-cured bacon (91 kcal) **1.52**; **Poached egg** V (63 kcal) **93p**
Grilled halloumi-style cheese V (396 kcal) **1.97**

Add: Hash brown (82 kcal) **46p**

Tea, coffee and hot chocolate

FREE REFILLS
TEA, COFFEE AND HOT CHOCOLATE
— ALL DAY EVERY DAY —
LAVAZZA TORINO, ITALIA, 1895 — 100% ARABICA BEANS
£1.56 each

Flat white V 92 kcal
Cappuccino V 102 kcal
Latte V 113 kcal
Mocha V 147 kcal
Espresso 6 kcal
Black coffee 6 kcal
White coffee V 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 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. All prices are in pounds sterling and include VAT. Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com
□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 J2O and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).

for the facts **drinkaware.co.uk**

jdwetherspoon.com

STD

MENU_176

FOOD

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

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

The present Golden Cross was built in 1932. A century earlier, its predecessor was described as a 'royal and commercial hotel' and 'posting house', with carriages for hire. During the 19th century, it was the Conservative Party election headquarters. During the 1859 by-election, there was a pitched battle outside the hotel between conservative-supporting older boys from Bromsgrove School and hundreds of voteless locals. Order was eventually restored by a 150-strong cavalry force.

Breakfast 8am – 12 noon — Traditional breakfast **£4.99**

Tea, coffee and hot chocolate Free refills□ — **£1.56** each

Burger meals

INCLUDES A DRINK*
Featuring 3oz American burger
soft drink* **£5.44** | alcoholic drink* **£6.97**

Afternoon deals

INCLUDES A DRINK*
Mon – Fri, 2pm – 5pm
Featuring small freshly battered fish and chips
soft drink* **£6.09** | alcoholic drink* **£7.62**

Steak Club®

INCLUDES A DRINK*
Tuesday 11.30am – 11pm
Featuring classic 8oz sirloin
soft drink* **£9.67** | alcoholic drink* **£11.20**

Curry Club®

INCLUDES A DRINK*
Thursday 11.30am – 11pm
Featuring the katsu curry range
soft drink* **£7.91** | alcoholic drink* **£9.44**

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 of 5 in our pub.

Sustainable fish
The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.

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

Tea
The Tetley tea we serve also comes from Rainforest Alliance-certified farms.

Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.

100% UK AND IRISH BEEF

100% UK and Irish beef
Sourced from farms in the UK and Ireland. Traceable from farm to fork.

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

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

goodfoodtalks — opening menus for everybody — The spoken menu app for the visually impaired

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

UNLIMITED FREE Wi-Fi

Small plates | Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.

Margherita (V) (Under 500) 470 kcal — 5.91
Mozzarella, basil

Pepperoni 578 kcal — 6.51
Mozzarella, pepperoni

Ham and mushroom 505 kcal — 6.51
Mozzarella, ham, mushroom, rocket

BBQ chicken 558 kcal — 6.51
Mozzarella, BBQ sauce, chicken breast, red onion, rocket

Roasted vegetable (V) 515 kcal — 6.51
Mozzarella, mushroom, roasted pepper, courgette, onion, basil

Vegan roasted vegetable (5%) (Under 500) 353 kcal — 6.51
Mushroom, roasted pepper, courgette, onion, basil

Spicy meat feast 618 kcal — 7.09
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

11" garlic pizza bread (V) 772 kcal — 5.57

Nachos (V) 592 kcal — 5.81
Cheese, guacamole, salsa, sour cream, sliced chillies

Bowl of chips 964 kcal — 4.23

Bowl of chips with curry sauce 1082 kcal — 5.58

Cheesy chips (V) 1256 kcal — 5.36

Loaded chips 1218 kcal — 6.03
Cheese, maple-cured bacon, sour cream

Tomato & basil soup (V) (5%) (Under 500) 341 kcal — 4.23
White bloomer bread

With any of the small plates below, choose one dip:
Sweet chilli 48 kcal; **Sticky soy** (V) 100 kcal
Naga chilli 136 kcal; **Jack Daniel's® Tennessee Honey glaze** (V) 87 kcal
Chipotle mayo (V) 150 kcal; **Blue cheese** (V) 270 kcal

Halloumi-style fries (V) (Under 500) 396 kcal — 4.96

Chicken bites (Under 500) 298 kcal. Ten battered chicken breast pieces — 6.09

Southern-fried chicken strips (Under 500) 459 kcal. Five chicken breast strips — 6.09

Chicken wings 804 kcal. Ten spicy chicken wings — 6.75

Quorn™ nuggets (Under 500) 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.

soft drink* 5.70 each | alcoholic drink* 7.23 each

Paninis

Tuna mayo and Cheddar cheese 599 kcal

Cheddar cheese and tomato (V) 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal

BBQ chicken, bacon and Cheddar cheese 572 kcal

Wraps

Quorn™ nuggets 534 kcal
Tomato, cucumber, salsa

Southern-fried chicken and smoky chipotle mayo 639 kcal

Cold chicken and sweet chilli sauce (5%) 514 kcal

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

Add: Chips (602 kcal); **Salad** (87 kcal)
Tomato & basil soup (150 kcal); **Spicy rice** (208 kcal) **1.44** each

Jacket potatoes INCLUDES A DRINK*

With salad and one filling. Extra fillings 1.22 each.

soft drink* 6.85 each | alcoholic drink* 8.38 each

Tuna mayo 621 kcal

Coleslaw (V) 578 kcal

Cheese (V) 531 kcal

Baked beans (5%) 501 kcal

Five-bean chilli (5%) (Under 500) 431 kcal

Roasted vegetables (5%) (Under 500) 402 kcal

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).

soft drink* 5.44 each | alcoholic drink* 6.97 each

American burger 695 kcal
Red onion, gherkin, ketchup, American-style mustard

Classic beef burger 676 kcal
Iceberg lettuce, tomato, red onion

Skinny beef burger (Under 500) 369 kcal
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips

American cheese burger 729 kcal — soft drink* 6.04, alcoholic drink* 7.57
American-style cheese, red onion, gherkin, ketchup, American-style mustard

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

soft drink* 7.73 each | alcoholic drink* 9.26 each

Double American burger 1137 kcal
Red onion, gherkin, ketchup, American-style mustard

Double classic beef burger 1118 kcal
Iceberg lettuce, tomato, red onion

Double American cheese burger 1206 kcal — soft drink* 8.30, alcoholic drink* 9.83
American-style cheese, red onion, gherkin, ketchup, American-style mustard

Just-a-burger
Served on its own, without chips or a drink. each 3.36

American burger (Under 500) 366 kcal
Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger (Under 500) 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
Crunchy chicken strip 92 kcal — 1.50
3oz beef patty 169 kcal
Fried halloumi-style cheese (V) 446 kcal
Grilled chicken breast 187 kcal
Fried buttermilk chicken 473 kcal
Breaded vegetable patty (V) 257 kcal
BEYOND MEAT **patty** 184 kcal
each 1.97

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

Heatwave burger
Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing
Choose: Grilled chicken breast 1754 kcal; **Fried buttermilk chicken** 2039 kcal

Ultimate burger 1661 kcal
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
Grilled chicken breast 1416 kcal; **Fried buttermilk chicken** 1702 kcal

soft drink* 9.93 each | alcoholic drink* 11.46 each

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* 11.38, alcoholic drink* 12.91
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

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

Crunchy chicken strip burger 787 kcal — soft drink* 5.44, alcoholic drink* 6.97
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Served with chips (602 kcal, included in Calories below).

soft drink* 7.73 each | alcoholic drink* 9.26 each

Fried buttermilk chicken burger 1254 kcal
Breaded whole chicken breast fillet

Grilled chicken breast burger 969 kcal

Skinny chicken burger (5%) (Under 500) 388 kcal
Grilled chicken breast with salad, instead of chips

Meat-free burgers
Served with chips (602 kcal, included in Calories below).

soft drink* 7.73 each | alcoholic drink* 9.26 each

Fried halloumi-style cheese burger (V) 1128 kcal
Sweet chilli sauce

Breaded vegetable burger (V) 1038 kcal
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese

Beyond Burger™ 834 kcal. BEYOND MEAT plant-based patty

Chicken INCLUDES A DRINK*

Char-grilled half chicken
Chicken on the bone is marinated, slow cooked and finished on the char-grill.

soft drink* 10.83 each | alcoholic drink* 12.36 each

Lemon and herb **Char-grilled in a lemon & herb glaze**
Coleslaw, garlic & herb dip
Choose: Spicy rice 1099 kcal; **Chips** 1173 kcal; **Mashed potato** 1177 kcal
Side salad 978 kcal; **Mediterranean salad** 1089 kcal

Hot and spicy **Char-grilled in a Naga chilli & citrus glaze**
Coleslaw, Naga chilli dip
Choose: Spicy rice 1069 kcal; **Chips** 1463 kcal; **Mashed potato** 1147 kcal
Side salad 948 kcal; **Mediterranean salad** 1058 kcal

Char-grilled half chicken, mash and gravy 857 kcal
Lemon & herb chicken, peas, chicken gravy

Chicken baskets

soft drink* 8.68 each | alcoholic drink* 10.21 each

Chicken wing basket Eight wings, coleslaw, Naga chilli dip
Choose: Spicy rice 1120 kcal; **Chips** 1515 kcal; **Side salad** 999 kcal

Boneless basket
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce
Choose: Spicy rice 849 kcal; **Chips** 1243 kcal; **Side salad** 720 kcal

Chicken bites basket
Ten battered chicken breast pieces, coleslaw, sticky soy sauce
Choose: Spicy rice (5%) 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 (V)
Eight coated pieces, coleslaw, sweet chilli sauce
Choose: Spicy rice 721 kcal; **Chips** 1115 kcal; **Side salad** 600 kcal

Add: Chicken gravy (50 kcal) **94p**

Curries INCLUDES A DRINK*

Katsu curries
With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

soft drink* 8.73 each | alcoholic drink* 10.26 each

Katsu chicken curry 826 kcal
Sliced whole breaded chicken breast fillet

Katsu grilled chicken curry (5%) 541 kcal
Sliced grilled chicken breast

Katsu Quorn™ nugget curry 685 kcal
Eight coated pieces

Classic curries
With basmati pilau rice, plain naan and poppadums.

soft drink* 9.84 each | alcoholic drink* 11.37 each

Mangalorean roasted cauliflower & spinach curry (5%) 867 kcal

Chicken tikka masala 1190 kcal

Chicken jalfrezi (5%) 935 kcal

Beef Madras 1043 kcal

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

Simple curries
With basmati pilau rice or chips.

soft drink* 7.62 each | alcoholic drink* 9.15 each

Simple Mangalorean roasted cauliflower & spinach curry
Choose: Basmati pilau rice (5%) 508 kcal; **Chips** 910 kcal

Simple chicken tikka masala
Choose: Basmati pilau rice 830 kcal; **Chips** 1232 kcal

Simple chicken jalfrezi
Choose: Basmati pilau rice (5%) 575 kcal; **Chips** 977 kcal

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

11" pizzas INCLUDES A DRINK*

On a freshly baked sourdough base.

soft drink* 9.84 each | alcoholic drink* 11.37 each

Margherita (V) 939 kcal. Mozzarella, basil

Pepperoni 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

Roasted vegetable (V) 1029 kcal
Mozzarella, mushroom, roasted pepper, courgette, onion, basil

Vegan roasted vegetable (5%) 705 kcal
Mushroom, roasted pepper, courgette, onion, basil

Spicy meat feast 1220 kcal — 11.02 — 12.55
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Additional toppings

Red onion 10 kcal; **Sliced chillies** 3 kcal; **Mushroom** 6 kcal — each **88p**
Garlic & herb dip 180 kcal; **Mozzarella** (V) 150 kcal; **Ham** 71 kcal
Chicken breast 94 kcal; **Maple-cured bacon** 91 kcal — each **1.15**
Pepperoni 109 kcal; **Roasted vegetables** 135 kcal — each **1.53**

Small pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Fish and chips		
Small freshly battered cod and chips (MSC) 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 (V) (383 kcal) **1.34**		
Chip shop-style curry sauce (118 kcal) **1.46**		
Small Wiltshire cured ham, egg and chips (Under 500) 455 kcal One slice of Wiltshire cured ham, fried egg	6.61	8.14
Small all-day brunch 666 kcal Sausage, bacon, fried egg, baked beans, chips	6.91	8.44
Small vegetarian all-day brunch (V) 680 kcal Two Quorn sausages, fried egg, baked beans, chips	6.91	8.44

Afternoon deal
Mon - Fri, 2pm - 5pm
Choose from the above small pub classic meals.
soft drink* 6.09 | alcoholic drink* 7.62

Pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Fish and chips		
Freshly battered cod and chips (MSC) 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 (V) (383 kcal) **1.34**		
Chip shop-style curry sauce (118 kcal) **1.46**		
Steak & kidney pudding Peas, onion & red wine gravy **Choose: Chips** 1223 kcal; **Mashed potato** 907 kcal	8.32	9.85
Bangers and mash 950 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	8.32	9.85
Vegetarian bangers and mash (V) 793 kcal Three Quorn sausages, peas, onion & red wine gravy	8.32	9.85
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	7.73	9.26
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	7.73	9.26
Vegan sausages, chips and beans 1013 kcal Three Quorn sausages	7.73	9.26
Five-bean chilli (5%) 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
Vegetarian all-day brunch (V) 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	9.72	11.25

Afternoon deal
Mon - Fri, 2pm - 5pm
Choose from the above pub classic meals.
soft drink* 7.27 | alcoholic drink* 8.80

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 — soft drink* 11.25 | alcoholic drink* 12.78
Choose: Jacket potato 741 kcal
Mashed potato 745 kcal; **Chips** 1061 kcal
Mediterranean salad 657 kcal; **Side salad** 546 kcal

Gourmet 8oz sirloin steak — soft drink* 13.59 | alcoholic drink* 15.12
With peas, tomato, mushroom, three onion rings and a steak sauce.
Choose: Jacket potato 993 kcal
Mashed potato 997 kcal; **Chips** 1314 kcal
Mediterranean salad 909 kcal; **Side salad** 798 kcal

Add your choice of steak sauce: **Creamy peppercorn sauce** (74 kcal)
Jack Daniel's® Tennessee Honey glaze (V) (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** (5%) 803 kcal; **Mashed potato** 807 kcal **Chips** 1123 kcal; **Mediterranean salad** 719 kcal; **Side salad** 608 kcal	10.08	11.61
5oz gammon and egg **Choose: Jacket potato** (5%) 610 kcal; **Mashed potato** 614 kcal **Chips** 930 kcal; **Mediterranean salad** 526 kcal; **Side salad** (Under 500) 415 kcal	8.73	10.26
10oz gammon and eggs **Choose: Jacket potato** (5%) 819 kcal; **Mashed potato** 824 kcal **Chips** 1140 kcal; **Mediterranean salad** 735 kcal; **Side salad** 625 kcal	11.89	13.42
Mixed grill Gammon, pork loin, rump, lamb, sausage **Choose: Jacket potato** 1192 kcal; **Mashed potato** 1196 kcal **Chips** 1513 kcal; **Mediterranean salad** 1108 kcal; **Side salad** 997 kcal	11.89	13.42
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings **Choose: Jacket potato** 1686 kcal; **Mashed potato** 1690 kcal **Chips** 2006 kcal; **Mediterranean salad** 1602 kcal; **Side salad** 1491 kcal	13.65	15.18

Salads and pastas INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Burrito salad bowl (V) 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies **Add:** **Chicken breast** (187 kcal) **1.97** **Five-bean chilli** (V) (119 kcal) **1.97**	8.62	10.15
Grilled halloumi-style cheese & roasted vegetable salad (V) (Under 500) 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad **Choose: Grilled chicken breast** (5%) (Under 500) 279 kcal **Southern-fried chicken breast strips** (Under 500) 461 kcal	9.47	11.00
Mediterranean salad (5%) (Under 500) 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing **Add:** **Grilled halloumi-style cheese** (V) (396 kcal) **1.97** **Tuna mayo** (307 kcal) **1.06** **Roasted vegetables** (135 kcal) **1.53** **Grilled chicken breast** (187 kcal) **1.97**	8.35	9.88
Pasta alfredo (V) 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket **Add:** **Grilled chicken breast** (187 kcal) **1.97** **Maple-cured bacon** (91 kcal) **1.52**	8.90	10.43
British beef & pancetta lasagne **Choose: Side salad** 780 kcal; **Chips** 1295 kcal	9.47	11.00

Adults need around 2000 kcal a day.§