

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 446 kcal	1.97
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 399 kcal	1.40
Sliced chillies 3 kcal	88p
Onion rings	Six 269 kcal 2.33 Twelve 538 kcal 3.50
Garlic pizza bread	8* 386 kcal 4.40 11* 772 kcal 5.57
With cheese	8* 461 kcal 4.98 11* 922 kcal 6.44

Desserts

Vanilla ice cream 338 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch 365 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie 435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich 435 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream	
Fresh fruit 447 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie 736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich 735 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble 830 kcal	5.62
Vanilla ice cream	
Add:	
Vanilla ice cream scoop (135 kcal) 94p	
Belgian chocolate sauce (61 kcal) 42p	
Toffee sauce (74 kcal) 42p	
Banana (101 kcal) 62p	
Strawberries (14 kcal) 62p	
Blueberries (17 kcal) 62p	

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 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 1206 kcal	6.59
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast 816 kcal	4.99
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast 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	

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	Two mushrooms 91 kcal	93p
Sausage 168 kcal	1.05	Two scrambled eggs 136 kcal	1.63	Two grilled tomato halves 16 kcal	52p
Quorn™ sausage 116 kcal	1.05	Fried egg 56 kcal	93p	Slice of toast 191 kcal	1.13
Grilled halloumi-style cheese 396 kcal	1.97	Poached egg 63 kcal	93p		
Baked beans 126 kcal	93p	Hash brown 82 kcal	46p		

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	3.66	Breakfast wrap 739 kcal	4.36
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.66	Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Quorn™ sausage butty 609 kcal	3.66	Vegetarian breakfast wrap 835 kcal	4.36
Two Quorn sausages, buttered white bloomer bread		Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin 298 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin 417 kcal	3.77
Fried egg, sausage, American-style cheese, in an English muffin	
Egg & Quorn™ sausage muffin 364 kcal	3.77
Fried egg, Quorn sausage, American-style cheese, in an English muffin	
Breakfast muffin 466 kcal	4.01
Fried egg, sausage, bacon, American-style cheese, in an English muffin	

Add: Hash brown (82 kcal) 46p	

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, spirits, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).

Tea, coffee and hot chocolate

FREE REFILLS
TEA, COFFEE AND HOT CHOCOLATE
— ALL DAY EVERY DAY —

£1.56 each

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

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

for the facts
drinkaware.co.uk
jdwetherspoon.com

SWSEADT

MENU_475

FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks



The 1864 map of Weymouth shows a brewery on part of the site now occupied by this Wetherspoon pub. The brewery later became The Swan Inn which stood here until the 1970s. The pub, which dates from Victorian times, seems to have been demolished around 1970.

FOOD HYGIENE RATING
 5

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

CERTIFIED SUSTAINABLE SEAFOOD
MSC
www.msc.org

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.

RSPCA ASSURED
CERTIFICATION MARK

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.

LAVAZZA
TORINO, ITALIA, 1895

100% ARABICA BEANS

RAINFORREST ALLIANCE
TRADE & NATURE

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.

wetherspoon **hotels**

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

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

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

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.

UNLIMITED
FREE Wi-Fi

Small plates | Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.

Margherita 🍕 🌱 470 kcal Mozzarella, basil	5.91
Pepperoni 🍕 578 kcal Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable 🌱 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable 🌱 🌱 🌱 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 🍴 🍴 🍴 🥔 48 kcal; Sticky soy 🍷 100 kcal
Naga chilli 🍴 🍴 🍴 🥔 136 kcal; Jack Daniel's® Tennessee Honey glaze 🍷 87 kcal
Chipotle mayo 🍴 🍴 🍴 🍷 150 kcal; Blue cheese 🍷 270 kcal

Halloumi-style fries 🍷 396 kcal	5.19
Chicken bites 🍷 298 kcal Ten battered chicken breast pieces	6.31
Southern-fried chicken strips 🍷 459 kcal Five chicken breast strips	6.31
Chicken wings 🍴 🍴 🍴 804 kcal Ten spicy chicken wings	6.48
Quorn™ nuggets 🍷 331 kcal Eight coated pieces	5.19

Deli Deals 🍷 INCLUDES A DRINK 🍷

NEW 10" wraps (small wrap and filling)

Small brunch 543 kcal Fried egg, bacon, sausage, Cheddar cheese	just-a-wrap 4.79 each
Small vegetarian brunch 🌱 538 kcal Fried egg, two Quorn sausages, Cheddar cheese	soft drink* 5.86 each
Small Quorn™ nuggets 🍷 310 kcal Tomato, cucumber, salsa	alcoholic drink* 7.62 each
Small southern-fried chicken and smoky chipotle mayo 🍴 🍴 🍴 399 kcal	
Small cold chicken and sweet chilli sauce 🍴 🍴 🍴 277 kcal	
Small fried halloumi-style cheese and sweet chilli sauce 🍴 🍴 🍴 391 kcal	
Add: Small portion of chips 🥔 (329 kcal); Small salad 🥗 (46 kcal) 1.03 each	

12" wraps

Quorn™ nuggets 🥔 534 kcal. Tomato, cucumber, salsa	soft drink* 7.43 each
Southern-fried chicken and smoky chipotle mayo 🍴 🍴 🍴 639 kcal	
Fried halloumi-style cheese and sweet chilli sauce 🍴 🍴 🍴 738 kcal. Tomato, cucumber	alcoholic drink* 9.19 each

Paninis	
Cheddar cheese and tomato 🍷 532 kcal	
Wiltshire cured ham and Cheddar cheese 512 kcal	
BBQ chicken, bacon and Cheddar cheese 572 kcal	
Add: Chips 🥔 (602 kcal); Salad 🥗 (87 kcal)	
Spicy rice 🥔 (208 kcal) 1.44 each	

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

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).	soft drink* 7.20 each	alcoholic drink* 8.96 each
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard	7.20	8.96
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	7.78	9.54

Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).		
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard	9.46	11.22
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	10.04	11.80

Just-a-burger
Served on its own, without chips or a drink. each **4.51**

American burger 🍷 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 🍷 83 kcal	1.52	
American-style cheese 🍷 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 🍷 446 kcal
Grilled chicken breast 187 kcal
Fried buttermilk chicken 473 kcal
BEYOND MEAT patty 🌱 184 kcal

Curries 🍷 INCLUDES A DRINK 🍷

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

Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet	soft drink* 10.49 each	alcoholic drink* 12.25 each
Katsu grilled chicken curry 🍷 541 kcal Sliced grilled chicken breast		
Katsu Quorn™ nugget curry 🥔 685 kcal Eight coated pieces		

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

Mangalorean roasted cauliflower & spinach curry 🍴 🍴 🍴 867 kcal

Chicken tikka masala 🍴 1190 kcal

Chicken jalfrezi 🍴 🍴 🍴 935 kcal

Beef Madras 🍴 🍴 🍴 1043 kcal

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

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

Tennessee burger
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze
Choose: Beef (two 3oz beef patties) 1565 kcal
Grilled chicken breast 1416 kcal
Fried buttermilk chicken 1702 kcal

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
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
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Served with chips (602 kcal, included in Calories below).	soft drink* 9.46 each	alcoholic drink* 11.22 each
Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet		
Grilled chicken breast burger 969 kcal		

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

Fried halloumi-style cheese burger 🍴 🍴 🍴 1128 kcal
Sweet chilli sauce

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

Chicken baskets 🍷 INCLUDES A DRINK 🍷

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 🍷 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

Jacket potatoes 🍷 INCLUDES A DRINK 🍷

With salad and one filling. Extra fillings 1.22 each.

Coleslaw 🍷 578 kcal	soft drink* 8.60 each	
Cheese 🍷 531 kcal		
Baked beans 🍷 🍷 501 kcal		
Five-bean chilli 🍴 🥔 🍷 431 kcal	alcoholic drink* 10.36 each	
Roasted vegetables 🥔 🍷 402 kcal		

Salads and pastas 🍷 INCLUDES A DRINK 🍷

Grilled halloumi-style cheese & roasted vegetable salad 🍷 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	soft drink* 10.32 each	alcoholic drink* 12.08 each
Chicken & maple-cured bacon salad Choose: Grilled chicken breast 🍷 279 kcal Southern-fried chicken breast strips 🍷 461 kcal	11.16	12.92
Mediterranean salad 🥔 🍷 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese 🍷 (396 kcal) 1.97 Roasted vegetables 🥔 (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97	10.03	11.79
Pasta alfredo 🍷 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97	10.60	12.36
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	11.16	12.92

Small pub classics 🍷 INCLUDES A DRINK 🍷

Fish and chips	soft drink* 9.62 each	alcoholic drink* 11.38 each
Small freshly battered cod and chips 🥔 Peas 680 kcal or mushy peas 739 kcal		
Small Whitby breaded scampi Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi	9.62	11.38

Add: Two slices of bread 🍷 (383 kcal) 1.34 Chip shop-style curry sauce 🥔 (118 kcal) 1.46		
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Small Wiltshire cured ham, egg and chips 🍷 455 kcal One slice of Wiltshire cured ham, fried egg	8.38	10.14
Small all-day brunch 666 kcal Sausage, bacon, fried egg, baked beans, chips	8.68	10.44
Small vegetarian all-day brunch 🍷 680 kcal Two Quorn sausages, fried egg, baked beans, chips	8.68	10.44

Afternoon deal 🍷 Mon - Fri, 2pm - 5pm Choose from the above small pub classic meals.

Pub classics 🍷 INCLUDES A DRINK 🍷

Fish and chips	soft drink* 11.84 each	alcoholic drink* 13.60 each
Freshly battered cod and chips 🥔 Peas 1239 kcal or mushy peas 1298 kcal		
Whitby breaded scampi Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi	11.84	13.60

Add: Two slices of bread 🍷 (383 kcal) 1.34 Chip shop-style curry sauce 🥔 (118 kcal) 1.46		
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Steak & kidney pudding 1223 kcal Chips, peas, onion & red wine gravy	10.08	11.84
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	9.49	11.25
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	9.49	11.25
Vegan sausages, chips and beans 🥔 1013 kcal Three Quorn sausages	9.49	11.25
Five-bean chilli 🍴 🥔 🍷 590 kcal. Rice, tortilla chips	10.08	11.84
All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51	11.49	13.25
Vegetarian all-day brunch 🍷 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	11.49	13.25

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

11" pizzas 🍷 INCLUDES A DRINK 🍷

On a freshly baked sourdough base.	soft drink* 10.43 each	alcoholic drink* 12.19 each
Margherita 🍕 939 kcal. Mozzarella, basil		
Pepperoni 🍕 1157 kcal. Mozzarella, pepperoni		
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket		soft drink* 11.60 each
BBQ chicken 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		alcoholic drink* 13.36 each
Roasted vegetable 🌱 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
Vegan roasted vegetable 🌱 🌱 705 kcal Mushroom, roasted pepper, courgette, onion, basil		

Spicy meat feast 🍴 🍴 🍴 1220 kcal
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Additional toppings
Red onion 🥔 10 kcal
Sliced chillies 🍴 🍴 🍴 🍴 🍴 🥔 3 kcal
Mushroom 🥔 6 kcal

Garlic & herb dip 🥔 180 kcal Mozzarella 🍷 150 kcal Ham 71 kcal Chicken breast 94 kcal Maple-cured bacon 91 kcal		each 1.15
Pepperoni 🍕 109 kcal Roasted vegetables 🥔 135 kcal		each 1.53

Steaks and grills 🍷 INCLUDES A DRINK 🍷

Prime beef steaks from the UK and Ireland, matured for 21 days then seasoned with a steak-seasoning blend.

Classic 8oz sirloin steak Choose: Jacket potato 741 kcal; Chips 1061 kcal Mediterranean salad 657 kcal; Side salad 546 kcal	soft drink* 13.00 each	alcoholic drink* 14.76 each
Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings and a steak sauce. Choose: Jacket potato 993 kcal; Chips 1314 kcal Mediterranean salad 909 kcal; Side salad 798 kcal	soft drink* 15.34 each	alcoholic drink* 17.10 each

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

Below meals are served with peas, tomaton and mushroom.	soft drink* 11.84 each	alcoholic drink* 13.60 each
BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 🍷 803 kcal; Chips 1123 kcal Mediterranean salad 719 kcal; Side salad 608 kcal		
Mixed grill Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Chips 1513 kcal Mediterranean salad 1108 kcal; Side salad 997 kcal	13.65	15.41

Large mixed grill 15.42
Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings
Choose: Jacket potato 1686 kcal; Chips 2006 kcal
Mediterranean salad 1602 kcal; Side salad 1491 kcal

Adults need around 2000 kcal a day.[§]