

# BREAKFAST

Served  
8am - 12 noon

<b>Large breakfast</b> 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	<b>7.99</b>	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	<b>6.59</b>
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	<b>6.40</b>	<b>Mushroom Benedict</b> 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	<b>6.59</b>
<b>Small breakfast</b> 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	<b>5.56</b>	<b>Scrambled egg on toast</b> 570 kcal Three eggs, buttered white bloomer toast	<b>5.13</b>
<b>Large vegetarian breakfast</b> 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	<b>7.99</b>	<b>Beans on toast</b> 566 kcal Buttered white bloomer toast	<b>4.05</b>
<b>Vegetarian breakfast</b> 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>6.40</b>	<b>Small beans on toast</b> 251 kcal Buttered white bloomer toast	<b>2.97</b>
<b>Small vegetarian breakfast</b> 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	<b>5.56</b>	<b>Two slices of toast with jam or marmalade</b> 496 kcal White bloomer bread	<b>2.90</b>
<b>Vegan breakfast</b> 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>6.03</b>	<b>Fresh fruit</b> 177 kcal Apple, banana, blueberries, strawberries	<b>4.05</b>
<b>Freedom breakfast</b> 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>5.56</b>	<b>Porridge</b> 252 kcal (plain) Add: Banana (101 kcal) <b>62p</b> Strawberries (14 kcal) <b>62p</b> Blueberries (17 kcal) <b>62p</b> Honey (91 kcal) <b>34p</b>	<b>2.48</b>

## Breakfast extras

Add any of the following:

<b>Sausage</b> 168 kcal	<b>1.05</b>	<b>Four rashers of maple-cured bacon</b> 91 kcal	<b>1.52</b>	<b>Hash brown</b> 82 kcal	<b>46p</b>
<b>Quorn™ sausage</b> 116 kcal	<b>1.05</b>	<b>Two scrambled eggs</b> 136 kcal	<b>1.63</b>	<b>Two mushrooms</b> 91 kcal	<b>93p</b>
<b>Baked beans</b> 126 kcal	<b>93p</b>	<b>Fried egg</b> 56 kcal	<b>93p</b>	<b>Two grilled tomato halves</b> 16 kcal	<b>52p</b>
<b>Two rashers of back bacon</b> 99 kcal	<b>1.57</b>	<b>Poached egg</b> 63 kcal	<b>93p</b>	<b>Slice of toast</b> 191 kcal	<b>1.13</b>

## Breakfast butties and wraps

<b>Bacon butty</b> 525 kcal Three rashers of bacon, buttered white bloomer bread	<b>4.59</b>	<b>Breakfast sandwich</b> 651 kcal Sausage, bacon, egg, buttered white bloomer bread	<b>6.25</b>
<b>Sausage butty</b> 713 kcal Two sausages, buttered white bloomer bread	<b>4.59</b>	<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	<b>5.67</b>
<b>Quorn™ sausage butty</b> 609 kcal Two Quorn sausages, buttered white bloomer bread	<b>4.59</b>	<b>Vegetarian breakfast wrap</b> 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	<b>5.67</b>

## Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

<b>Egg &amp; cheese muffin</b> 249 kcal Fried egg, American-style cheese, in an English muffin	<b>4.70</b>
<b>Egg &amp; bacon muffin</b> 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	<b>5.13</b>
<b>Egg &amp; sausage muffin</b> 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	<b>5.13</b>
<b>Egg &amp; Quorn™ sausage muffin</b> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	<b>5.13</b>
<b>Breakfast muffin</b> 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	<b>5.35</b>
<b>Smashed avocado muffin</b> 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) <b>1.52</b> Poached egg (63 kcal) <b>93p</b> Add: Hash brown (82 kcal) <b>46p</b>	<b>5.35</b>

## Tea, coffee and hot chocolate

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

**LAVAZZA**  
TORINO, ITALIA, 1895

**£1.56** each

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

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

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

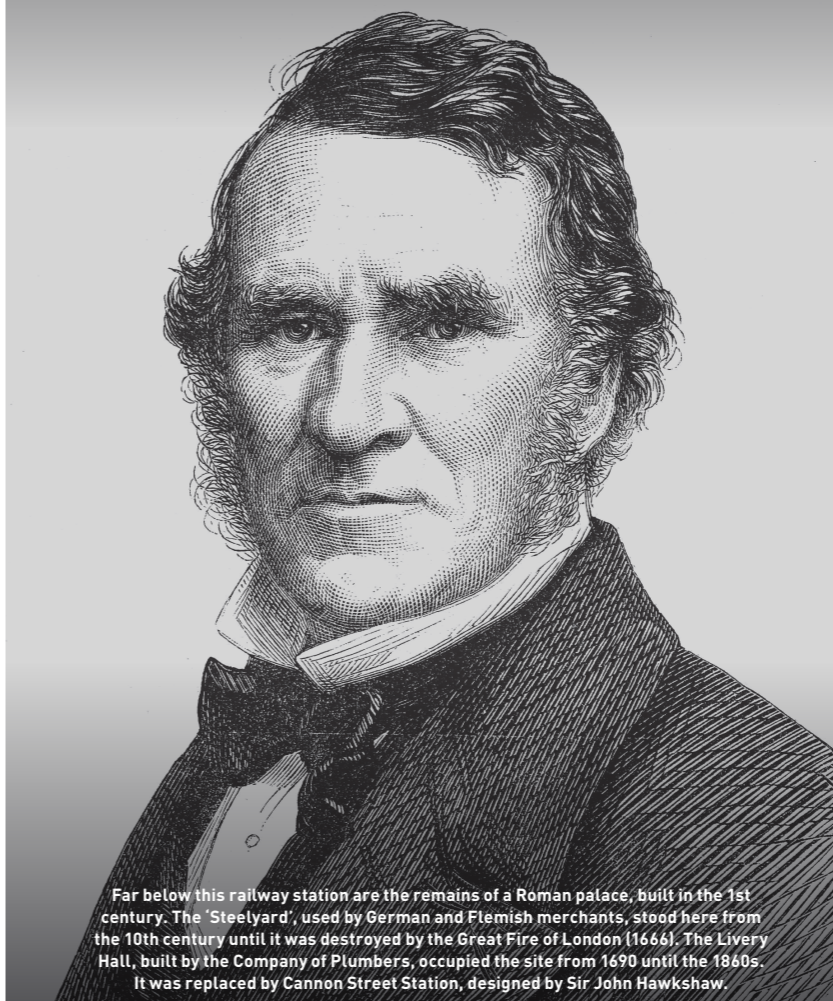
XSTATION

# FOOD

Main menu 11.30am - 10pm. Children's menu available.

## The Sir John Hawkshaw

Cannon Street Station



Far below this railway station are the remains of a Roman palace, built in the 1st century. The 'Steelyard', used by German and Flemish merchants, stood here from the 10th century until it was destroyed by the Great Fire of London (1666). The Livery Hall, built by the Company of Plumbers, occupied the site from 1690 until the 1860s. It was replaced by Cannon Street Station, designed by Sir John Hawkshaw.



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



**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.

**Breakfast**  
8am - 12 noon  
Traditional breakfast  
**£6.40**

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

**Burger meals**  
INCLUDES A DRINK  
Featuring 3oz American burger soft drink\* | alcoholic drink\*  
**£7.23** | **£8.85**

**Afternoon deals**  
INCLUDES A DRINK  
Mon - Fri, 2pm - 5pm  
Featuring small all-day brunch soft drink\* | alcoholic drink\*  
**£7.78** | **£9.40**

**Curry Club**  
INCLUDES A DRINK  
Thursday 11.30am - 11pm  
Featuring the katsu grilled chicken curry soft drink\* | alcoholic drink\*  
**£9.45** | **£11.07**

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

How to order from your table



Download the Wetherspoon app or scan this QR code.



Or note your table number and order at the bar.

**LAVAZZA**  
TORINO, ITALIA, 1895



**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



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. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdweetherspoon.com  
\*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. \*Non-refundable advance purchase rates, available to book direct on the telephone, our website and our app. \*Statement of daily calorie needs from the Department of Health & Social Care. \*\*Excluding decaffeinated. \*Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).



## Small plates | Any 3 for £18.09

<b>Bao buns</b> Traditional Asian steamed buns	6.13
Spicy crunchy chicken <b>🔥🔥🔥</b> 624 kcal. Spicy mayo, red onion, sliced chillies, coriander	
<b>Nachos</b> <b>🔥🔥🔥</b> <b>V</b> 592 kcal	6.40
Cheese, guacamole, salsa, sour cream, sliced chillies	
<b>Bowl of chips</b> <b>🌱</b> 964 kcal	4.72
<b>Bowl of chips with curry sauce</b> <b>🌱</b> 1082 kcal	6.13
<b>Cheesy chips</b> <b>V</b> 1256 kcal	5.92
<b>Loaded chips</b> 1218 kcal	6.66
Cheese, maple-cured bacon, sour cream	
<b>Mexican chips</b> <b>🔥🔥🔥</b> <b>V</b> 1214 kcal	6.66
Cheese, guacamole, salsa, sour cream, sliced chillies	
<hr/>	
With any of the small plates below, choose one dip:	
Sweet chilli <b>🔥🔥</b> <b>🌱</b> 48 kcal	
Sticky soy <b>V</b> 100 kcal	
Naga chilli <b>🔥🔥🔥</b> <b>🌱</b> 136 kcal	
Jack Daniel's® Tennessee Honey glaze <b>V</b> 87 kcal	
Chipotle mayo <b>🔥🔥🔥</b> <b>V</b> 150 kcal	
<b>Chicken bites</b> <b>UNDER 500</b> 298 kcal	6.55
Ten battered chicken breast pieces	
<b>Southern-fried chicken strips</b> <b>🔥</b> <b>UNDER 500</b> 459 kcal	6.50
Five chicken breast strips	

## Deli Deals **INCLUDES A DRINK**

### Paninis

**Cheddar cheese and tomato** **V** 532 kcal

**Wiltshire cured ham and Cheddar cheese** 512 kcal

**BBQ chicken, bacon and Cheddar cheese** 572 kcal

### Wraps

**Southern-fried chicken and smoky chipotle mayo** **🔥🔥🔥** 639 kcal

**Cold chicken and sweet chilli sauce** **🔥🔥** **5%** 514 kcal

**Shawarma chicken** **🔥🔥🔥** 749 kcal  
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

Add: Chips **🌱** (602 kcal); Salad **🌱** (87 kcal)  
Spicy rice **🌱** (208 kcal) **1.44** each

soft drink*	<b>7.45</b>
each	
alcoholic drink*	<b>9.07</b>
each	

## Salads, pastas and noodles **INCLUDES A DRINK**

	soft drink*	alcoholic drink*
<b>Ramen noodle bowl</b> <b>🔥</b> <b>🌱</b> <b>5%</b> <b>UNDER 500</b> 236 kcal	<b>10.38</b>	<b>12.00</b>
Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth		
Add: Grilled chicken breast (94 kcal) <b>1.15</b> ; Poached egg <b>V</b> (63 kcal) <b>93p</b>		
<b>Chicken &amp; maple-cured bacon salad</b>	<b>10.90</b>	<b>12.52</b>
Choose: Grilled chicken breast <b>5%</b> <b>UNDER 500</b> 279 kcal		
Southern-fried chicken breast strips <b>UNDER 500</b> 461 kcal		
<b>Mediterranean salad</b> <b>🌱</b> <b>5%</b> <b>UNDER 500</b> 334 kcal	<b>9.86</b>	<b>11.48</b>
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing		
Add: Grilled chicken breast (187 kcal) <b>1.97</b>		
<b>Pasta alfredo</b> <b>V</b> 618 kcal	<b>10.38</b>	<b>12.00</b>
Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket		
Add: Grilled chicken breast (187 kcal) <b>1.97</b>		
Maple-cured bacon (91 kcal) <b>1.52</b>		
<b>British beef &amp; pancetta lasagne</b>	<b>10.90</b>	<b>12.52</b>
Choose: Side salad 780 kcal; Chips 1295 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).

**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

soft drink*	alcoholic drink*
<b>7.23</b>	<b>8.85</b>
each	each

**American cheese burger** 729 kcal  
American-style cheese, red onion, gherkin, ketchup, American-style mustard

soft drink\* **7.78**  
alcoholic drink\* **9.40**

**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

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

soft drink*	alcoholic drink*
<b>9.34</b>	<b>10.96</b>
each	each

**Double American cheese burger** 1206 kcal  
American-style cheese, red onion, gherkin, ketchup, American-style mustard

soft drink\* **9.88**  
alcoholic drink\* **11.50**

### Just-a-burger

Served on its own, without chips or a drink.

each **6.04**

**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

<b>Maple-cured bacon with Cheddar cheese</b> 174 kcal	<b>2.14</b>
<b>Maple-cured bacon with American-style cheese</b> 160 kcal	<b>2.14</b>
<b>Cheddar cheese</b> <b>V</b> 83 kcal	<b>1.52</b>

**3oz beef patty** 169 kcal  
**Grilled chicken breast** 187 kcal

## Chicken baskets **INCLUDES A DRINK**

**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

soft drink*	<b>10.16</b>
each	
alcoholic drink*	<b>11.78</b>
each	

**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

### Gourmet burgers

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

**JD Honey glaze burger**  
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze  
Choose: **Beef** (two 3oz beef patties) 1143 kcal  
**Grilled chicken breast** 1147 kcal

soft drink*	<b>11.39</b>
each	
alcoholic drink*	<b>13.01</b>
each	

**The original ultimate burger** 1414 kcal  
Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin

**Barbecue chicken burger** 1226 kcal  
Grilled chicken, maple-cured bacon, Cheddar cheese, BBQ sauce

**Cheese & bacon triple stack** 1579 kcal  
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

soft drink\* **12.74**  
alcoholic drink\* **14.36**

### 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

soft drink\* **7.23**  
alcoholic drink\* **8.85**

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

**Grilled chicken breast burger** 969 kcal

soft drink*	<b>9.34</b>
each	
alcoholic drink*	<b>10.96</b>
each	

**Skinny chicken burger** **5%** **UNDER 500** 388 kcal  
Grilled chicken breast with salad, instead of chips

### Meat-free burger

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

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

soft drink\* **9.34**  
alcoholic drink\* **10.96**

<b>American-style cheese</b> <b>V</b> 69 kcal	<b>1.52</b>
<b>Maple-cured bacon</b> 91 kcal	<b>1.52</b>
<b>Crunchy chicken strip</b> <b>🔥</b> 92 kcal	<b>1.50</b>

**BEYOND MEAT patty** **🌱** 184 kcal

each **1.97**

## Curries **INCLUDES A DRINK**

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

soft drink*	<b>10.21</b>
alcoholic drink*	<b>11.83</b>

**Katsu grilled chicken curry** **5%** 541 kcal  
Sliced grilled chicken breast

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

**Mangalorean roasted cauliflower & spinach curry** **🔥🔥** **5%** 867 kcal

soft drink*	<b>11.23</b>
each	
alcoholic drink*	<b>12.85</b>
each	

**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**

## Small pub classics **INCLUDES A DRINK**

<b>Small Wiltshire cured ham, egg and chips</b> <b>UNDER 500</b> 455 kcal One slice of Wiltshire cured ham, fried egg	soft drink* <b>8.26</b>	alcoholic drink* <b>9.88</b>
<b>Small all-day brunch</b> 666 kcal Sausage, bacon, fried egg, baked beans, chips	<b>8.53</b>	<b>10.15</b>
<b>Small vegetarian all-day brunch</b> <b>V</b> 680 kcal Two Quorn sausages, fried egg, baked beans, chips	<b>8.53</b>	<b>10.15</b>

## Afternoon deal Mon - Fri, 2pm - 5pm

Choose from the above small pub classic meals.

soft drink*	<b>7.78</b>
alcoholic drink*	<b>9.40</b>

## Pub classics **INCLUDES A DRINK**

<b>Wiltshire cured ham, eggs and chips</b> 856 kcal Two slices of Wiltshire cured ham, two fried eggs	soft drink* <b>9.29</b>	alcoholic drink* <b>10.91</b>
<b>Steak &amp; kidney pudding</b> Peas, onion & red wine gravy Choose: Chips 1223 kcal; Mashed potato 907 kcal	<b>9.83</b>	<b>11.45</b>
<b>Bangers and mash</b> 950 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	<b>9.83</b>	<b>11.45</b>
<b>Vegetarian bangers and mash</b> <b>V</b> 793 kcal Three Quorn sausages, peas, onion & red wine gravy	<b>9.83</b>	<b>11.45</b>
<b>Sausages, chips and beans</b> 1170 kcal Three Lincolnshire sausages	<b>9.29</b>	<b>10.91</b>
<b>Vegan sausages, chips and beans</b> <b>🌱</b> 1013 kcal Three Quorn sausages	<b>9.29</b>	<b>10.91</b>
<b>Five-bean chilli</b> <b>🌱</b> <b>5%</b> 590 kcal. Rice, tortilla chips	<b>9.83</b>	<b>11.45</b>
<b>All-day brunch</b> 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips	<b>11.12</b>	<b>12.74</b>
<b>Vegetarian all-day brunch</b> <b>V</b> 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	<b>11.12</b>	<b>12.74</b>

## Afternoon deal Mon - Fri, 2pm - 5pm

Choose from the above pub classic meals.

soft drink*	<b>8.86</b>
alcoholic drink*	<b>10.48</b>

## Sides and extras

<b>Bowl of chips</b> <b>🌱</b> 964 kcal (Add: Spicy seasoning <b>🌱</b> (8 kcal) 34p)	<b>4.72</b>
<b>Small bowl of chips</b> <b>🌱</b> 602 kcal	<b>2.99</b>
<b>Peas</b> <b>🌱</b> 130 kcal	<b>94p</b>
<b>Side salad</b> <b>🌱</b> 87 kcal	<b>2.29</b>
<b>Mediterranean side salad</b> <b>🌱</b> 198 kcal	<b>3.22</b>
<b>Sliced chillies</b> <b>🔥🔥🔥🔥</b> <b>🌱</b> 3 kcal	<b>88p</b>

### 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

Adults need around 2000 kcal a day.<sup>§</sup>