# Desserts

<b>Vanilla ice cream (V) (555)</b> 308 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.85
<b>Mini warm chocolate brownie V (1999)</b> 424 kcal Belgian chocolate sauce, vanilla ice cream	4.00
Mini warm cookie dough sandwich V 🐲 373 kcal Salted caramel filling, toffee sauce, vanilla ice cream	4.00
Fresh fruit bowl 𝔍 511 kcal Banana, strawberry, pineapple, melon, apple, kiwi, blueberries, vanilla ice cream	4.50
Warm chocolate fudge cake V 895 kcal Vanilla ice cream	6.70
Warm chocolate brownie 💟 721 kcal Belgian chocolate sauce, vanilla ice cream	6.70
Warm cookie dough sandwich V 619 kcal Salted caramel filling, toffee sauce, vanilla ice cream	6.70
Bramley apple crumble 💟 813 kcal Vanilla ice cream	7.10

-hhΔ Vanilla ice cream scoop V (127 kcal) 1.00 Belgian chocolate sauce (55 kcal) 45c Toffee sauce V (54 kcal) 45c Banana 🧭 (161 kcal) 80c Strawberries (16 kcal) 80c

#### 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 **FFFF** = Very hot **FFFF** = Extremely hot Vegetarian ØVegan 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

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 euros 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 and other unlisted hot drinks) available 7 days a week; 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. #Excluding decaffeinated. \*Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, liqueurs, bombs and shots. Mixers exclude Lucozade Energy original and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 35.5ml in all free houses, except Northern Ireland (35ml). <sup>‡</sup>Excludes fruit juices and Lucozade

### **Served from** BREAKFAST 8am - 12 noon 30

Large Irish breakfast 1491 kcal Two fried eggs, bacon, two Loughnane's pork sausages, baked beans, two hash browns, Clonakilty black pudding, two slices of toast	8.50
<b>Traditional Irish breakfast</b> 826 kcal Fried egg, bacon, Loughnane's pork sausage, baked beans, hash brown, Clonakilty black pudding, slice of toast	4.95
Small breakfast (557) 448 kcal Fried egg, bacon, Loughnane's pork sausage, baked beans, hash brown	2.95
Add: Two slices of Clonakilty black pudding (211 kcal) 1.65	
Large vegetarian breakfast ♥ 1251 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	8.50
Vegetarian breakfast ♥ 908 kcal Two fried eggs, two Quorn sausages, baked beans, hash browns, mushroom, tomato, slice of toast	4.95
<b>Small vegetarian breakfast V 🕸 🗺</b> 345 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	2.95

<b>Vegan breakfast @</b> 890 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.95
Freedom breakfast 625 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.95
Scrambled egg on toast V 595 kcal Three eggs, buttered white bloomer toast	3.70
Beans on toast V 🌚 552 kcal Buttered white bloomer toast	3.70
<b>Small beans on toast (V</b> 🕸 🐻 244 kcal Buttered white bloomer toast	2.45
Two slices of toast with jam or marmalade V 🐻 454 kcal White bloomer toast	2.50
<b>Fresh fruit bowl @ </b> 3 (558 kcal Banana, strawberry, pineapple, melon, apple, kiwi, blueberries	3.60
NINW Flahavan's porridge ♥ (500) 224 kcal (plain)   Add: Banana ∅ (161 kcal) 80c; Strawberries ∅ (16 kcal) 80c   Honey ♥ (100 kcal) 50c	3.20

## **Breakfast rolls and wraps**

Add a soft drink <sup>‡</sup> or free refills <sup>°</sup> of tea, coffee or hot chocolate to your breakfast		
<b>Bacon roll</b> 690 kcal Four rashers of bacon, buttered white baguette	3.20	<b>Breakfast wrap</b> 738 kcal Fried egg, bacon, Loughnane's pork sausage, hash brown,
<b>Sausage roll</b> 859 kcal Two Loughnane's pork sausages, buttered white baguette	3.20	<b>Vegetarian breakfast wrap ♥</b> 826 kcal Fried egg, two Quorn sausages, two hash browns, Chedda
<b>Quorn™ sausage roll ()</b> 731 kcal Two Quorn sausages, buttered white baguette	3.20	

### **Breakfast extras**

#### Add any of the following

Two slices of Clonakilty black pudding 211 kcal	1.65
Loughnane's pork sausage 184 kcal	1.35
<b>Quorn<sup>™</sup> sausage ⊘</b> 119 kcal	1.35
Baked beans 🥏 126 kcal	90c
Hash brown 🥏 82 kcal	75c

65	Four rashers of maple-cured bacon 91
35	Two rashers of back bacon 99 kcal
35	Two scrambled eggs V 163 kcal
0c	Fried egg V 69 kcal

kcal	2.00	Two mushrooms 🥏 137 kcal	1.25
	2.00	Two grilled tomato halves 🥏 23 kcal	90c
	2.30	Slice of toast V 180 kcal	1.60
	1.65	Grilled halloumi-style cheese V 435 kcal	2.85

# **Breakfast muffins**

#### Add a soft drink<sup>‡</sup> or free refills<sup>°</sup> of tea. coffee or hot chocolate to your breakfast for $\in 1.30$

<b>Egg &amp; cheese muffin V (555)</b> 267 kcal Fried egg, American-style cheese, in a muffin	3.20
<b>Egg &amp; bacon muffin (555)</b> 316 kcal Fried egg, bacon, American-style cheese, in a muffin	3.60
<b>Egg &amp; sausage muffin (555)</b> 451 kcal Fried egg, Loughnane's pork sausage, American-style cheese, in a muffin	3.60
<b>Egg &amp; Quorn™ sausage muffin ♥ (555)</b> 386 kcal Fried egg, Quorn sausage, American-style cheese, in a muffin	3.60
<b>Breakfast muffin</b> 500 kcal Fried egg, Loughnane's pork sausage, bacon, American-style cheese, in a muffin	3.80
Add: Hash brown @ (82 kcal) 75c	



# Tea, coffee and hot chocolate -

Fried egg, bacon, Loughnane's pork sausage, hash brown, Cheddar cheese

Fried egg, two Quorn sausages, two hash browns, Cheddar cheese



Flat white 🔍 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 💟 147 kcal Espresso Ø 6 kcal Black coffee Ø 6 kcal White coffee V 24 kcal (Soya product available @ 5 kcal) Hot chocolate 💟 169 kcal Lyons tea with semi-skimmed milk 💟 14 kcal (Soya product available 🕖 5 kcal) Decaffeinated tea and coffee available.

Oatie biscuits V 132 kcal 1.20 White chocolate-chip cookies V 141 kcal 1.20 Chocolate-chip cookies (V) 141 kcal 1.20 Whirl shortcake V 136 kcal 1.20



**Biscuits** 



4.10

4.10

ROI 🕱

jdwetherspoon.com

TORINO, ITALIA, 1895





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

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

# **The Tullow Gate**

Carlow



This pub takes its name from the Tullow Gate, one of the four town gates of the old walls around Carlow. In 1361, 'improvements' to the walls were carried out at a cost of £500. However, in 1577, it was recorded that the walls of Carlow were 'in ruins and down in many places'.



Eģģs

LAVATTA

Glenshane

#### 100% Irish beef Sourced from farms in Ireland. Traceable from farm to fork.

**Free-range eggs** 

Eggs supplies all of the

Maghera-based Glenshane

fresh free-range shell eggs

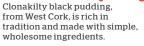
Long-established

we serve.



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

**Traditional black pudding** Clonakilty black pudding. from West Cork, is rich in





**Breakfast** 

8am - 12 noon

**Traditional Irish** 

breakfast

€4.95

Tea, coffee and hot chocolate **Free refills** 

€2.15







# 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.





LOUGHNANE'S

#### Bacon

Dew Valley Foods, based in County Tipperary, uses only natural ingredients in the unique curing process of its bacon

#### Sausages

Made with 100 per cent Irish pork, the quality sausages from oughnane's of Galway are made with only natural ingredients and using traditional Irish recipes

Tea

Lyons is part of the Ethical Tea Partnership, which monitors living and working conditions on tea estates.



we serve is from Rainforest Alliance-certified farms

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app.

## Small plates Any 3 for c16 00

	<b>Small plates</b> Any <b>310r €16.00</b>	
	8" pizzas on a freshly baked sourdough base.	
	Margherita V 뻀 479 kcal. Mozzarella, basil	7.70
	Pepperoni 🖅 588 kcal. Mozzarella, pepperoni	10.15
	Ham and mushroom 512 kcal	10.15
	Mozzarella, ham, mushroom, rocket	
	BBQ chicken 567 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	10.15
	Roasted vegetable 🔮 535 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	10.15
	Vegan roasted vegetable @ 🕸 🐯 365 kcal Mushroom, roasted pepper, courgette, onion, basil	10.15
	<b>Spicy meat feast ///</b> 614 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	10.75
	11" garlic pizza bread 💟 728 kcal	5.15
	Nachos	7.75
	Cheese, guacamole, salsa, sour cream, sliced chillies	
	Add: Five-bean chilli 卢 🥥 (119 kcal) 3.40	
	Bowl of chips 🥥 964 kcal	5.15
	Bowl of chips with curry sauce 🥏 1082 kcal	6.65
	Cheesy chips 💙 1291 kcal	6.45
	Loaded chips 1455 kcal	7.90
	Cheese, maple-cured bacon, garlic mayo	5.15
1	NEW Leek & potato soup V 😵 🎆 423 kcal Half baguette	
	With any of the small plates below, choose one dip: Sweet chilli // @ 37 kcal; Naga chilli // @ 136 kcal Jack Daniel's® Tennessee Honey glaze V 87 kcal Garlic mayo V 237 kcal	
	Quorn <sup>™</sup> nuggets Ø ເໜັງ 331 kcal Eight coated pieces	7.10
	Halloumi-style fries 💟 5 kcal	7.00
	Chicken breast bites 🕸 298 kcal Ten battered chicken pieces	8.50
	Southern-fried chicken strips / 461 kcal Five chicken strips	8.50
	Chicken wings ### 804 kcal Ten spicy chicken wings	7.90

#### Sharer

With the sharer below, choose two dips:	
Sweet chilli 芦 🥏 37 kcal; Naga chilli 芦 🇭 🧭 136 kcal	
Jack Daniel's® Tennessee Honey glaze Ѵ 87 kcal; Garlic mayo Ѵ 237 kcal	
Chicken wings 💴	
20 wings (1608 kcal – for sharing)	14.00
30 wings (2412 kcal – for sharing)	16.00

## **Deli Deals**<sup>®</sup> INCLUDES A DRINK

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

#### **Paninis**

Cheddar cheese and tomato 🕥 572 kcal Ham and Cheddar cheese 516 kcal	
Ham and Cheddar cheese 516 Kcal	
BBQ chicken, bacon and Cheddar cheese 606 kcal	soft drink*
Wraps	5.65 each
Quorn <sup>™</sup> nuggets 🖊 🖉 🞯 514 kcal Tomato, cucumber, salsa	alcoholic drink* <b>8.15</b>
Southern-fried chicken	each
and garlic mayo 卢 646 kcal	
Fried halloumi-style cheese	

and sweet chilli sauce **// (V)** 751 kcal Tomato, cucumber

#### Roll

Chicken fillet 1076 kcal Fried buttermilk chicken, garlic mayo, Cos lettuce, tomato, in a baguette

Add: Chips @ (602 kcal); Salad @ (101 kcal); Spicy rice @ (208 kcal) 1.50 each

#### Chicken INCLUDES A DRINK

Chicken wing basket 🖊
Eight wings, coleslaw, Naga chilli dip
Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 1013 kcal
Boneless basket 🖊

Boneless basket 🖊	edcii
Three southern-fried chicken strips, five chicken breast bites,	alcoholic drink*
coleslaw, BBQ sauce	13.75
Choose: Spicy rice 850 kcal; Chips 1244 kcal; Side salad 743 kcal	each

Burgers Includes A DRINK	<b>Our</b> b	eef burgers a	are made fro
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, inc	cluded in Cal	ories below).	Me
American burger 719 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 697 kcal Cos lettuce, tomato, red onion	soft drink* <b>8.40</b> each	alcoholic drink* <b>10.90</b> each	Fri Swe Be
<b>Skinny beef burger 🚳 (555)</b> 404 kcal Cos lettuce, tomato, red onion, with a side salad, instead (	of chips		<b>Ch</b> Serv
American cheese burger 759 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* <b>9.05</b> lic drink* <b>11.55</b>	Cru Two  Ser
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories	below).		<b>Fri</b> Brea
<b>Double American burger</b> 1181 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* <b>10,85</b>	alcoholic drink* <b>13.35</b>	Gri Ski
Double classic beef burger 1159 kcal Cos lettuce, tomato, red onion	each	each	Grill Go
Double American cheese burger 1261 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* <b>11.50</b> lic drink* <b>14.00</b>	Ser He Nag topp
Just-a-burger Served on its own, without chips or a drink.		each <b>6.05</b>	Cho
American burger 쨼 390 kcal Red onion, gherkin, ketchup, American-style mustard			Ult Two sign:
Crunchy chicken strip burger / (556) 458 kc Two southern-fried chicken strips, iceberg lettuce, mayor	nnaise		<b>Ter</b> Map
Additional toppings and burger pattie			Choo
Maple-cured bacon with Cheddar cheese 174 k Maple-cured bacon with American-style chee Cheddar cheese 🔮 83 kcal		2.95 2.95 1.85	BB Choo Grill
American-style cheese 🕥 80 kcal Crunchy chicken strip 🕖 92 kcal		1.85 2.35	Fie
One 3oz beef patty 189 kcal Fried halloumi-style cheese 💟 218 kcal			roas

alad, instead of chips			Chicken burgers Served with a small portion of
al soft drink* <b>9.05</b> ketchup, alcoholic drink* <b>11.55</b>		oft drink* <b>9.05</b>	Iwo couthorn-triod chickon string
eef patties. 1 in Calories below).			Fried buttermilk chicke Breaded whole chicken breast fill
al			Grilled chicken breast b
e mustard	soft drink* <b>10.85</b> each	alcoholic drink* 13.35 each	Skinny chicken burger ( Grilled chicken breast with salad,

soft drink\*

11.25

each

Maple-cured bacon with Cheddar cheese 174 kcal	2.95
Maple-cured bacon with American-style cheese 171 kcal	2.95
Cheddar cheese 💟 83 kcal	1.85
American-style cheese V 80 kcal	1.85
Crunchy chicken strip 🕖 92 kcal	2.35
One 3oz beef patty 189 kcal	
Fried halloumi-style cheese 💟 218 kcal	
Grilled chicken breast 187 kcal	
Fried buttermilk chicken 473 kcal	
🎧 BEYOND MEAT patty 🤕 184 kcal	each <b>2.85</b>

## Curries Includes A DRINK

Katsu curries With a mild Japanese-style katsu curry saud coconut-flavour rice, sliced chillies and coriander.	e,
Katsu chicken curry 828 kcal Sliced whole breaded chicken breast escalope	soft drink* <b>13.55</b> each
Katsu grilled chicken curry 😳 542 kcal Sliced grilled chicken breast	alcoholic drink* <b>16.05</b>
Katsu Quorn <sup>™</sup> nugget curry @ 686 kcal	each
Eight coated pieces	

# Jacket potatoes Includes A DRINK

With salad and one filling. Extra fillings 1.50 each. Coleslaw 💟 592 kcal Cheese V 572 kcal Baked beans ⊘ 🥯 515 kcal

Chicken breast bites basket Ten battered chicken pieces, coleslaw, garlic mayo Choose: Spicy rice 876 kcal; Chips 1270 kcal; Side salad 668 kcal
Southern-fried chicken strips basket / Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Spicy rice 890 kcal; Chips 1284 kcal; Side salad 682 kcal
Quorn <sup>™</sup> <b>'no chicken' nuggets basket ∲∮ ⊗</b> Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 709 kcal; Chips 1104 kcal; Side salad 602 kcal
f

om 100% Irish beef.		
leat-free burgers erved with chips (602 kcal, included in Calories below).	soft drink* <b>10.85</b>	
<b>ried halloumi-style cheese burger 炉 </b> 1254 kcal veet chilli sauce	each	
eyond Burger™ @ 966 kcal SBEYOND MEAT plant-based patty	13.35 each	
hicken burgers erved with a small portion of chips (329 kcal, included in Calor	ries below).	
	t drink* <b>8.40</b> c drink* <b>10.90</b>	
erved with chips (602 kcal, included in Calories below). ried buttermilk chicken burger 1254 kcal	soft drink* <b>10.85</b>	

Breaded whole chicken breast fillet	each
Grilled chicken breast burger 969 kcal	alcoholic drink*
Skinny chicken burger 🤓 ႈ 403 kcal	13.35
Frilled chicken breast with salad, instead of chips	each

#### **Gourmet burgers**

Served with chips, six onion rings (860 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 1756 kcal; Fried buttermilk chicken 2041 kcal

Ultimate burger 1721 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) 1607 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) 1685 kcal Grilled chicken breast 1495 kcal; Fried buttermilk chicken 1750 kcal

Fiesta burger 🥝 1357 kcal BEYOND MEAT<sup>·</sup> plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

Triple American cheese & bacon burger 1849 kcal	soft drink*	14.45
	alcoholic drink*	16.95
maple-cured bacon, red onion, gherkin, ketchup,		
American-style mustard		

<b>Classic curries</b> With basmati pilau rice, plain naan, poppadums and mango chutney.	
Chicken jalfrezi 💴 🕬 1043 kcal	soft drink*
Beef Madras //// 983 kcal	14.65 each
Chicken tikka masala 🎢 1298 kcal	alcoholic drink*
Mangalorean roasted cauliflower & spinach curry 🎢 ⊘ 😳 976 kcal	<b>17.15</b> each
Change your plain naan to a garlic naan Ѵ (add 69 kcal) 50c	

Five-bean chilli 🖊 🥥 🤓 😘 445 kcal	soft drink*
Roasted vegetables 🤕 🤓 🚟 416 kcal	<b>6.90</b> each

ft drink*	alcoholic drink*	
6.90	9.40	
each	each	

# 11" pi

On a fres Margherit

Pepperon Mozzarella, pe Ham and r Mozzarella, ha **BBQ** chick

Mozzarella, B Roasted v

soft drink\*

11.25

each

alcoholic drink\*

13.75

each

soft drink\*

13.30

each

alcoholic drink\*

15.80

each

Mozzarella, m Vegan roa Mushroom, ro .....

Spicy mea Mozzarella, ha

## Addition

Red onion ⊘ Mushroom 🤕

> Mozzarella V Ham 40 kcal;

. . . . . . . . . . . Pepperoni 🖊 Roasted veget

# Smal

#### Fish and

# Pub

# **Fish and**

Freshly ba Peas 1049 kca Add: Two slice

ZZAS INCLUDES A DRINK		
<b>hly baked sourdough base.</b> i <b>ta 🕐</b> 957 kcal. Mozzarella, basil	10.85	<* alcoholic drinl 5 13.35
ni <b>//</b> 1175 kcal lepperoni <b>mushroom</b> 1023 kcal lam, mushroom, rocket	soft drink* <b>13.30</b> each	alcoholic drink* <b>15.80</b> each
ken 1122 kcal BD sauce, chicken breast, red onion, rocket regetable () 1070 kcal nushroom, roasted pepper, courgette, onion, l asted vegetable () () 729 kcal pasted pepper, courgette, onion, basil		
<b>at feast ////</b> 1212 kcal nam, pepperoni, chicken breast, sliced chillies	<b>14.55</b> s, rocket	5 17.05
11 kcal; Sliced chillies <b>/////</b> @ 9 kcal 23 kcal; Garlic mayo V 237 kcal		each <b>90c</b>
145 kcal; Maple-cured bacon 91 kcal Chicken breast 94 kcal		each <b>1.60</b>
📕 109 kcal e <b>tables @</b> 90 kcal		each <b>2.85</b>

Small pub classics INCLU	DES A DR	INK •
	soft drink*	alcoholic drink*
<b>Small all-day breakfast</b> 800 kcal Loughnane's pork sausage, bacon, fried egg, baked beans, Clonakilty black pudding, chips	12.10	14.60
<b>Small vegetarian all-day breakfast ()</b> 700 kcal Two Quorn sausages, fried egg, baked beans, chips	12.10	14.60
Fish and chips		
Small freshly battered cod and chips 🧭 Peas 580 kcal or mushy peas 649 kcal	10.00	12.50
Add: Two slices of buttered white bloomer bread <b>(</b> 359 kcal) Chip shop-style curry sauce <b>(</b> 118 kcal) <b>1.60</b>	1.60	

Pub classics INCLUDES A DRI		alcoholic drink* <b>17.70</b>
Choose: Mashed potato 586 kcal; Chips 902 kcal Chicken & peppercorn stack Mashed potato, peppercorn sauce, onion rings Choose: Southern-fried chicken strips / 863 kcal Grilled chicken breast 681 kcal	10.80	13.30
<b>Sausages, chips and beans</b> 1210 kcal Three Loughnane's pork sausages	10.00	12.50
<b>Vegan sausages, chips and beans @</b> 1023 kcal Three Quorn sausages	10.00	12.50
Five-bean chilli 🖊 🥥 😳 591 kcal Spicy rice, tortilla chips	12.10	14.60
<b>All-day breakfast</b> 1482 kcal Two Loughnane's pork sausages, bacon, two fried eggs, baked beans, Clonakilty black pudding, chips	15.80	18.30
Vegetarian all-day breakfast ♥ 1162 kcal Three Quorn sausages, two fried eggs, baked beans, chips	15.80	18.30
Fish and chips		
Freshly battered cod and chips 🤣 Peas 1049 kcal or mushy peas 1118 kcal	15.20	17.70
Add: Two slices of buttered white bloomer bread 🔍 (359 kcal) Chip shop-style curry sauce 🥥 (118 kcal) <b>1.60</b>	1.60	

## Steaks and grills INCLUDES A DRINK

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

Classic	8oz	sirloin steak

Choose: Jacket potato 726 kcal Mashed potato 743 kcal; Chips 1059 kcal Side salad 558 kcal	alcoholic drink' <b>19.50</b>
Gourmet 807 sirloin steak	

Gourmet 8oz sirloin steak With peas, tomato, mushroom, three onion rings and a steak sauce.

Choose: Jacket potato 996 kcal Mashed potato 1012 kcal; Chips 1329 kcal Side salad 828 kcal

soft drink\* alcoholic drink\* 19.45 21.95

Add your choice of steak sauce: **Creamy peppercorn sauce** (74 kcal) Jack Daniel's<sup>®</sup> Tennessee Honey glaze (87 kcal) **1.60** each

	soft drink*	alcoholic drink*
BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce with peas, tomato and mushroom Choose: Jacket potato @ 807 kcal; Mashed potato 824 kcal Chips 1140 kcal; Side salad @ 639 kcal	13.30	15.80

<b>Salads and</b>	pastas	INCLUDES A DRINK

	soft drink* alc	oholic drink*
Burrito salad bowl @ 😵 514 kcal Spicy rice, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Cheese V (164 kcal) 1.50 Chicken breast (187 kcal) 2.85 Five-bean chilli 🖉 Ø (119 kcal) 3.40	12.55	15.05
Grilled halloumi-style cheese & roasted vegetable salad V (600) 415 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	12.55	15.05
Chicken & maple-cured bacon salad Choose: Grilled chicken breast (2) (2000) 295 kcal Southern-fried chicken strips / (2000) 478 kcal	12.55	15.05
Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 2.85 Maple-cured bacon (91 kcal) 2.00	12.40	14.90
Irish beef & pancetta lasagne Choose: Side salad, dressing 794 kcal; Chips 1295 kcal	13.05	15.55

#### **Sides and extras**

Bowl of chips 🥏 964 kcal (Add: Spicy seasoning 🥏 (1 kcal) 45c)				5.15
Small bowl of chips 🤕	602 kcal			2.90
Five chicken wings 💋	🔰 402 kcal			4.40
Peas 🥏 110 kcal				1.05
Side salad 🥏 101 kcal				2.60
Coleslaw V 399 kcal				1.60
Sliced chillies 🖉 🖉 🌮 🧑 9 kcal				90c
Mushy peas 🧭 248 kcal				1.05
Roasted vegetables 🥏 135 kcal				2.85
Garlic mayo 💟 237 kcal				90c
Onion rings ⊘	Six 269 kcal	2.95	Twelve 538 kcal	4.30
Garlic pizza bread 💟 🛛 8" 364 kcal 3.90 11" 728 kcal				
With cheese V   8" 437 kcal   4.80   11" 873 kcal				