


























Desserts

NEW Giant profiterole   433 kcal	5.33
Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry Vanilla ice cream	
NEW Salted caramel sticky toffee pudding  877 kcal	5.57
Vanilla ice cream	
NEW Millionaire's shortbread   409 kcal	2.17
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream   334 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch   364 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   431 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream	
Fresh fruit   470 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake  909 kcal	5.33
Vanilla ice cream	
Warm chocolate brownie  736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich  727 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble  673 kcal	5.62
Vanilla ice cream	

Add: Vanilla ice cream scoop  (135 kcal) 94p ; Toffee sauce  (66 kcal) 42p	
Belgian chocolate sauce  (61 kcal) 42p ; Banana  (110 kcal) 62p	
Strawberries  (27 kcal) 62p ; Blueberries  (17 kcal) 62p	











ALLERGEN AND NUTRITIONAL INFORMATION

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

- Exclude those dishes containing certain allergens.
- 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
-  = Vegetarian
-  = Vegan
-  = 5% fat or less
-  = Dish under 500 Calories
-  = Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.⁸

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








Scan to find out more.

















BREAKFAST







Served
8am - 12 noon









Large breakfast 1343 kcal	7.43
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	5.75
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast  435 kcal	5.19
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	

Add: Black pudding (178 kcal) 75p	
Freedom breakfast 586 kcal	5.19
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast  1129 kcal	7.43
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast  786 kcal	5.75
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast   291 kcal	5.19
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast  642 kcal	5.36
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
Porridge   252 kcal (plain)	2.09
Add: Banana  (110 kcal) 62p ; Strawberries  (27 kcal) 62p	
Blueberries  (17 kcal) 62p ; Honey  (91 kcal) 34p	
Sliced apple  (46 kcal) 62p	

NEW Fiesta brunch  659 kcal	4.36
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa	
Eggs Benedict 725 kcal	5.92
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict  638 kcal	5.92
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	5.92
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Scrambled egg on toast  570 kcal	4.36
Three eggs, buttered white bloomer toast	
Beans on toast   566 kcal. Buttered white bloomer toast	3.77
NEW Vegan option available with vegan spread   460 kcal	
Small beans on toast   252 kcal	2.62
Buttered white bloomer toast	
Two slices of toast with jam or marmalade  524 kcal	2.58
White bloomer bread	
Fresh fruit   200 kcal	3.77
Apple, banana, blueberries, strawberries	
NEW Fresh fruit and yoghurt   334 kcal	5.19
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	

Breakfast extras

Add any of the following:			
Black pudding 178 kcal	75p	Two rashers of back bacon 131 kcal	1.57
Lincolnshire sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52
Vegan sausage  82 kcal	1.05	Two scrambled eggs  136 kcal	1.63
Slice of toast  225 kcal	1.13	Fried egg  56 kcal	93p
Hash brown  82 kcal	46p	Poached egg  63 kcal	93p

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	4.36	Baked beans  126 kcal	93p
Sausage butty 714 kcal	4.36	Two mushrooms  100 kcal	93p
Two Lincolnshire sausages, buttered white bloomer bread		Two grilled tomato halves  16 kcal	52p
Vegetarian sausage butty  541 kcal	4.36	Grilled halloumi-style cheese  447 kcal	1.97
Two vegan sausages, buttered white bloomer bread		-----	
NEW Vegan option available with vegan spread   435 kcal		Breakfast wrap 724 kcal	4.93
		Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
		Vegetarian breakfast wrap  735 kcal	4.93
		Fried egg, two vegan sausages, two hash browns, Cheddar cheese	

Breakfast butties and wraps

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*	
Egg & cheese muffin   249 kcal	3.77
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin  314 kcal	4.23
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin  417 kcal	4.23
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin   330 kcal	4.23
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin  482 kcal	4.47
Fried egg, Lincolnshire 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. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com
*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *Non-refundable advance purchase rates, available to book direct on our website, app and on the telephone. *Statement of daily Calorie needs from the Department of Health & Social Care. **Excluding decaffeinated. *Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude 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).

FOOD

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



This pub is near the site of one of the five gateways through the medieval city walls. Originally called Wales Gate, it became known as Blounts Gate after a former gatekeeper. A blue plaque nearby indicates the location of the gateway to the Town Quay. Although the nearest water is now more than 200m away, until 150 years ago, the Taff flowed along what is now Westgate Street and, until the end of the 18th century, the quay was Cardiff's main outlet to the sea.





Table service

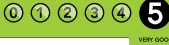
Download the Wetherspoon app or scan this QR code.



Or note your table number and order at the bar.

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

FOOD HYGIENE RATING



Food hygiene rating

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

CERTIFIED SUSTAINABLE SEAFOOD MSC

www.msc.org

100% UK AND IRISH BEEF

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

100% UK and Irish beef

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

Sustainable fish

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

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.

RSPCA ASSURED

CERTIFICATION MARK

Breakfast
8am - 12 noon

Traditional breakfast
£5.75

Tea, coffee and hot chocolate

Free refills

£1.56 each

Deli Deals
INCLUDES A DRINK 

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

£4.22

soft drink* **£5.25** | alcoholic drink* **£6.78**

Burger meals
INCLUDES A DRINK 

Featuring 3oz American burger

soft drink* **£6.61** | alcoholic drink* **£8.14**

Afternoon deals
INCLUDES A DRINK 

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink* **£7.27** | alcoholic drink* **£8.80**

Steak Club
INCLUDES A DRINK 

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* **£10.83** | alcoholic drink* **£12.36**

Curry Club
INCLUDES A DRINK 

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink* **£9.07** | alcoholic drink* **£10.60**

INCLUDES A DRINK 

Choose from over 150 drinks

LAVAZZA

TORINO, ITALY, 1895

100% ARABICA BEANS

Coffee

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

Award-winning children's menu

Best children's meals (first place) Independently run 'secret diner' survey.

OUT TO LUNCH

soil Association

Sustainable Restaurant Association

Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

FOOD MILE GOOD

2024 - 2026

for the facts
drinkaware.co.uk
jdwetherspoon.com

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.⁸

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The spoken menu app for the visually impaired












































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



Small plates | Any 3 for £17.75

8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.












Margherita   467 kcal. Mozzarella, basil	6.61
Pepperoni  575 kcal. Mozzarella, pepperoni	7.20
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	7.20
BBQ chicken 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.20
Roasted vegetable  514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.20
Vegan roasted vegetable   355 kcal Mushroom, roasted pepper, courgette, onion, basil	7.20
Spicy meat feast    615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.80
NEW Char-grilled halloumi-style cheese  514 kcal Rocket, roasted pepper, courgette, onion, salsa	5.19
11" garlic pizza bread  772 kcal	5.57
Nachos     695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.09
Bowl of chips  964 kcal	4.23
Bowl of chips with curry sauce  1082 kcal	5.86
Cheesy chips  1256 kcal	5.41
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.31
<hr/>	
With any of the small plates below, choose one dip: Sweet chilli    37 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; BBQ sauce  83 kcal	
Halloumi-style fries   396 kcal	5.19
Chicken bites  322 kcal. Ten battered chicken breast pieces	6.31
Southern-fried chicken strips   459 kcal. Five chicken breast strips	6.31
Chicken wings    813 kcal. Ten spicy chicken wings	6.99
Quorn™ nuggets   331 kcal. Eight coated pieces	6.03

Deli Deals

All wraps and paninis are freshly made to order.

NEW 10" wraps A smaller wrap and filling.	
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink 4.22 each
Small vegetarian brunch wrap  545 kcal Fried egg, two vegan sausages, Cheddar cheese	soft drink* 5.25 each
Small shawarma chicken    502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	alcoholic drink* 6.78 each
Small Quorn™ nuggets   310 kcal Salad leaves, tomato, cucumber, salsa	
Small southern-fried chicken     399 kcal Salad leaves, smoky chipotle mayo	
Small fried halloumi-style cheese      391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad  (46 kcal); Small portion of chips  (329 kcal) 1.03 each	

12" wraps

NEW Shawarma chicken    719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	
Quorn™ nuggets   508 kcal. Tomato, cucumber, salsa	
Southern-fried chicken    609 kcal Salad leaves, smoky chipotle mayo	soft drink* 6.85 each
Fried halloumi-style cheese    707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	alcoholic drink* 8.38 each

Paninis


Cheddar cheese and tomato  527 kcal	
Wiltshire cured ham and Cheddar cheese 508 kcal	
BBQ chicken, bacon and Cheddar cheese 586 kcal	

8" pizzas on a freshly baked sourdough base Choose any 8" pizza from the small plates section.	
Add: Side salad  (91 kcal); Spicy rice  (208 kcal) Chips  (602 kcal) 1.44 each	


Adults need around 2000 kcal a day.[§]



Burgers

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.





Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).	
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* 6.61 each
Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 8.14 each
Skinny beef burger  375 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips	
American cheese burger 730 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 7.20
	alcoholic drink* 8.73
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).	
Double American burger 1138 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* 8.88 each
Double classic beef burger 1119 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 10.41 each
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 9.46
	alcoholic drink* 10.99

Chicken burgers




Served with a small portion of chips (329 kcal, included in the Calories below).	
Crunchy chicken strip burger  776 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	soft drink* 6.61
	alcoholic drink* 8.14

Served with chips (602 kcal, included in Calories below).	
Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet	soft drink* 8.88 each
Char-grilled chicken breast burger 970 kcal	alcoholic drink* 10.41 each
Skinny chicken burger   394 kcal Char-grilled chicken breast, with a side salad, instead of chips	
















Meat-free burgers



Served with chips (602 kcal, included in Calories below).	
Beyond Burger™  1043 kcal  BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink* 8.88 each
	alcoholic drink* 10.41 each
Fried halloumi-style cheese burger   1118 kcal. Sweet chilli sauce	

Just-a-burger










Served on its own, without chips or a drink.	each 4.51
American burger  367 kcal Red onion, gherkin, ketchup, American-style mustard	
Crunchy chicken strip burger   447 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	

Curries



Classic curries With basmati pilau rice, plain naan and poppadums.	
Mangalorean roasted cauliflower & spinach curry   927 kcal	
Chicken tikka masala  1190 kcal	soft drink* 11.02 each
Chicken jalfrezi     935 kcal	alcoholic drink* 12.55 each
Beef Madras     1043 kcal	
Change your plain naan to a garlic naan  (add 92 kcal) 47p	
Add: One vegetable samosa and two onion bhajjis   (293 kcal) 1.76 Two plain poppadums  (86 kcal) 47p	

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.	
Katsu grilled chicken curry  542 kcal Sliced char-grilled chicken breast	soft drink* 9.90 each
Katsu Quorn™ nugget curry  686 kcal Eight coated pieces	alcoholic drink* 11.43 each
Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet	




Jacket potatoes

With side salad and one filling. Extra fillings 1.22 each.	
Coleslaw  559 kcal	
Cheese  512 kcal	soft drink* 8.01 each
Baked beans   482 kcal	alcoholic drink* 9.54 each
Chilli bean non-carne    442 kcal	
Roasted vegetables   383 kcal	




Gourmet burgers

Served with chips, six onion rings (871 kcal, included in Calories below).	
Ultimate burger 1656 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	soft drink* 11.09 each
Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1567 kcal Char-grilled chicken breast 1417 kcal Fried buttermilk chicken 1703 kcal	soft drink* 12.62 each
BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal Char-grilled chicken breast 1494 kcal Fried buttermilk chicken 1780 kcal	soft drink* 12.54
Fiesta burger  1380 kcal  BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion	alcoholic drink* 14.07
Triple American cheese & bacon burger 1770 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* 12.54
	alcoholic drink* 14.07

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 173 kcal	2.14
Maple-cured bacon with American-style cheese 160 kcal	2.14
Cheddar cheese  82 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 168 kcal

Char-grilled chicken breast 187 kcal	
Fried buttermilk chicken 473 kcal	each 1.97
Fried halloumi-style cheese  298 kcal	
 BEYOND MEAT patty  184 kcal	



















Chicken

Chicken on the bone is marinated, slow cooked and finished on the char-grill.	
Peri-peri char-grilled half chicken	
Lemon and herb  Char-grilled in a lemon & herb glaze Coleslaw, garlic & herb dip Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal Spicy rice 1059 kcal; Chips 1453 kcal	soft drink* 12.01 each
Hot and spicy  Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal Spicy rice 1029 kcal; Chips 1423 kcal	alcoholic drink* 13.54 each





Chicken baskets

Boneless basket  Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal	soft drink* 9.84 each
Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Side salad 623 kcal; Spicy rice  763 kcal; Chips 1157 kcal	alcoholic drink* 11.37 each
Southern-fried chicken strips basket  Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal	
Quorn™ ‘no chicken’ nuggets basket   Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal	

11" pizzas

Sourdough base – proved, stretched, topped and freshly baked to order.	soft drink*	alcoholic drink*
Margherita  934 kcal. Mozzarella, basil	9.84	11.37
Pepperoni  1151 kcal. Mozzarella, pepperoni		
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket	soft drink* 11.02 each	
BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	alcoholic drink* 12.55 each	
Roasted vegetable  1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
Vegan roasted vegetable   709 kcal Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast    1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	12.18	13.71
Additional toppings Red onion  10 kcal; Sliced chillies     3 kcal; Mushroom  4 kcal	each 88p	
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  90 kcal	each 1.53	

Small pub classics

Fish and chips	soft drink*	alcoholic drink*
Small freshly battered cod and chips  Peas 681 kcal or mushy peas 739 kcal	9.01	10.54
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	9.01	10.54
Add: Two slices of bread  (404 kcal) 1.34 Chip shop-style curry sauce  (118 kcal) 1.46		
Small Wiltshire cured ham, egg and chips  455 kcal One slice of Wiltshire cured ham, fried egg	7.80	9.33
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 75p	8.09	9.62