Sides and extras 4.23 Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 34p) 2.48 Small bowl of chips @ 602 kcal 3.34 Five chicken wings **FFF** 407 kcal 2.99 NEW Five chicken breast bites 161 kcal 4.99 Eight Whitby breaded scampi 464 kcal 1.97 Grilled halloumi-style cheese V 447 kcal 3.22 Mediterranean side salad @ 198 kcal a88 Sliced chillies **FFFF 3** kcal Peas 🕢 133 kcal Mushy peas V 248 kcal 94p Side salad @ 91 kcal 2.29 **Coleslaw 399** kcal **1.40** Chicken gravy 50 kcal 94p Roasted vegetables @ 135 kcal 1.53 Six 269 kcal 2.33 Twelve 538 kcal 3.50 Onion rings 🕖 Garlic pizza bread 💟 8" 386 kcal 4.40 **11**" 772 kcal **5.57** With cheese V 8" 473 kcal 4.98 11" 922 kcal 6.44

	- 17011041		722 11041	
Desserts				
NEW 11" sharing des Banana, strawberries, chocola			nocolate sauce	5.99
NEW Chocolate & sal Chocolate biscuit base, choco Vanilla ice cream ♥ 746 kcal	late & salted car	amel filling		5.91
NEW Salted caramel Vanilla ice cream 877 kcal or o				5.57
Millionaire's shortbro Two vanilla ice cream scoops, s			sauce, toffee sauce	2.46
Vanilla ice cream V Two scoops, toffee sauce, Bel		auce		2.11
Cookie crunch V SOOR Two vanilla ice cream scoops,		e, Belgian chocola	te sauce	2.11
Mini warm chocolate Belgian chocolate sauce, vani		435 kcal		3.28
Mini warm cookie doo Salted caramel filling, toffee s	-		cal	3.28
Mini American-style Two pancakes, maple-flavour				4.13
Fresh fruit V 5% 5000 4 Apple, banana, blueberries, st		lla ice cream		5.16
Warm chocolate fudg	ge cake V 🥫	9 kcal. Vanilla ice (cream	5.91
Warm chocolate brown Belgian chocolate sauce, vani		cal		5.91
Warm cookie dough so Salted caramel filling, toffee so	_			5.91
British Bramley appl Vanilla ice cream V 673 kcal,		m 🥏 628 kcal or cı	ıstard 🥸 537 kcal	6.22
American-style pand Four pancakes, maple-flavour				5.57

Add: Custard (134 kcal) 1.23; Vanilla ice cream scoop (135 kcal) 94p Belgian chocolate sauce ⊘ (61 kcal) 42p; Toffee sauce ♥ (66 kcal) 42p Banana (110 kcal) 62p; Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p

While we have procedures for segregating

kitchen and har service may involve shared

preparation within meals and drinks,

preparation/cooking areas. If you have

any specific food/drinks allergen needs

please inform us when ordering; we will

meal safely, although cannot guarantee

allergen communications. Swapping

items may result in changes to allergens

completely allergen-free environments or

products. Staff cannot offer specific advice

or recommendations beyond our published

take reasonable steps to prepare your

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 ustomer information screen to filter menus by specific dietary requirements,

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

DIETARY SYMBOLS

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

DREARF	7
Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	7.43
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	5.75
Small breakfast 655 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown Add: Black pudding (178 kcal) 75p	5.19
Freedom breakfast 586 kcal	5.19
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato Large vegetarian breakfast ♥ 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.43
Vegetarian breakfast ♥ 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.75
Small vegetarian breakfast 👽 🕸 📸 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	5.19
Vegan breakfast @ 642 kcal	5.36
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	7.43
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage,	5.57
two pancakes, maple-flavour syrup NEW Creamy jumbo oat porridge (new recipe: now contains gluten) \$\sqrt{250}\$ 198 kcal (plain)	2.09
Add: Banana (110 kcal) 62p: Maple-flavour syrup (125 kcal) 34p Strawberries (27 kcal) 62p: Blueberries (17 kcal) 62p Honey (19 kcal) 34p: Sliced apple (146 kcal) 62p NEW Shakshuka (154 kcal) 547 kcal Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta Add: Grilled halloumi-style cheese (1447 kcal) 1.97	5.92
Maple-cured bacon (91 kcal) 1.52 NEW Fiesta brunch ♥ 0 659 kcal	4.36
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, Eggs Benedict 725 kcal	salsa 5.92
Two poached eggs, on an English muffin, with Wiltshire cured ham,	0.72
Hollandaise sauce, rocket Mushroom Benedict \$\infty\$ 638 kcal Two poached eggs, on an English muffin, with mushroom,	5.92
Hollandaise sauce, rocket Miner's Benedict 939 kcal	5.92
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket American-style pancakes	
Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. © \$9.708 kcal	5.57
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	5.57
Four pancakes, maple-flavour syrup. 1 \$\infty\$	4.88
Two pancakes, maple-cured bacon, maple-flavour syrup. 📆 322 kcal Two pancakes, maple-flavour syrup. 👽 🐯 777 kcal	4.13 3.83
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
Vegan option available with vegan spread ∅ ॐ 6557 460 kcal Small beans on toast ♥ ॐ 6557 252 kcal	2.62
Buttered white bloomer toast Two slices of toast with jam or marmalade \$\mathbb{O}\$ 524 kcal	2.58
White bloomer bread Fresh fruit @ 50 555 200 kcal Annle, banana, blueberries, strawberries	3.77

Apple, banana, blueberries, strawberries

NEW Fresh fruit and yoghurt V 58 58 334 kcal

Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

Breakfast extras

Add any of the following:			
Black pudding 178 kcal	75p	Hash brown 🕢 82 kcal	46p
Lincolnshire sausage 168 kcal	1.05	Vegan sausage 🕢 82 kcal	1.05
Slice of toast V 225 kcal	1.13	Baked beans @ 126 kcal	93p
Fried egg 🤍 56 kcal	93p	Poached egg V 63 kcal	93p
Two scrambled eggs V 136 kca	ıl		1.63
Two rashers of back bacon 131	kcal		1.57
Four rashers of maple-cured	bacon 9	1 kcal	1.52
Two mushrooms 🕢 100 kcal			93p
Two grilled tomato halves @ 1	6 kcal		52p
Grilled halloumi-style cheese	V 447 k	cal	1.97

Proakfact butties and wrans

breaktast buttles and wrap:	•
Bacon butty 574 kcal	4.36
Three rashers of bacon, buttered white bloomer bread	
Sausage butty 714 kcal	4.36
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty V 541 kcal	4.36
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread 🥝 🚳 晄 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 muffin deal

Includes tea, coffee or hot chocolate. Free refills	
Egg & cheese muffin V (555) 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 (367) 417 kcal	4.23
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin V 555 330 kcal	4.23
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin 6565 482 kcal	4.47
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muf	in
Smashed avocado muffin @ 58 (555) 271 kcal	4.47
Guacamole, pico de gallo, on an English muffin, rocket	
Add: Maple-cured bacon (91 kcal) 1.52; Poached egg V (63 kcal) 93p	
Grilled halloumi-style cheese ♥ (447 kcal) 1.97	
Add: Hash brown (82 kcal) 46p	

-Tea. coffee and hot chocolate -

TEA, COFFEE AND **HOT CHOCOLATE** - ALL DAY EVERY DAY -

LAVATIA (A) (B)



Espresso @ 6 kcal Black coffee @ 6 kcal White coffee 24 kcal Hot chocolate 169 kcal Tea with semi-skimmed milk **V** 14 kcal

Flat white **9** 92 kcal

Latte V 113 kcal

Mocha V 147 kcal

Cappuccino 102 kcal

Dairy alternative: oat sachet @ 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. 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. 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 our website, and 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 J2O and all canned

5.19

for the facts drinkaware.co.uk idwetherspoon.com ≥

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





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

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



iustainable 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



100% UK and Irish beef From farms in the UK

and Ireland, prime beef steaks matured for 28 days. 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

Tea. coffee and

Traditional

breakfast

Deli Deals INCLUDES A DRINK •

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

soft drink*

alcoholic drink* £6.78

Burger meals INCLUDES A DRINK •

Featuring 3oz American burger

soft drink* alcoholic drink*

£6.61 £8.14

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm Featuring small freshly battered fish and chips soft drink* alcoholic drink*

£7.27

£8.80

Steak Club

INCLUDES A DRINK'

Tuesday 11.30am - 11pm Featuring classic 8oz sirloin

alcoholic drink*

£10.83 | £12.36

Curry Club

INCLUDES A DRINK • Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink* alcoholic drink*

£9.07 £10.60

INCLUDES A DRINK •

Choose from over 150 drinks

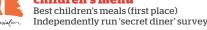
Coffee The freshly ground 100% Arabica



Lavazza coffee^{tt} we serve is from Rainforest Alliance-certified farms

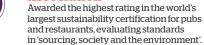
Award-winning







Sustainable Restaurant Association Awarded the highest rating in the world's



wetherspoon hotels

Allergen and nutritional information can goodfoodtalks be found on our customer information screen, website and Wetherspoon app. Adults need opening menus for everybody around 2000 kcal a day.§ The spoken menu app for the visually impaired





Small plates Any 3 for £17.	
	75
$\theta^{\text{\tiny{II}}}$ pizzas. Sourdough base — proved, stretched, topped and freshly bal	
Margherita V 655 467 kcal. Mozzarella, basil NEW Spicy chicken /// 706 kcal	6.61 7.20
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces,	rocket
Pepperoni // 575 kcal. Mozzarella, pepperoni	7.20
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocke	
BBQ chicken 555 kcal. Mozzarella, BBQ sauce, chicken breast, red onion Roasted vegetable ♥ 514 kcal	, rocket 7.20 7.20
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.20
Roasted vegetable and vegan cheeze @ \$\infty\$ \$\infty\$ 416 kcal Mushroom, roasted pepper, courgette, onion, basil	7.20
Spicy meat feast /// 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.80
Char-grilled halloumi-style cheese V 514 kcal	5.19
Rocket, roasted pepper, courgette, onion, salsa Char-grilled tandoori chicken breast skewer	5.19
77 (33) 223 kcal. Rocket, pico de gallo, garlic & herb sauce 11" garlic pizza bread (**) 772 kcal	5.57
Nachos /// w 695 kcal. Cheese, quacamole, salsa, sour cream, sliced	
Add: Spicy pulled chicken thigh / (249 kcal) 2.99	J.I.K.103 0101
Bowl of chips @ 964 kcal	4.23
Shawarma-chicken-topped chips /// 1387 kcal	6.03
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces Bowl of chips with curry sauce ② 1082 kcal	5.58
Cheesy chips V 1256 kcal	5.53
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup V 58 588 374 kcal. White bloomer bread	4.23
Vegan option available with vegan spread 🕢 👀 😘 285 kcal With any of the small plates below, choose one dip:	
Chicken bites (33) 322 kcal. Ten battered chicken breast pieces Southern-fried chicken strips (13) 459 kcal. Five chicken brea Chicken wings (14) 813 kcal. Ten spicy chicken wings Quorn™ nuggets (25) 331 kcal. Eight coated pieces	6.09 est strips 6.20 6.75 6.03
Deli Deals Includes a drink	
INCLUDES A DRINK WAR	
All wraps and paninis are freshly made to order.	
All wraps and paninis are freshly made to order. 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal	
All wraps and paninis are freshly made to order. 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal lceberg lettuce, cucumber, coriander, Korean-style sauce	
All wraps and paninis are freshly made to order. LEV 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal leeberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink
All wraps and paninis are freshly made to order. 121 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal lceberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\forall 545 kcal	without a drink 4.22
All wraps and paninis are freshly made to order. 12\table 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap © 545 kcal Fried egg, two vegan sausages, Cheddar cheese	without a drink
All wraps and paninis are freshly made to order. 12W 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces.	without a drink 4.22
All wraps and paninis are freshly made to order. LEV 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal leeberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn** nuggets \$\infty\$ \$\infty\$ 310 kcal	without a drink 4.22 each soft drink* 5.25
All wraps and paninis are freshly made to order. LEW 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal leeberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn* nuggets \$\infty\$ 310 kcal Salad leaves, tomato, cucumber, salsa	without a drink 4.22 each soft drink* 5.25 each
All wraps and paninis are freshly made to order. 124 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal leeberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn** nuggets \$\infty\$ 5310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken \$\infty\$ 399 kcal	without a drink 4.22 each soft drink* 5.25 each alcoholic drink*
All wraps and paninis are freshly made to order. **TAW** 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn nonggets \$\infty\$ 503 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken \$\infty\$ 503 399 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast \$\infty\$ \$\infty\$ 505 277 kcal	without a drink 4.22 each soft drink* 5.25 each
All wraps and paninis are freshly made to order. **TAW** 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn** nuggets \$\infty\$ 500 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken \$\infty\$ 500 399 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast \$\infty\$ \$\infty\$ 500 277 kcal Salad leaves, sweet chilli sauce	without a drink 4.22 each soft drink* 5.25 each alcoholic drink* 6.78
All wraps and paninis are freshly made to order. **TAW** 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn nonggets \$\infty\$ 503 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken \$\infty\$ 503 399 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast \$\infty\$ \$\infty\$ 505 277 kcal	without a drink 4.22 each soft drink* 5.25 each alcoholic drink* 6.78
All wraps and paninis are freshly made to order. **TEW** 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal loeberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn** nuggets \$\infty\$ 550 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken \$\infty\$ 550 379 kcal Salad leaves, smoky chipothe mayo Small cold chicken breast \$\infty\$ \$\infty\$ 550 277 kcal Salad leaves, sweet chilli sauce Small fried halloumi-style cheese \$\infty\$ \$\infty\$ 550 391 kcal	without a drink 4.22 each soft drink* 5.25 each alcoholic drink* 6.78 each
All wraps and paninis are freshly made to order. NEW 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn muggets \$\infty\$ 503 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken \$\infty\$ 500 379 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast \$\infty\$ 500 277 kcal Salad leaves, sweet chilli sauce Small fried halloumi-style cheese \$\infty\$ 500 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad \$\infty\$ (46 kcal); Small portion of chips \$\infty\$ (329 kcal) 1 12" wraps	without a drink 4.22 each soft drink* 5.25 each alcoholic drink* 6.78 each
All wraps and paninis are freshly made to order. International Color International Color	without a drink 4.22 each soft drink* 5.25 each alcoholic drink* 6.78 each
All wraps and paninis are freshly made to order. **TAW** 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap \$\infty\$ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken \$\infty\$ 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn muggets \$\infty\$ 503 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken \$\infty\$ 500 399 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast \$\infty\$ 500 277 kcal Salad leaves, sweet chilli sauce Small fried halloumi-style cheese \$\infty\$ 500 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad \$\infty\$ (46 kcal); Small portion of chips \$\infty\$ (329 kcal) 1 12" wraps	without a drink 4.22 each soft drink* 5.25 each alcoholic drink* 6.78 each
All wraps and paninis are freshly made to order. **TEAL** 10" wraps A smaller wrap and filling. Small Korean fried chicken 384 kcal leeberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken // 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn** nuggets 553 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken // 555 399 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast // 555 399 kcal Salad leaves, sweet chilli sauce Small fried halloumi-style cheese // 555 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad 66 (46 kcal): Small portion of chips 66 (329 kcal) 1 12" wraps **NAME ** NAME **	without a drink 4.22 each soft drink* 5.25 each alcoholic drink* 6.78 each
All wraps and paninis are freshly made to order. Small Korean fried chicken 384 kcal leeberg lettuce, cucumber, coriander, Korean-style sauce Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken /// 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn™ nuggets ◎ ☜ 310 kcal Salad leaves, tomato, cucumber, salsa Small southern-fried chicken /// ☜ 399 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast // ☜ ☜ 371 kcal Salad leaves, sweet chilli sauce 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 12" wraps STAY Korean fried chicken 618 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Shawarma chicken /// 719 kcal. Chicken thigh, Middle Eastern s	without a drink 4.22 each soft drink* 5.25 each alcoholic drink* 6.78 each

Cold chicken breast \$\tilde{\psi}\$ \$\omega\$ 479 kcal

Fried halloumi-style cheese // V 707 kcal

Tuna mayo and Cheddar cheese 590 kcal

Cheddar cheese and tomato V 527 kcal

Quorn[™] **nuggets ② 5**08 kcal. Tomato, cucumber, salsa

NEW Roasted vegetable and vegan cheeze @ 480 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

Add: Side salad (91 kcal); Tomato & basil soup (150 kcal)

Spicy rice @ (208 kcal); Chips @ (602 kcal) 1.44 each

Choose any 8" pizza from the small plates section.

Salad leaves, sweet chilli sauce, tomato, cucumber

Salad leaves, sweet chilli sauce

Paninis

Chicken bites 322 kcal. Ten battered chicken breast pieces Southern-fried chicken strips 7 335 459 kcal. Five chicken bre Chicken wings 7 813 kcal. Ten spicy chicken wings Quorn™ nuggets 3 331 kcal. Eight coated pieces	6.09 east strips 6.20 6.75 6.03	Heatwave burger /// Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Char-grilled chicken breast 1722 kcal; Fried buttermilk chicken 2007 kc	
Deli Deals [®] Includes a Drink •		Fiesta burger @ 1380 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette	e, onion
All wraps and paninis are freshly made to order.		Triple American cheese & bacon burger 1770 kcal soft drink* Three 3oz beef patties, American-style cheese, maple-cured bacon, alcoholic drink*	
Small Korean fried chicken 384 kcal leeberg lettuce, cucumber, coriander, Korean-style sauce		red onion, gherkin, ketchup, American-style mustard	
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese Small vegetarian brunch wrap ♥ 545 kcal	just-a-wrap, without a drink 4.22	Curries Includes a Drink	
Fried egg, two vegan sausages, Cheddar cheese Small shawarma chicken /// 502 kcal	each	Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower & spinach curry	927 kcal
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Small Quorn™ nuggets 310 kcal Salad leaves. tomato. cucumber. salsa	soft drink* 5.25 each	Chicken tikka masala // 1190 kcal Chicken jalfrezi // 3935 kcal soft drink* 11.02 12.	c drink*
Small southern-fried chicken /// 399 kcal Salad leaves, smoky chipotle mayo Small cold chicken breast // 30 277 kcal	alcoholic drink* 6.78 each	Beef Madras	
Salad leaves, sweet chilli sauce 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	Simple curries With basmati pilau rice or chips. Simple Mangalorean roasted cauliflower & spinach curry Choose: Basmati pilau rice \$\infty\$ 568 kcal; Chips 970 kcal	///
12" wraps NEW Korean fried chicken 618 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce Shawarma chicken /// 719 kcal. Chicken thigh, Middle Eastern		Simple chicken tikka masala // Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi /// Choose: Basmati pilau rice \$575 kcal; Chips 977 kcal	31
Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Southern-fried chicken	ομισσο,	Simple beef Madras //// Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal	

soft drink*

6.85

each

alcoholic drink*

8.38

0% British beef, freshly cooked to order. Traceable from farm to fork.	
Chicken burgers Served with a small portion of chips (329 kcal, included in Calories below)	S.
NEW Korean crunchy chicken strip burger 712 kcal Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce Crunchy chicken strip burger ₱ 776 kcal	alco
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	
Served with chips (602 kcal, included in Calories below).	S
Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet	
Char-grilled chicken breast burger 970 kcal	alco
Skinny chicken burger (2007) 394 kcal Char-qrilled 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	S
BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauc	e
Breaded vegetable burger № 1039 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alco
Fried halloumi-style cheese burger 📂 🔇 1118 kcal. S	weet o
Just-a-burger	
Served on its own, without chips or a drink. NEW Korean crunchy chicken strip burger 🚳 383 kc	al .
Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce American burger (35) 367 kcal	
Red onion, gherkin, ketchup, American-style mustard	
Crunchy chicken strip burger ← 6567 447 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	
Additional toppings and burger patties	• • • • • •
Maple-cured bacon with Cheddar cheese 173 kcal	
Maple-cured bacon with American-style cheese 160 Cheddar cheese 3 82 kcal) kcal
American-style cheese W 69 kgal	
American-style cheese ♥ 69 kcal NIXW Vegan cheeze ⊚ 57 kcal	
NEW Vegan cheeze ⊘ 57 kcal Maple-cured bacon 91 kcal	
NEW Vegan cheeze @ 57 kcal	
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NEW Vegan cheeze	s alcc
NEW Vegan cheeze	s alcc

Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal

Burgers includes a Drink. Beef burgers made with 100

6.61

each

alcoholic drink

8.14

soft drink* 7.20

soft drink*

8.88

each

alcoholic drink*

10.41

soft drink* 9.46

soft drink*

11.09

alcoholic drink*

12.62

alcoholic drink*

11.43

each

soft drink*

9.90

alcoholic drink* 10.99

alcoholic drink* 8.73

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).

Iceberg lettuce, tomato, red onion, with a side salad, instead of chips

Red onion, gherkin, ketchup, American-style mustard

American burger 696 kcal

Iceberg lettuce, tomato, red onion

American-style mustard

Iceberg lettuce, tomato, red onio

American-style mustard

Gourmet burgers

Tennessee burger

BBQ burger

Ultimate burger 1656 kcal

Classic beef burger 677 kcal

Skinny beef burger 375 kcal

American cheese burger 730 kcal American-style cheese, red onion, gherkin, ketchup,

Double beef burgers Two 3oz beef patties.

Red onion, gherkin, ketchup, American-style mustard

Double American burger 1138 kcal

Double classic beef burger 1119 kcal

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

Double American cheese burger 1207 kcal

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze

Choose: Beef (two 3oz beef patties) 1567 kcal

Maple-cured bacon, Cheddar cheese, BBQ sauce

Choose: Beef (two 3oz beef patties) 1644 kcal

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

Char-grilled chicken breast 1417 kcal; Fried buttermilk chicken 1703 kcal

Char-grilled chicken breast 1494 kcal; Fried buttermilk chicken 1780 kcal

Add: One vegetable samosa and two onion bhajis // @ (293 kcal) 1.76

NEW Char-grilled tandoori chicken breast skewer (145 kcal) 3.99

Katsu curries With a mild Japanese-style katsu curry sauce,

Two plain poppadums @ (86 kcal) 47p

Sliced char-grilled chicken breast

Katsu chicken curry 828 kcal

Sliced whole breaded chicken breast fillet

Adults need around 2000 kcal a day.§

Eight coated pieces

coconut-flavour rice, sliced chillies and coriander.

Katsu grilled chicken curry 53 542 kcal

Katsu Quorn™ nugget curry @ 686 kcal

Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin

American-style cheese, red onion, gherkin, ketchup,

ceable from farm to fork.		1
1. (0001 1. 1 1 1 0 1 . 1 1)	soft drink*	So
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ncluded in Calories below).		Н
ken burger 1255 kcal	soft drink* 8.88	M ₀
fillet	each	Mo
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	soft drink*	S
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ten 473 kcal; Breaded vegetable pacheese 298 kcal	soft drink* 9.84 each alcoholic drink* 11.37 each -grill. soft drink* 12.01 each alcoholic drink* 13.54 each alcoholic drink* 13.54 each Add: Chicken gravy (50 kcal)	Fre Pe Who Ch Eight Ch We The State The Ve The The The Notes The N

11" pizzas includes a drink	****	
Sourdough base — proved, stretched, topped and freshly		or
Margherita ♥ 934 kcal. Mozzarella, basil	soft drink	 alcoholic drink'
NEW Spicy chicken /// 1374 kcal	7.04	11.37
Mozzarella, spicy pulled chicken thigh, Naga chilli and garl	ic & herb sauce	s, rocket
Pepperoni FF 1151 kcal. Mozzarella, pepperoni Ham and mushroom 1011 kcal		soft drink* 11.02
Mozzarella, ham, mushroom, rocket		each
BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		alcoholic drink*
Roasted vegetable V 1028 kcal	1	12.55 each
Mozzarella, mushroom, roasted pepper, courgette, onion, b Roasted vegetable and vegan cheeze @ @		
Mushroom, roasted pepper, courgette, onion, basil	.	
Spicy meat feast /// 1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies,		13.71
Additional toppings		
Red onion @ 10 kcal; Sliced chillies ##### @ 3 kcal; M		cal each 88p
Garlic & herb dip ⊘ 180 kcal; Mozzarella ♥ 150 kcal; Har Chicken breast 94 kcal; Maple-cured bacon 91 kcal	III / I KCal	each 1.15
Pepperoni // 109 kcal; Roasted vegetables @ 90 kcal	• • • • • • • • • • • • • • • • • • • •	each 1.53
Consil cook also sice		
Small pub classics INC		
Small freshly battered cod and chips 🥏	soft drink 9.01	
Peas 681 kcal or mushy peas 739 kcal		40 =
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal.	9.01	10.54
Four Whitby breaded scampi		
Add: Two slices of bread (404 kcal) 1.34		
Chip shop-style curry sauce (a) (118 kcal) 1.46		
Small Wiltshire cured ham, egg and chips 333 455 kcal	7.80	9.33
One slice of Wiltshire cured ham, fried egg		
Small all-day brunch 681 kcal	8.09	9.62
Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 75p		
Small vegetarian all-day brunch V 611 kcal	8.09	9.62
Two vegan sausages, fried egg, baked beans, chips		
Afternoon deal	soft drink*	alcoholic drink*
Mon - Fri, 2pm - 5pm Choose from the above small pub classic meals.	7.27	8.80
Pub classics includes a c		* alcoholic drink*
Freshly battered cod and chips	soft drink 11.25	
Peas 1240 kcal or mushy peas 1298 kcal		
Anti-Other design of a little of the little		
Whitby breaded scampi Chins neas 1135 kcal or mushy neas 1197 kcal	11.25	12.78
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	11.25	12.78
Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi Add: Two slices of bread (404 kcal) 1.34	11.25	12.78
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	LUDES A D	
From farms in the UK and Ireland, prime beef steaks (tra matured for 28 days, seasoned with a steak-seasoning b		
matured for 26 days, seasoned with a steak-seasoning t cooked to your liking.	Jiena ana Tresi	ıty
Classic 8oz sirloin steak	soft drink*	alcoholic
Choose: Side salad 526 kcal Mediterranean salad 657 kcal; Jacket potato 774 kcal	12.42	13.9
Mashed potato 745 kcal; Chips 1061 kcal	each	eac
Gourmet 8oz sirloin steak		1
Peas, tomato, mushroom, three onion rings, steak sauce Choose: Side salad 785 kcal	soft drink*	alcoholic
Mediterranean salad 915 kcal; Jacket potato 1032 kcal	14.77 each	16.3 eac
Mashed potato 1003 kcal; Chips 1320 kcal	(7/ 1 1)	1
Add your choice of steak sauce: Creamy peppercorn sauc Jack Daniel's® Tennessee Honey glaze W (87 kcal) 1.82		
Below meals are served with peas, tomato and mushroo	m. soft drinl	k* alcohol
BBQ chicken melt	11.25	5
Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Side salad 🚳 609 kcal: Mediterranean salad 73'	ا مما	
Jacket potato 🚳 856 kcal; Mashed potato 827 kcal; Chip		
5oz gammon and egg	9.90) 1
Choose: Side salad (3) (50) 402 kcal; Mediterranean sal		
Jacket potato 🚳 649 kcal; Mashed potato 620 kcal; Chip 10oz gammon and eggs	s 936 kcal 13.07	7 1
Choose: Side salad 611 kcal; Mediterranean salad 741 kc	al	
Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1		
Mixed grill Gammon, pork loin, rump, lamb, Lincolnshire sausage	13.07	7 1
Choose: Side salad 984 kcal; Mediterranean salad 1114 k	cal	
Jacket potato 1231 kcal; Mashed potato 1202 kcal; Chips		
Large mixed grill Gammon, pork loin, rump, lamb, two Lincolnshire sausage	14.82 es.	2 1
fried egg, six onion rings		
Choose: Side salad 1477 kcal; Mediterranean salad 1607	kcal	
TACKET DOTATO 1774 KCAL MASSES BOTATO 1696 KCAL Chins	2012 kcal	
Jacket potato 1724 kcal; Mashed potato 1696 kcal; Chips	_	
Noodles, salads and	_	as
	past	
Noodles, salads and includes a drink:	past	ink* alcohol
Noodles, salads and INCLUDES A DRINK: Ramen noodle bowl // @ \$2 655 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrol	soft dri 8.9 t, pak choi,	ink* alcohol
Noodles, salads and INCLUDES A DRINK* Ramen noodle bowl	soft dri 8.9 t, pak choi, roth	ink* alcohol ?9 1
Noodles, salads and INCLUDES A DRINK* Ramen noodle bowl	soft dri 8.9 t, pak choi,	ink* alcohol ?9 1
Ramen noodle bowl	soft dri 8.9 t, pak choi, roth	ink* alcohol 19 1
Ramen noodle bowl 6 30 300 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carro' bamboo shoots, red onion, sliced chillies, coriander, in a light bi Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast 300 283 kcal Southern-fried chicken breast strips 300 465 kcal Mediterranean salad 6 300 334 kcal	soft dri 8.5 t, pak choi, roth 10.6	ink* alcohol 19 1
Ramen noodle bowl	soft dri 8.5 t, pak choi, roth 10.6	ink* alcohol ?9 1 60 1
Ramen noodle bowl 6 30 300 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carro' bamboo shoots, red onion, sliced chillies, coriander, in a light bi Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast 500 283 kcal Southern-fried chicken breast strips 600 465 kcal Mediterranean salad 6 300 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese	soft dri 8.5 t, pak choi, roth 10.6	ink* alcohol 199 1 60 1
Ramen noodle bowl 6	soft dri 8.5 t, pak choi, roth 10.6	ink* alcohol 199 1 60 7
Ramen noodle bowl // ② \$\infty\$ \$\infty\$ 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carroi bamboo shoots, red onion, sliced chillies, coriander, in a light bi Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast \$\infty\$ 283 kcal Southern-fried chicken breast trips \$\infty\$ 334 kcal Mediterranean salad ② \$\infty\$ 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese & roasted vegetable salad ② \$\infty\$ 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl ② 668 kcal	soft dri 8.5 t, pak choi, roth 10.6	ink* alcohol 199 1 300 7 37 1
Ramen noodle bowl // ② \$\infty\$ \$\infty\$ 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carroi bamboo shoots, red onion, sliced chillies, coriander, in a light bi Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast \$\infty\$ 283 kcal Southern-fried chicken breast trips \$\infty\$ 334 kcal Mediterranean salad ② \$\infty\$ 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese & roasted vegetable salad ② \$\infty\$ 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl ② 668 kcal Spicy rice, cheese, roasted pepper, courgette, onion,	soft dri 8.5 t, pak choi, roth 10.6 4 pepper,	ink* alcohol 199 1 300 7 37 1
Ramen noodle bowl 6	soft dri 8.5 t, pak choi, roth 10.6 4 pepper,	ink* alcohol 199 1966 1976 1976 1976 1976
Ramen noodle bowl	soft dri 8.5 t, pak choi, roth 10.6 4 pepper,	ink* alcohol 99 60 47 75
Ramen noodle bowl	soft dr 8.5 t, pak choi, roth 10.6 d pepper, 9.7	ink* alcoholog9
Ramen noodle bowl	soft dr 8.5 t, pak choi, roth 10.6 9.4 d pepper. 9.7	ink* alcoholog9
Ramen noodle bowl	soft dr 8.9 t, pak choi, roth 10.6 9.4 d pepper, 9.7 9.7 d egg ② (63 kg vegetables ②	ink* alcoholog9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Ramen noodle bowl	soft dr 8.9 t, pak choi, roth 10.6 9.4 d pepper, 9.7 9.7 d egg ② (63 kg vegetables ②	ink* alcohol 29 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Ramen noodle bowl	soft dr 8.9 t, pak choi, roth 10.6 9.4 d pepper, 9.7 9.7 d egg ② (63 kg vegetables ②	ink* alcohol 29 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Ramen noodle bowl 6 6 6 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot bamboo shoots, red onion, sliced chillies, coriander, in a light but Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast strips 6 283 kcal Southern-fried chicken breast strips 6 283 kcal Southern-fried chicken breast strips 6 283 kcal Pearl barley, quinoa, butternut squash, wheat berries, red cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese **Roasted vegetable salad *** 6 3 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl 6 688 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Additional toppings: Maple-cured bacon (91 kcal) Tuna mayo (298 kcal) 1.52 Poachet Tuna mayo (298 kcal) 1.06 Roasted Char-grilled half chicken breast (187 kcal) NEW Spicy pulled chicken breast (187 kcal) NEW Spicy pulled chicken breast (187 kcal) NEW Spicy pulled chicken breast (187 kcal) NEW Char-grilled tandoori chicken breast skewer filled halloumi-style cheese (447 kcal) Chilli bean non-carne (149 kcal)	soft dr. 8.9 t, pak choi, roth 10.6 d pepper, 9.7 9.7 d egg • (63 kc) vegetables •	ink* alcoholog9
Ramen noodle bowl	soft dr. 8.9 t, pak choi, roth 10.6 d pepper. 9.7 9.7 degg ♥ (63 kg) vegetables €	ink* alcoholog9
Ramen noodle bowl	soft dri 8.5 t, pak choi, roth 10.6 d pepper. 9.7 9.7 (145 kcal) 10.0 (145 kcal)	ink* alcoholog9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Ramen noodle bowl 666 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot bamboo shoots, red onion, sliced chillies, coriander, in a light but Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast 3283 kcal Southern-fried chicken breast strips 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red cherry tomatoes, pumpkin seeds, basil, dressing Grilled halloumi-style cheese **Roasted vegetable salad *** 336 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl 668 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies **Additional toppings:** Maple-cured bacon (91 kcal) Tuna mayo (298 kcal) 1.52 Poachet Tuna mayo (298 kcal) 1.54 Roasted Char-grilled half chicken breast (187 kcal) **Naw** Spicy pulled chicken breast (187 kcal) **Naw** Char-grilled tandoori chicken breast skewer ** Grilled halloumi-style cheese (447 kcal) Chilli bean non-carne (149 kcal) **Pasta alfredo ** **Of18 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spi sun-dried tomato, basil, rocket Add: Char-grilled chicken breast (187 kcal) **Pasta alfredo ** **Of18 kcal ** **Of18 kcal ** **Char-grilled chicken breast (187 kcal) ** **Of18 kcal ** **Char-grilled chicken breast (187 kcal) ** **Of18 kcal ** ** **Of18 kcal ** ** ** **Char-grilled chicken breast (187 kcal) ** ** ** ** ** ** ** ** ** ** ** ** **	soft dr. 8.9 t, pak choi, roth 10.6 d pepper. 9.7 9.7 1 d egg (63 kg) (63 kg) (145 kgal) 10.6 c-cured bacon	ink* alcoholog9 1 60 7 75 1 6al) (90 kcal)
Ramen noodle bowl	soft dri 8.5 t, pak choi, roth 10.6 d pepper. 9.7 9.7 (145 kcal) 10.0 (145 kcal)	ink* alcoholog9 1 60 7 75 1 6al) (90 kcal)
Ramen noodle bowl	soft dr 8.5 t, pak choi, roth 10.6 d pepper, 9.7 9.7 d egg • (63 kcl vegetables • (145 kcal) 10.6 e-cured bacon 10.6	ink* alcoholog9 60 75 75 cal) (90 kcal) (91 kcal) 1
Ramen noodle bowl	soft dr. 8.5 t, pak choi, roth 10.6 10.6 10.6 10.6 10.6 10.6 10.6 10.	ink* alcoholog9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Ramen noodle bowl 666 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot bamboo shoots, red onion, sliced chillies, coriander, in a light be Chicken & maple-cured bacon salad Choose: Char-grilled chicken breast 567 283 kcal Southern-fried chicken breast 567 283 kcal Southern-fried chicken breast strips 567 334 kcal Mediterranean salad 67 567 334 kcal Mediterranean salad 767 668 kcal Mediterranean salad 767 kcal) Burrito salad bowl 668 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Additional toppings: Maple-cured bacon (91 kcal) 1.52 Poachet Tuna mayo (298 kcal) 1.52 Poachet Tuna mayo (298 kcal) 1.06 Roasted Char-grilled half chicken breast (187 kcal) NEW Char-grilled tandoori chicken breast skewer forilled halloumi-style cheese (447 kcal) Chilli bean non-carne 67 (149 kcal) Pasta alfredo 6818 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spisun-dried tomato, basil, rocket Add: Char-grilled chicken breast (187 kcal) 1.97; Maple British beef & pancetta lasagne Choose: Side salad 761 kcal; Chips 1295 kcal	soft dr. 8.5 t, pak choi, roth 10.6 10.6 10.6 10.6 10.6 10.6 10.6 10.	ink* alcohol 29 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1

Cheese V 512 kcal

Baked beans @ 59 566 482 kcal

Chilli bean non-carne / @ 59 595 442 kcal

Roasted vegetables @ 588 William 383 kcal

alcoholic drink*

9.54

soft drink*

8.01