

# Desserts

- NEW** Salted caramel sticky toffee pudding 877 kcal 6.39  
Vanilla ice cream
  - NEW** Millionaire's shortbread 409 kcal 2.46  
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce
  - Vanilla ice cream 334 kcal 2.11  
Two scoops, toffee sauce, Belgian chocolate sauce
  - Cookie crunch 364 kcal 2.11  
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce
  - Mini warm chocolate brownie 435 kcal 3.28  
Belgian chocolate sauce, vanilla ice cream
  - Mini warm cookie dough sandwich 431 kcal 3.28  
Salted caramel filling, toffee sauce, vanilla ice cream
  - Fresh fruit 470 kcal 5.16  
Apple, banana, blueberries, strawberries, vanilla ice cream
  - Warm chocolate fudge cake 909 kcal 5.91  
Vanilla ice cream
  - Warm chocolate brownie 736 kcal 5.91  
Belgian chocolate sauce, vanilla ice cream
  - Warm cookie dough sandwich 727 kcal 5.91  
Salted caramel filling, toffee sauce, vanilla ice cream
  - British Bramley apple crumble 673 kcal 6.22  
Vanilla ice cream
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- 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

# BREAKFAST

- Large breakfast 1343 kcal 8.24  
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast
- Traditional breakfast 807 kcal 6.54  
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast
- Small breakfast 435 kcal 5.62  
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown
- Add: Black pudding (178 kcal) 75p
- Freedom breakfast 586 kcal 5.62  
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato
- Large vegetarian breakfast 1129 kcal 8.24  
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast
- Vegetarian breakfast 786 kcal 6.54  
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast
- Small vegetarian breakfast 291 kcal 5.62  
Fried egg, vegan sausage, baked beans, hash brown, tomato
- Vegan breakfast 642 kcal 6.14  
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
- Eggs Benedict 725 kcal 6.74  
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket
- Mushroom Benedict 638 kcal 6.74  
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket
- Miner's Benedict 939 kcal 6.74  
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket
- Scrambled egg on toast 570 kcal 5.16  
Three eggs, buttered white bloomer toast
- Beans on toast 566 kcal. Buttered white bloomer toast 4.01  
**NEW** Vegan option available with vegan spread 460 kcal
- Two slices of toast with jam or marmalade 524 kcal 2.80  
White bloomer bread
- Fresh fruit 200 kcal 4.01  
Apple, banana, blueberries, strawberries
- NEW** Fresh fruit and yoghurt 334 kcal 5.62  
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

Served 8am - 12 noon

## Breakfast butties and wraps

- Bacon butty 574 kcal 4.59  
Three rashers of bacon, buttered white bloomer bread
- Sausage butty 714 kcal 4.59  
Two Lincolnshire sausages, buttered white bloomer bread
- Vegetarian sausage butty 541 kcal 4.59  
Two vegan sausages, buttered white bloomer bread
- NEW** Vegan option available with vegan spread 435 kcal
- Breakfast wrap 724 kcal 5.75  
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese
- Vegetarian breakfast wrap 735 kcal 5.75  
Fried egg, two vegan sausages, two hash browns, Cheddar cheese

## Breakfast muffin deal

- Includes tea, coffee or hot chocolate. Free refills\*
- Egg & cheese muffin 249 kcal 4.70  
Fried egg, American-style cheese, in an English muffin
- Egg & bacon muffin 314 kcal 5.16  
Fried egg, bacon, American-style cheese, in an English muffin
- Egg & sausage muffin 417 kcal 5.16  
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin
- Egg & vegetarian sausage muffin 330 kcal 5.16  
Fried egg, vegan sausage, American-style cheese, in an English muffin
- Breakfast muffin 482 kcal 5.40  
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin
- Add: Hash brown (82 kcal) 46p

## Tea, coffee and hot chocolate

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

**£1.56** each

Flat white  92 kcal	White coffee  24 kcal
Cappuccino  102 kcal	Hot chocolate  169 kcal
Latte  113 kcal	Tea
Mocha  147 kcal	with semi-skimmed milk  14 kcal
Espresso  6 kcal	Dairy alternative: oat sachet  4 kcal
Black coffee  6 kcal	Decaffeinated tea and coffee available.

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**Biscuits**

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

## 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  225 kcal           | 1.13 | Baked beans  126 kcal  | 93p  |
| Fried egg  56 kcal                 | 93p  | Poached egg  63 kcal   | 93p  |
| Two scrambled eggs  136 kcal       | 1.63 |                        |      |
| Two rashers of back bacon 131 kcal | 1.57 |                        |      |
| Two mushrooms  100 kcal            | 93p  |                        |      |
| Two grilled tomato halves  16 kcal | 52p  |                        |      |

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](http://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).

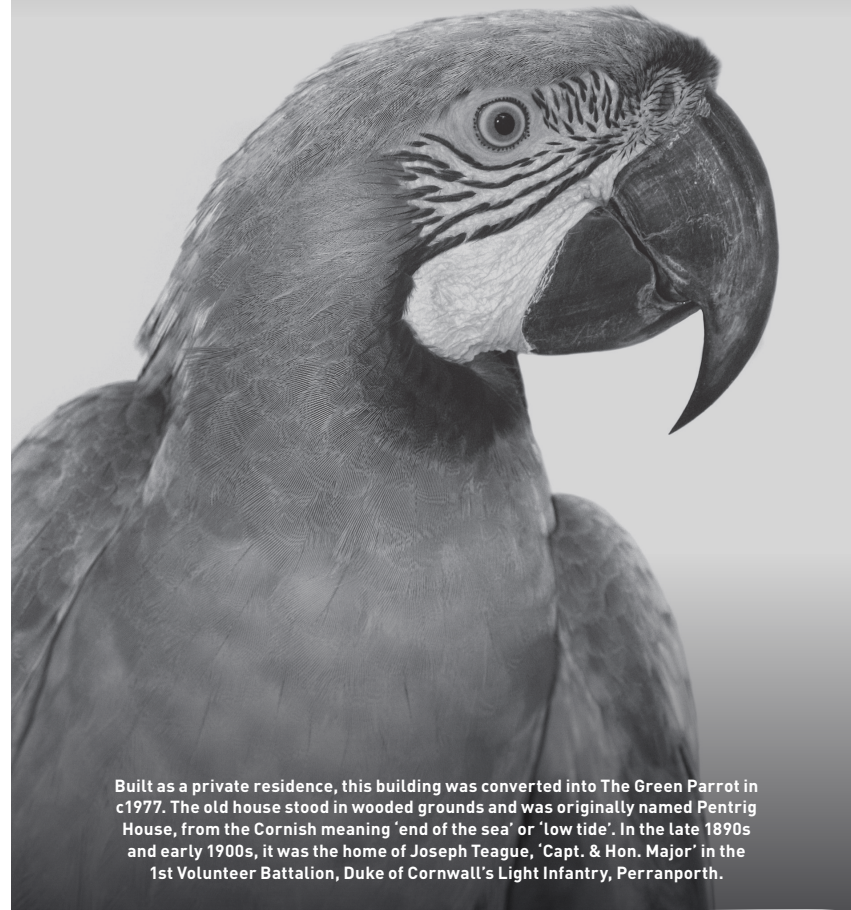
for the facts  
**drinkaware.co.uk**  
jdwetherspoon.com

# FOOD

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

## The Green Parrot

Perranporth



Built as a private residence, this building was converted into The Green Parrot in c1977. The old house stood in wooded grounds and was originally named Pentrig House, from the Cornish meaning 'end of the sea' or 'low tide'. In the late 1890s and early 1900s, it was the home of Joseph Teague, 'Capt. & Hon. Major' in the 1st Volunteer Battalion, Duke of Cornwall's Light Infantry, Perranporth.

**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**  
① ② ③ ④ ⑤

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

**CERTIFIED SUSTAINABLE SEAFOOD MSC**  
www.msc.org

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

**100% UK AND IRISH BEEF**  
From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.

**RSPCA ASSURED**  
**Free-range eggs**  
100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.

**Breakfast**  
8am - 12 noon  
Traditional breakfast  
**£6.54**

**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  
**£5.41**  
soft drink\* | alcoholic drink\*  
**£6.44 | £8.20**

**Burger meals**  
INCLUDES A DRINK\*   
Featuring 3oz American burger  
soft drink\* | alcoholic drink\*  
**£7.79 | £9.55**

**Afternoon deals**  
INCLUDES A DRINK\*   
Mon - Fri, 2pm - 5pm  
Featuring small freshly battered fish and chips  
soft drink\* | alcoholic drink\*  
**£8.44 | £10.20**

**Steak Club\***  
INCLUDES A DRINK\*   
Tuesday 11.30am - 11pm  
Featuring classic 8oz sirloin  
soft drink\* | alcoholic drink\*  
**£12.01 | £13.77**

**Curry Club\***  
INCLUDES A DRINK\*   
Thursday 11.30am - 11pm  
Featuring the katsu curry range  
soft drink\* | alcoholic drink\*  
**£10.26 | £12.02**

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

**LAVAZZA** **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.

**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'.

wetherspoon hotels  
Over 50 hotels in England, Ireland, Scotland and Wales

**Book direct for the best rates\***  
at [jdwetherspoon.com](http://jdwetherspoon.com), on our app or by phone.

**Scan to find out more.**

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

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

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**UNLIMITED FREE Wi-Fi**

SEA MENU 6383

## Small plates | Any 3 for £17.75

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

<b>Margherita</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 467 kcal. Mozzarella, basil	<b>6.61</b>
<b>Pepperoni</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 575 kcal Mozzarella, pepperoni	<b>7.20</b>
<b>Ham and mushroom</b> 505 kcal Mozzarella, ham, mushroom, rocket	<b>7.20</b>
<b>BBQ chicken</b> 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	<b>7.20</b>
<b>Roasted vegetable</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	<b>7.20</b>
<b>Vegan roasted vegetable</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> <span>UNUS 500</span> 355 kcal Mushroom, roasted pepper, courgette, onion, basil	<b>7.20</b>
<b>Spicy meat feast</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	<b>7.80</b>

<b>11" garlic pizza bread</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 772 kcal	<b>6.14</b>
<b>Nachos</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	<b>6.09</b>
<b>Bowl of chips</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 964 kcal	<b>4.23</b>
<b>Bowl of chips with curry sauce</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 1082 kcal	<b>5.86</b>
<b>Cheesy chips</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 1256 kcal	<b>5.53</b>
<b>Loaded chips</b> 1303 kcal. Cheese, maple-cured bacon, sour cream	<b>6.31</b>

With any of the small plates below, choose one dip.

<b>Sweet chilli</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 37 kcal; <b>Sticky soy</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 100 kcal; <b>Naga chilli</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 136 kcal <b>Jack Daniel's™ Tennessee Honey glaze</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 87 kcal; <b>Chipotle mayo</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 150 kcal	
<b>Blue cheese</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 270 kcal; <b>BBQ sauce</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 83 kcal	
<b>Halloumi-style fries</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 396 kcal	<b>6.20</b>
<b>Crunchy bites</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 322 kcal. Ten battered chicken breast pieces	<b>6.48</b>
<b>Southern-fried chicken strips</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 459 kcal. Five chicken breast strips	<b>6.43</b>
<b>Chicken wings</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 813 kcal. Ten spicy chicken wings	<b>7.21</b>
<b>Quorn™ nuggets</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 331 kcal. Eight coated pieces	<b>6.03</b>

## Deli Deals 🌱🍃🌱🌱 INCLUDES A DRINK 🌱🍃🌱🌱

All wraps and paninis are freshly made to order.

<b>NEW 10" wraps</b> A smaller wrap and filling.	
<b>Small brunch wrap</b> 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink <b>5.41</b> each
<b>Small vegetarian brunch wrap</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 545 kcal Fried egg, two vegan sausages, Cheddar cheese	soft drink* <b>6.44</b> each
<b>Small shawarma chicken</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	alcoholic drink* <b>8.20</b> each
<b>Small Quorn™ nuggets</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 310 kcal Salad leaves, tomato, cucumber, salsa	
<b>Small southern-fried chicken</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 399 kcal Salad leaves, smoky chipotle mayo	
<b>Small fried halloumi-style cheese</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> (46 kcal); Small portion of chips <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> (329 kcal) <b>1.03</b> each	

### 12" wraps

**NEW Shawarma chicken** 🌱🍃🌱🌱 719 kcal  
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

<b>Quorn™ nuggets</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> 508 kcal. Tomato, cucumber, salsa	
<b>Southern-fried chicken</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 609 kcal Salad leaves, smoky chipotle mayo	soft drink* <b>8.01</b> each
<b>Fried halloumi-style cheese</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	alcoholic drink* <b>9.77</b> each

### Paninis

<b>Cheddar cheese and tomato</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 527 kcal	
<b>Wiltshire cured ham and Cheddar cheese</b> 508 kcal	
<b>BBQ chicken, bacon and Cheddar cheese</b> 586 kcal	

**8" pizzas on a freshly baked sourdough base**  
Choose any 8" pizza from the small plates section.

Add: <b>Side salad</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> (91 kcal); <b>Spicy rice</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> (208 kcal) <b>Chips</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> (602 kcal) <b>1.44</b> each	
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<b>Adults need around 2000 kcal a day.<sup>§</sup></b>
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## Burgers 🌱🍃🌱🌱 INCLUDES A DRINK 🌱🍃🌱🌱

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

<b>Beef burgers</b> One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).	
<b>American burger</b> 696 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* <b>7.79</b> each
<b>Classic beef burger</b> 677 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* <b>9.55</b> each
<b>Skinny beef burger</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> 375 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips	

<b>American cheese burger</b> 730 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>8.36</b> alcoholic drink* <b>10.12</b>
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**Double beef burgers** Two 3oz beef patties.  
Served with chips (602 kcal, included in Calories below).

<b>Double American burger</b> 1138 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* <b>10.04</b> each
<b>Double classic beef burger</b> 1119 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* <b>11.80</b> each

<b>Double American cheese burger</b> 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>10.63</b> alcoholic drink* <b>12.39</b>
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### 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

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

<b>Fried buttermilk chicken burger</b> 1255 kcal Breaded whole chicken breast fillet	soft drink* <b>10.04</b> each
<b>Char-grilled chicken breast burger</b> 970 kcal	alcoholic drink* <b>11.80</b> each

**Skinny chicken burger** 🌱🍃🌱🌱 5% UNUS 500 394 kcal  
Char-grilled chicken breast, with a side salad, instead of chips

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

<b>Beyond Burger™</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 1043 kcal <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink* <b>10.04</b> each
	alcoholic drink* <b>11.80</b> each

**Fried halloumi-style cheese burger** 🌱🍃🌱🌱 🌱 1118 kcal. Sweet chilli sauce

### Just-a-burger

Served on its own, without chips or a drink. each **5.10**

**American burger** 🌱🍃🌱🌱 UNUS 500 367 kcal  
Red onion, gherkin, ketchup, American-style mustard

**Crunchy chicken strip burger** 🌱🍃🌱🌱 UNUS 500 447 kcal  
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

## Curries 🌱🍃🌱🌱 INCLUDES A DRINK 🌱🍃🌱🌱

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

<b>Mangalorean roasted cauliflower &amp; spinach curry</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 927 kcal	
<b>Chicken tikka masala</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 1190 kcal	
<b>Chicken jalfrezi</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> 935 kcal	
<b>Beef Madras</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 1043 kcal	soft drink* <b>12.18</b> each
	alcoholic drink* <b>13.94</b> each

**Change your plain naan to a garlic naan** 🌱🍃🌱🌱 (add 92 kcal) **47p**

Add: **One vegetable samosa and two onion bhajis** 🌱🍃🌱🌱 🌱 (293 kcal) **1.76**  
Two plain poppadums 🌱🍃🌱🌱 (86 kcal) **47p**

<b>Katsu curries</b> With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.	
<b>Katsu grilled chicken curry</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> 542 kcal Sliced char-grilled chicken breast	soft drink* <b>11.07</b> each
<b>Katsu Quorn™ nugget curry</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 686 kcal Eight coated pieces	alcoholic drink* <b>12.83</b> each
<b>Katsu chicken curry</b> 828 kcal Sliced whole breaded chicken breast fillet	

## Jacket potatoes 🌱🍃🌱🌱 INCLUDES A DRINK 🌱🍃🌱🌱

<b>With side salad and one filling. Extra fillings 1.30 each.</b>	
<b>Coleslaw</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 559 kcal	
<b>Cheese</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 512 kcal	soft drink* <b>9.18</b> each
<b>Baked beans</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> <span>UNUS 500</span> 482 kcal	alcoholic drink* <b>10.94</b> each
<b>Chilli bean non-carne</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> <span>UNUS 500</span> 442 kcal	
<b>Roasted vegetables</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> <span>UNUS 500</span> 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

**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

**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

**Fiesta burger** 🌱🍃🌱🌱 1380 kcal  
🌱🍃🌱🌱 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

<b>Triple American cheese &amp; bacon burger</b> 1770 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>13.71</b> alcoholic drink* <b>15.47</b>
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## Additional toppings and burger patties

<b>Maple-cured bacon with Cheddar cheese</b> 173 kcal	<b>2.14</b>
<b>Maple-cured bacon with American-style cheese</b> 160 kcal	<b>2.14</b>
<b>Cheddar cheese</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 82 kcal	<b>1.52</b>
<b>American-style cheese</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 69 kcal	<b>1.52</b>
<b>Maple-cured bacon</b> 91 kcal	<b>1.52</b>
<b>Crunchy chicken strip</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 92 kcal	<b>1.50</b>

<b>3oz beef patty</b> 168 kcal	
<b>Char-grilled chicken breast</b> 187 kcal	
<b>Fried buttermilk chicken</b> 473 kcal	each <b>1.97</b>
<b>Fried halloumi-style cheese</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 298 kcal	
<span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> BEYOND MEAT patty <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 184 kcal	

## Noodles, salads and pastas

### INCLUDES A DRINK 🌱🍃🌱🌱

<b>NEW Ramen noodle bowl</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> <span>UNUS 500</span> 466 kcal	soft drink* <b>8.99</b>	alcoholic drink* <b>10.75</b>
Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: <b>Char-grilled chicken breast</b> (93 kcal) <b>1.15</b> <b>Poached egg</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> (63 kcal) <b>93p</b>		
<b>Chicken &amp; maple-cured bacon salad</b> 11.72	<b>13.48</b>	
Choose: <b>Char-grilled chicken breast</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 283 kcal <b>Southern-fried chicken breast strips</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 465 kcal		
<b>Mediterranean salad</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 500</span> 334 kcal	<b>10.60</b>	<b>12.36</b>
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: <b>Roasted vegetables</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> (90 kcal) <b>1.53</b> <b>Char-grilled chicken breast</b> (187 kcal) <b>1.97</b>		
<b>Burrito salad bowl</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 668 kcal	<b>10.88</b>	<b>12.64</b>
Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: <b>Char-grilled chicken breast</b> (187 kcal) <b>1.97</b> <b>Chilli bean non-carne</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> (149 kcal) <b>1.97</b>		

<b>Pasta alfredo</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket	<b>11.17</b>	<b>12.93</b>
Add: <b>Char-grilled chicken breast</b> (187 kcal) <b>1.97</b> <b>Maple-cured bacon</b> (91 kcal) <b>1.52</b>		

**British beef & pancetta lasagne** 11.72 **13.48** |  || Choose: Side salad 761 kcal; Chips 1295 kcal |  |  |

## 11" pizzas 🌱🍃🌱🌱 INCLUDES A DRINK 🌱🍃🌱🌱

**Sourdough base - proved, stretched, topped and freshly baked to order.**

<b>Margherita</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 934 kcal. Mozzarella, basil	soft drink* <b>11.02</b>	alcoholic drink* <b>12.78</b>
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<b>Pepperoni</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 1151 kcal. Mozzarella, pepperoni	
<b>Ham and mushroom</b> 1011 kcal Mozzarella, ham, mushroom, rocket	soft drink* <b>12.18</b> each
<b>BBQ chicken</b> 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	alcoholic drink* <b>13.94</b> each
<b>Roasted vegetable</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	
<b>Vegan roasted vegetable</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>5%</span> 709 kcal Mushroom, roasted pepper, courgette, onion, basil	

<b>Spicy meat feast</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 1214 kcal	<b>13.36</b>	<b>15.12</b>
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		

<b>Additional toppings</b>		
<b>Red onion</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 10 kcal; <b>Sliced chillies</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 3 kcal; <b>Mushroom</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 4 kcal	each <b>88p</b>	
<b>Garlic &amp; herb dip</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 180 kcal; <b>Mozzarella</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>UNUS 150</span> 150 kcal; <b>Ham</b> 71 kcal		
<b>Chicken breast</b> 94 kcal; <b>Maple-cured bacon</b> 91 kcal	each <b>1.15</b>	
<b>Pepperoni</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> 109 kcal; <b>Roasted vegetables</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span> <span>🌱</span> 90 kcal	each <b>1.53</b>	

## Small pub classics 🌱🍃🌱🌱 INCLUDES A DRINK 🌱🍃🌱🌱

<b>Small freshly battered cod and chips</b> <span><span>🌱</span><span>🍃</span><span>🌱</span><span>🌱</span></span>	soft drink* <b>10.20</b>	alcoholic drink* <b>11.96</b>
Peas 681 kcal or mushy peas 739 kcal		
<b>Small Whitby breaded scampi</b>	<b>10.20</b>	<b>11.96</b>
Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi</		