

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal) 34p	4.23		
Small bowl of chips	602 kcal	2.48		
Five chicken wings	407 kcal	3.34		
NEW Five chicken breast bites	161 kcal	2.99		
Eight Whitby breaded scampi	464 kcal	4.99		
Grilled halloumi-style cheese	447 kcal	1.97		
Peas	133 kcal	94p		
Mushy peas	248 kcal	94p		
Side salad	91 kcal	2.29		
Mediterranean side salad	198 kcal	3.22		
Roasted vegetables	135 kcal	1.53		
Colestlaw	399 kcal	1.40		
Sliced chillies	3 kcal	88p		
Chicken gravy	50 kcal	94p		
Onion rings	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread	8* 386 kcal	4.40	11* 772 kcal	5.57
With cheese	8* 473 kcal	4.98	11* 922 kcal	6.44

Desserts

NEW Salted caramel sticky toffee pudding	4.99
Vanilla ice cream 877 kcal or custard 741 kcal	
NEW Millionaire's shortbread	4.09
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal
Vanilla ice cream	
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	537 kcal
Vanilla ice cream 673 kcal or custard 537 kcal	
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
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	

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% = 5% fat or less UNDER 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.⁸

BREAKFAST

Served
8am - 12 noon

Large breakfast	1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	UNDER 500 435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal) 75p		
Freedom breakfast	586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	UNDER 500 291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	5% UNDER 500 252 kcal (plain)	2.09
Add: Banana (110 kcal) 62p; Maple-flavour syrup (125 kcal) 34p		
Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p		
Honey (91 kcal) 34p; Sliced apple (46 kcal) 62p		

Breakfast extras

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

Breakfast butties and wraps

Bacon butty	574 kcal. Three rashers of bacon, buttered white bloomer bread	3.88
Sausage butty	714 kcal	3.88
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	3.88
Two vegan sausages, buttered white bloomer bread		
NEW Vegan option available with vegan spread 5% UNDER 500 435 kcal		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*		
Egg & cheese muffin	UNDER 500 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	UNDER 500 314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	UNDER 500 417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	UNDER 500 330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	UNDER 500 482 kcal	4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	5% UNDER 500 271 kcal	4.01
Guacamole, pico de gallo, on an English muffin, rocket		
Add: Maple-cured bacon (91 kcal) 1.52; Poached egg (63 kcal) 93p		
Grilled halloumi-style cheese (447 kcal) 1.97		
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: jdetherspoon.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).

NEW Fiesta brunch	659 kcal	3.88
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
American-style pancakes		
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal		
Four pancakes, maple-flavour syrup. 554 kcal		
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal		
Two pancakes, maple-flavour syrup. 277 kcal		
Scrambled egg on toast	570 kcal	3.77
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal. Buttered white bloomer toast	3.66
NEW Vegan option available with vegan spread 5% UNDER 500 460 kcal		
Small beans on toast	5% UNDER 500 252 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	2.47
White bloomer bread		
Fresh fruit	5% UNDER 500 200 kcal	3.66
Apple, banana, blueberries, strawberries		
NEW Fresh fruit and yoghurt	5% UNDER 500 334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		


Breakfast wrap	724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Tea, coffee and hot chocolate

FREE REFILLS*

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —



£1.56

each

Biscuits

Walkers shortbread 151 kcal 71p

Stem ginger biscuit 123 kcal 71p

Belgian chocolate biscuit 129 kcal 71p

Salted caramel brownie bar 316 kcal 1.64

for the facts
drinkaware.co.uk

jdetherspoon.com

STD

FOOD

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



Godfrey Morgan, Viscount Tredegar, was Newport's greatest benefactor; his name now adorns this Wetherspoon pub. The most influential family Newport has ever known, the Morgans lived in Tredegar House from the early 15th century until 1951.





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

<p>FOOD HYGIENE RATING</p> <p>1 2 3 4 5</p> <p>5</p>	<p>Food hygiene rating</p> <p>We have been awarded the maximum food hygiene rating of 5 in our pub.</p>	<p>CERTIFIED SUSTAINABLE SEAFOOD MSC</p> <p>www.msc.org</p>	<p>Sustainable fish</p> <p>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.</p>
<p>100% UK AND IRISH BEEF</p>	<p>100% UK and Irish beef</p> <p>From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.</p>	<p>RSPCA ASSURED</p> <p>CERTIFICATION MARK</p>	<p>Free-range eggs</p> <p>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.</p>

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

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

Breakfast
8am - 12 noon
Traditional breakfast
£4.99

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
£3.08
soft drink* | alcoholic drink*
£4.11 | **£5.64**

Burger meals
INCLUDES A DRINK* 🍷🍷
Featuring 3oz American burger
soft drink* | alcoholic drink*
£5.44 | **£6.97**

Afternoon deals
INCLUDES A DRINK* 🍷🍷
Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips
soft drink* | alcoholic drink*
£6.09 | **£7.62**

Steak Club
INCLUDES A DRINK* 🍷🍷
Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin
soft drink* | alcoholic drink*
£9.67 | **£11.20**

Curry Club
INCLUDES A DRINK* 🍷🍷
Thursday 11.30am - 11pm
Featuring the katsu curry range
soft drink* | alcoholic drink*
£7.91 | **£9.44**

INCLUDES A DRINK* 🍷🍷
Choose from over 150 drinks

<p>LAVAZZA</p> <p>TORINO, ITALIA, 1895</p> <p>100% ARABICA BEANS</p>	<p>Coffee</p> <p>The freshly ground 100% Arabica Lavazza coffee* we serve is from Rainforest Alliance-certified farms.</p>
<p>OUT TO LUNCH</p> <p>soil Association</p>	<p>Award-winning children's menu</p> <p>Best children's meals (first place) Independently run 'secret diner' survey.</p>
<p>FOOD MILE GOOD</p> <p>2024 - 2026</p>	<p>Sustainable Restaurant Association</p> <p>Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.</p>









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UNLIMITED
FREE Wi-Fi

Small plates | Any 3 for £14.93













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

Margherita  <small>UNDER 500</small> 467 kcal. Mozzarella, basil	5.91
Pepperoni  575 kcal. Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable  514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable  <small>5% UNDER 500</small> 355 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast  615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09

NEW Char-grilled halloumi-style cheese  514 kcal Rocket, roasted pepper, courgette, onion, salsa	4.96
11" garlic pizza bread  772 kcal	5.57
Nachos   695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Bowl of chips  964 kcal	4.23
Bowl of chips with curry sauce  1082 kcal	5.58
Cheesy chips  1256 kcal	5.41
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup  <small>5% UNDER 500</small> 374 kcal. White bloomer bread	4.23











NEW Vegan option available with vegan spread  5% UNDER 500 285 kcal

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  <small>UNDER 500</small> 396 kcal	4.96
Chicken bites <small>UNDER 500</small> 322 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips <small>UNDER 500</small> 459 kcal. Five chicken breast strips	6.09
Chicken wings  813 kcal. Ten spicy chicken wings	6.75
Quorn™ nuggets  <small>UNDER 500</small> 331 kcal. Eight coated pieces	5.19

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 3.08 each
Small vegetarian brunch wrap  545 kcal Fried egg, two vegan sausages, Cheddar cheese	soft drink* 4.11 each
Small shawarma chicken  502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	alcoholic drink* 5.64 each
Small Quorn™ nuggets  <small>UNDER 500</small> 310 kcal Salad leaves, tomato, cucumber, salsa	
Small southern-fried chicken  <small>UNDER 500</small> 399 kcal Salad leaves, smoky chipotle mayo	
Small cold chicken breast   <small>5% UNDER 500</small> 277 kcal Salad leaves, sweet chilli sauce	
Small fried halloumi-style cheese   <small>UNDER 500</small> 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	
Cold chicken breast   479 kcal Salad leaves, sweet chilli sauce	soft drink* 5.70 each
Fried halloumi-style cheese   707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	alcoholic drink* 7.23 each

Paninis

Tuna mayo and Cheddar cheese 590 kcal	
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); Tomato & basil soup  (150 kcal)	
Spicy rice  (208 kcal); Chips  (602 kcal) 1.44 each	

Adults need around 2000 kcal a day.⁹


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* 5.44 each
Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 6.97 each
Skinny beef burger <small>UNDER 500</small> 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* 6.04 each
	alcoholic drink* 7.57 each






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* 7.73 each
Double classic beef burger 1119 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 9.26 each
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 8.30 each
	alcoholic drink* 9.83 each

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* 5.44 each
	alcoholic drink* 6.97 each










Served with chips (602 kcal, included in Calories below).	
Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet	soft drink* 7.73 each
Char-grilled chicken breast burger 970 kcal	alcoholic drink* 9.26 each
Skinny chicken burger <small>5% UNDER 500</small> 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* 7.73 each
Breaded vegetable burger  1039 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink* 9.26 each
Fried halloumi-style cheese burger   1118 kcal. Sweet chilli sauce	

Curries

Classic curries With basmati pilau rice, plain naan and poppadums.	
Mangalorean roasted cauliflower & spinach curry   <small>5% UNDER 500</small> 927 kcal	
Chicken tikka masala  1190 kcal	soft drink* 9.84 each
Chicken jalfrezi  <small>5% UNDER 500</small> 935 kcal	alcoholic drink* 11.37 each
Beef Madras  1043 kcal	
Change your plain naan to a garlic naan  (add 92 kcal) 47p	

Simple curries With basmati pilau rice or chips.	
Simple Mangalorean roasted cauliflower & spinach curry  <small>5% UNDER 500</small> 927 kcal Choose: Basmati pilau rice  568 kcal; Chips 970 kcal	
Simple chicken tikka masala  1190 kcal Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	soft drink* 7.62 each
Simple chicken jalfrezi  935 kcal Choose: Basmati pilau rice  575 kcal; Chips 977 kcal	alcoholic drink* 9.15 each
Simple beef Madras  1043 kcal Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal	
Add: One vegetable samosa and two onion bhajis   (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 <small>5% UNDER 500</small> 542 kcal Sliced char-grilled chicken breast	soft drink* 8.73 each
Katsu Quorn™ nugget curry  686 kcal Eight coated pieces	alcoholic drink* 10.26 each
Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet	

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* 9.93 each
Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze	alcoholic drink* 11.46 each
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	

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 kcal	

Fiesta burger 1380 kcal





 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion	
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Triple American cheese & bacon burger 1770 kcal	soft drink* 11.38
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	alcoholic drink* 12.91



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
Breaded vegetable patty  257 kcal	
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	soft drink* 10.83 each
Coleslaw, garlic & herb dip	
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal	
Spicy rice 1059 kcal; Mashed potato 1137 kcal; Chips 1453 kcal	
Hot and spicy  Char-grilled in a Naga chilli & citrus glaze	alcoholic drink* 12.36 each
Coleslaw, Naga chilli dip	
Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal	
Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal	
Char-grilled half chicken, mash and gravy 818 kcal	
Lemon & herb chicken, peas, chicken gravy	

Chicken baskets

Chicken wing basket  Eight wings, coleslaw, Naga chilli dip	
Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal	
Boneless basket  <small>5% UNDER 500</small> 835 kcal Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce	soft drink* 8.68 each
Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal	alcoholic drink* 10.21 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	
Southern-fried chicken strips basket  <small>5% UNDER 500</small> 835 kcal 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   <small>5% UNDER 500</small> 835 kcal Eight coated pieces, coleslaw, sweet chilli sauce	
Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal	
Add: Chicken gravy (50 kcal) 94p	

11" pizzas

Sourdough base – proved, stretched, topped and freshly baked to order.	soft drink*	alcoholic drink*
Margherita  934 kcal. Mozzarella, basil	8.68	10.21
Pepperoni  1151 kcal. Mozzarella, pepperoni		
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket	soft drink* 9.84 each	
BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	alcoholic drink* 11.37 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	11.02	12.55
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
