

## Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal) 34p	4.50
Small bowl of chips	602 kcal	2.65
Five chicken wings	407 kcal	3.34
<b>NEW</b> Five chicken breast bites	161 kcal	2.99
Eight Whitby breaded scampi	464 kcal	4.99
Grilled halloumi-style cheese	447 kcal	1.97
Mediterranean side salad	198 kcal	3.22
Sliced chillies	3 kcal	88p
Peas	133 kcal	94p
Mushy peas	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
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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

<b>NEW</b> Chocolate & salted caramel torte	5.91
Chocolate biscuit base, chocolate & salted caramel filling	
Vanilla ice cream	746 kcal or coconut ice cream 701 kcal
<b>NEW</b> Salted caramel sticky toffee pudding	6.16
Vanilla ice cream	877 kcal or custard 741 kcal
Millionaire's shortbread	409 kcal
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	6.22
Vanilla ice cream	673 kcal, coconut ice cream 628 kcal or custard 537 kcal
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
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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 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	8.01
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	6.31
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	5.41
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal)	75p	
Freedom breakfast	586 kcal	5.41
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	8.01
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	6.31
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	5.41
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	5.91
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	8.01
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	6.16
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	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		
<b>NEW</b> Shakshuka	547 kcal	6.50
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta		
Add: Grilled halloumi-style cheese (447 kcal) 1.97		
Maple-cured bacon (91 kcal) 1.52		
<b>NEW</b> Fiesta brunch	659 kcal	4.36
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	6.50
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	6.50
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	6.50
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		

<b>NEW</b> Hash brown basket	410 kcal	1.99
American-style pancakes		
<b>NEW</b> Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	708 kcal	6.16
Four pancakes, maple-cured bacon, maple-flavour syrup.	645 kcal	6.16
Four pancakes, maple-flavour syrup.	554 kcal	5.45
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup.	322 kcal	4.70
Two pancakes, maple-flavour syrup.	277 kcal	4.42
Scrambled egg on toast	570 kcal	4.93
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal. Buttered white bloomer toast	3.77
Vegan option available with vegan spread	460 kcal	
Small beans on toast	252 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	2.58
White bloomer bread		
Fresh fruit	200 kcal	3.77
Apple, banana, blueberries, strawberries		
<b>NEW</b> Fresh fruit and yoghurt	334 kcal	5.41
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

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).

## 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
Four rashers of maple-cured bacon	91 kcal		1.52
Two mushrooms	100 kcal		93p
Two grilled tomato halves	16 kcal		52p
Grilled halloumi-style cheese	447 kcal		1.97

## Breakfast butties and wraps

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	541 kcal	4.36
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread	435 kcal	
Breakfast wrap	724 kcal	5.52
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	5.52
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
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin	314 kcal
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin	417 kcal
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin	330 kcal
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin	482 kcal
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin	271 kcal
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	

## Tea, coffee and hot chocolate

<b>FREE REFILLS</b> TEA, COFFEE AND HOT CHOCOLATE — ALL DAY EVERY DAY —	
<b>LAVAZZA</b> TORINO, ITALIA 1895	
100% ARABICA BEANS	
£1.56 each	
Flat white	92 kcal
Cappuccino	102 kcal
Latte	113 kcal
Mocha	147 kcal
Espresso	6 kcal
Black coffee	6 kcal
White coffee	24 kcal
Hot chocolate	169 kcal
Tea with semi-skimmed milk	14 kcal
Dairy alternative: oat sachet 4 kcal	
Decaffeinated tea and coffee available.	
<b>Biscuits</b>	
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

LSTD

# FOOD

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

## The Rockingham Arms

Elephant & Castle



Metro Central Heights is the former headquarters of the Department of Health and Social Security. Purpose built in the early 1960s, it covers the site of the long-standing Rockingham Arms. From towards the end of the 19th century, this site was occupied by the Tarns Department Store and the Isaac Waltons Store after that. The emporium was destroyed during the 40s' Blitz, like the long-standing Rockingham Arms pub, on the corner of what is now Metro Central Heights.



## 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

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



### 100% UK and Irish beef

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



### Sustainable fish

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



### Free-range eggs

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



### 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'.

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Over 50 hotels in England, Ireland, Scotland and Wales

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at jdetherspoon.com, on our app or by phone.

UNLIMITED FREE Wi-Fi

goodfoodtalks

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

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

MENU\_1260

## 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> 467 kcal. Mozzarella, basil	<b>6.61</b>
<b>Pepperoni</b> <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> 514 kcal. Mozzarella, mushroom, roasted pepper, courgette, onion, basil	<b>7.20</b>
<b>Roasted vegetable and vegan cheese</b> <span><span><span></span></span></span> <span><span></span></span> 5% <span><span></span></span> <span><span></span></span> 500 416 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>NEW Char-grilled halloumi-style cheese</b> <span><span><span></span></span></span> 514 kcal. Rocket, roasted pepper, courgette, onion, salsa	<b>6.20</b>
<b>11" garlic pizza bread</b> <span><span><span></span></span></span> 772 kcal	<b>5.57</b>
<b>Nachos</b> <span><span><span></span></span></span> <span><span></span></span> 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	<b>6.31</b>
<b>Bowl of chips</b> <span><span><span></span></span></span> 964 kcal	<b>4.50</b>
<b>Bowl of chips with curry sauce</b> <span><span><span></span></span></span> 1082 kcal	<b>6.03</b>
<b>Cheesy chips</b> <span><span><span></span></span></span> 1256 kcal	<b>5.69</b>
<b>Loaded chips</b> 1303 kcal. Cheese, maple-cured bacon, sour cream	<b>6.31</b>
<b>Tomato &amp; basil soup</b> <span><span><span></span></span></span> <span><span></span></span> 5% <span><span></span></span> 500 374 kcal. White bloomer bread	<b>5.98</b>
Vegan option available with <b>vegan spread</b> <span><span><span></span></span></span> <span><span></span></span> 5% <span><span></span></span> 500 285 kcal	

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

<b>NEW</b> Korean-style dip <span><span><span></span></span></span> 96 kcal; Sweet chilli <span><span><span></span></span></span> <span><span></span></span> 37 kcal; Sticky soy <span><span><span></span></span></span> 100 kcal	
Naga chilli <span><span><span></span></span></span> <span><span></span></span> 136 kcal; Jack Daniel's® Tennessee Honey glaze <span><span><span></span></span></span> <span><span></span></span> 87 kcal	
Chipotle mayo <span><span><span></span></span></span> <span><span></span></span> 150 kcal; Blue cheese <span><span><span></span></span></span> 270 kcal; BBQ sauce <span><span><span></span></span></span> 83 kcal	
<b>Halloumi-style fries</b> <span><span><span></span></span></span> <span><span></span></span> 396 kcal	<b>6.20</b>
<b>Chicken bites</b> <span><span><span></span></span></span> 322 kcal. Ten battered chicken breast pieces	<b>6.31</b>
<b>Southern-fried chicken strips</b> <span><span><span></span></span></span> <span><span></span></span> 459 kcal. Five chicken breast strips	<b>6.43</b>
<b>Chicken wings</b> <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> 331 kcal. Eight coated pieces	<b>6.03</b>

## Deli Deals INCLUDES A DRINK

All wraps and paninis are freshly made to order.

**NEW 10" wraps** A smaller wrap and filling.

<b>Small Korean fried chicken</b> 384 kcal. Iceberg lettuce, cucumber, coriander, Korean-style sauce	
<b>Small brunch wrap</b> 559 kcal. Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink
<b>Small vegetarian brunch wrap</b> <span><span><span></span></span></span> 545 kcal. Fried egg, two vegan sausages, Cheddar cheese	<b>4.79</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	soft drink* <b>5.86</b> each
<b>Small Quorn™ nuggets</b> <span><span><span></span></span></span> <span><span></span></span> 310 kcal. Salad leaves, tomato, cucumber, salsa	alcoholic drink* <b>7.62</b> each
<b>Small southern-fried chicken</b> <span><span><span></span></span></span> <span><span></span></span> 399 kcal. Salad leaves, smoky chipotle mayo	
<b>Small cold chicken breast</b> <span><span><span></span></span></span> <span><span></span></span> 5% <span><span></span></span> 500 277 kcal. Salad leaves, sweet chilli sauce	
<b>Small fried halloumi-style cheese</b> <span><span><span></span></span></span> <span><span></span></span> 391 kcal. Salad leaves, sweet chilli sauce, tomato, cucumber	
Add: Small side salad <span><span><span></span></span></span> (46 kcal); Small portion of chips <span><span><span></span></span></span> (329 kcal) <b>1.03</b> each	

### 12" wraps

<b>NEW</b> Korean fried chicken 618 kcal. Iceberg lettuce, cucumber, coriander, Korean-style sauce	
<b>Shawarma chicken</b> <span><span><span></span></span></span> <span><span></span></span> 719 kcal. Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	
<b>Southern-fried chicken</b> <span><span><span></span></span></span> <span><span></span></span> 609 kcal. Salad leaves, smoky chipotle mayo	
<b>Cold chicken breast</b> <span><span><span></span></span></span> <span><span></span></span> 479 kcal. Salad leaves, sweet chilli sauce	
<b>Fried halloumi-style cheese</b> <span><span><span></span></span></span> <span><span></span></span> 707 kcal. Salad leaves, sweet chilli sauce, tomato, cucumber	
<b>Quorn™ nuggets</b> <span><span><span></span></span></span> <span><span></span></span> 508 kcal. Tomato, cucumber, salsa	soft drink* <b>7.43</b> each

### Paninis

<b>NEW</b> Roasted vegetable and vegan cheese <span><span><span></span></span></span> 480 kcal	
<b>Tuna mayo and Cheddar cheese</b> 590 kcal	
<b>Cheddar cheese and tomato</b> <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: Side salad <span><span><span></span></span></span> (91 kcal); Tomato & basil soup <span><span><span></span></span></span> (150 kcal)	
Spicy rice <span><span><span></span></span></span> (208 kcal); Chips <span><span><span></span></span></span> (602 kcal) <b>1.44</b> each	

## 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).	soft drink* <b>7.20</b> each
<b>American burger</b> 696 kcal. Red onion, gherkin, ketchup, American-style mustard	alcoholic drink* <b>8.96</b> each
<b>Classic beef burger</b> 677 kcal. Iceberg lettuce, tomato, red onion	
<b>Skinny beef burger</b> <span><span><span></span></span></span> <span><span></span></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>7.78</b>	alcoholic drink* <b>9.54</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>9.46</b> each
<b>Double classic beef burger</b> 1119 kcal. Iceberg lettuce, tomato, red onion	alcoholic drink* <b>11.22</b> each

<b>Double American cheese burger</b> 1207 kcal. American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* <b>10.04</b>	alcoholic drink* <b>11.80</b>
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### Gourmet burgers

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

<b>Ultimate burger</b> 1656 kcal. Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin		
<b>Tennessee burger</b> Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze		
Choose: Beef (two 3oz beef patties) 1567 kcal		
<b>Char-grilled chicken breast</b> 1417 kcal. Fried buttermilk chicken 1703 kcal		
<b>BBQ burger</b> Maple-cured bacon, Cheddar cheese, BBQ sauce		
Choose: Beef (two 3oz beef patties) 1644 kcal		
<b>Char-grilled chicken breast</b> 1494 kcal. Fried buttermilk chicken 1780 kcal		
<b>Heatwave burger</b> <span><span><span></span></span></span> <span><span></span></span> Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing	soft drink* <b>11.66</b> each	
Choose: Char-grilled chicken breast 1722 kcal; Fried buttermilk chicken 2007 kcal		
<b>Fiesta burger</b> <span><span><span></span></span></span> 1380 kcal. <span><span><span></span></span></span> BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion	alcoholic drink* <b>13.42</b> each	
<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>13.12</b>	alcoholic drink* <b>14.88</b>

## 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> 927 kcal	soft drink* <b>11.60</b> each	alcoholic drink* <b>13.36</b> each
<b>Chicken tikka masala</b> <span><span><span></span></span></span> 1190 kcal		
<b>Chicken jalfrezi</b> <span><span><span></span></span></span> <span><span></span></span> 935 kcal		
<b>Beef Madras</b> <span><span><span></span></span></span> <span><span></span></span> 1043 kcal		

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

**Simple curries** With basmati pilau rice or chips.

<b>Simple Mangalorean roasted cauliflower &amp; spinach curry</b> <span><span><span></span></span></span> <span><span></span></span> Choose: Basmati pilau rice <span><span><span></span></span></span> 568 kcal; Chips 970 kcal		
<b>Simple chicken tikka masala</b> <span><span><span></span></span></span> Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	soft drink* <b>9.37</b> each	alcoholic drink* <b>11.13</b> each
<b>Simple chicken jalfrezi</b> <span><span><span></span></span></span> Choose: Basmati pilau rice <span><span><span></span></span></span> 575 kcal; Chips 977 kcal		
<b>Simple beef Madras</b> <span><span><span></span></span></span> 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**

<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> 542 kcal. Sliced char-grilled chicken breast		
<b>Katsu Quorn™ nugget curry</b> <span><span><span></span></span></span> 686 kcal. Eight coated pieces		
<b>Katsu chicken curry</b> 828 kcal. Sliced whole breaded chicken breast fillet	soft drink* <b>10.49</b> each	alcoholic drink* <b>12.25</b> each

**Adults need around 2000 kcal a day.**<sup>3</sup>

<b>Chicken burgers</b> Served with a small portion of chips (329 kcal, included in Calories below).	soft drink* <b>7.20</b> each
<b>NEW</b> Korean crunchy chicken strip burger 712 kcal. Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce	alcoholic drink* <b>8.96</b> each
<b>Crunchy chicken strip burger</b> 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>9.46</b> each
<b>Char-grilled chicken breast burger</b> 970 kcal. <b>Skinny chicken burger</b> <span><span><span></span></span></span> <span><span></span></span> 394 kcal. Char-grilled chicken breast, with a side salad, instead of chips	alcoholic drink* <b>11.22</b> each

### Meat-free burgers

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

<b>Beyond Burger™</b> <span><span><span></span></span></span> 1043 kcal. <span><span><span></span></span></span> BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink* <b>9.46</b> each
<b>Breaded vegetable burger</b> <span><span><span></span></span></span> 1039 kcal. Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink* <b>11.22</b> each

<b>Fried halloumi-style cheese burger</b> <span><span><span></span></span></span> <span><span></span></span> 1118 kcal. Sweet chilli sauce	
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### Just-a-burger

Served on its own, without chips or a drink.

<b>NEW</b> Korean crunchy chicken strip burger <span><span><span></span></span></span> 383 kcal. Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce	soft drink* <b>4.51</b> each
<b>American burger</b> <span><span><span></span></span></span> <span><span></span></span> 367 kcal. Red onion, gherkin, ketchup, American-style mustard	
<b>Crunchy chicken strip burger</b> <span><span><span></span></span></span> <span><span></span></span> 447 kcal. Two southern-fried chicken strips, iceberg lettuce, mayonnaise	

### 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> 82 kcal	<b>1.52</b>
<b>American-style cheese</b> <span><span><span></span></span></span> 69 kcal	<b>1.52</b>
<b>NEW</b> Vegan cheese <span><span><span></span></span></span> 57 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> 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; <b>Breaded vegetable patty</b> <span><span><span></span></span></span> 257 kcal	
<b>Fried halloumi-style cheese</b> <span><span><span></span></span></span> 298 kcal	
<span><span><span></span></span></span> BEYOND MEAT patty <span><span><span></span></span></span> 184 kcal	each <b>1.97</b>

## Chicken INCLUDES A DRINK

<b>NEW</b> Sticky Korean fried chicken bowl 961 kcal. Chicken strips, chicken breast bites, chips tossed in a Korean-style sauce, coriander, sliced chillies	soft drink* <b>10.43</b>	alcoholic drink* <b>12.19</b>
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Chicken on the bone is marinated, slow cooked and finished on the char-grill.

<b>Peri-peri char-grilled half chicken</b>	
<b>Lemon and herb</b> <span><span><span></span></span></span> Char-grilled in a lemon & herb glaze. Coleslaw, garlic & herb dip	
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal	
<b>Spicy rice</b> 1059 kcal; <b>Mashed potato</b> 1137 kcal; Chips 1453 kcal	
<b>Hot and spicy</b> <span><span><span></span></span></span> Char-grilled in a Naga chilli & citrus glaze. Coleslaw, Naga chilli dip	soft drink* <b>12.60</b> each
Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal	
<b>Spicy rice</b> 1029 kcal; <b>Mashed potato</b> 1107 kcal; Chips 1423 kcal	alcoholic drink* <b>14.36</b> each
<b>Char-grilled half chicken, mash and gravy</b> 818 kcal. Lemon & herb chicken, peas, chicken gravy	

### Chicken baskets

<b>Boneless basket</b> <span><span><span></span></span></span> Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce	soft drink* <b>10.43</b> each
Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal	

<b>Chicken wing basket</b> <span><span><span></span></span></span> Eight wings, coleslaw, Naga chilli dip	soft drink* <b>10.43</b> each
Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal	

<b>Chicken bites basket</b> Ten battered chicken breast pieces, coleslaw, sticky soy sauce	
Choose: Side salad 623 kcal; Spicy rice <span><span><span></span></span></span> 763 kcal; Chips 1157 kcal	soft drink* <b>12.19</b> each

<b>Southern-fried chicken strips basket</b> <span><span><span></span></span></span> Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	
Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal	soft drink* <b>10.43</b> each

<b>Quorn™ 'no chicken' nuggets basket</b> <span><span><span></span></span></span> <span><span></span></span> Eight coated pieces, coleslaw, sweet chilli sauce	
Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal	soft drink* <b>10.43</b> each

## 11" pizzas INCLUDES A DRINK

<b>Sourdough base — proved, stretched, topped and freshly baked to order.</b>	soft drink* <b>10.43</b>	alcoholic drink* <b>12.19</b>
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<b>Margherita</b> <span><span><span></span></span></span> 934 kcal. Mozzarella, basil		
<b>Pepperoni</b> <span><span><span></span></span></span> 1151 kcal. Mozzarella, pepperoni		
<b>Ham and mushroom</b> 1011 kcal. Mozzarella, ham, mushroom, rocket	soft drink* <b>11.60</b> each	
<b>BBQ chicken</b> 1097 kcal. Mozzarella, BBQ sauce, chicken breast, red onion, rocket	alcoholic drink* <b>13.36</b> each	
<b>Roasted vegetable</b> <span><span><span></span></span></span> 1028 kcal. Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
<b>Roasted vegetable and vegan cheese</b> <span><span><span></span></span></span> <span><span></span></span> 5% <span><span></span></span> 829 kcal. Mushroom, roasted pepper, courgette, onion, basil		
<b>Spicy meat feast</b> <span><span><span></span></span></span> <span><span></span></span> 1214 kcal. Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	<b>12.78</b>	<b>14.54</b>

**Additional toppings**
**Red onion**  10 kcal; **Sliced chillies**   3 kcal; **Mushroom**  4 kcal. each **88p**

<b>Garlic &amp; herb dip</b> <span><span><span></span></span></span> 180 kcal; <b>Mozzarella</b> <span><span><span></span></span></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> 109 kcal; <b>Roasted vegetables</b> <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> Peas 681 kcal or mushy peas 739 kcal	soft drink* <b>9.62</b>	alcoholic drink* <b>11.38</b>
<b>Small Whitby breaded scampi</b> Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	<b>9.62</b>	<b>11.38</b>
Add: Two slices of bread <span><span><span></span></span></span> (404 kcal) <b>1.34</b>		
<b>Chip shop-style curry sauce</b> <span><span><span></span></span></span> (118 kcal) <b>1.46</b>		

<b>Small Wiltshire cured ham, egg and chips</b> <span><span><span></span></span></span> 455 kcal. One slice of Wiltshire cured ham, fried egg	<b>8.38</b>	<b>10.14</b>
<b>Small all-day brunch</b> 681 kcal. Lincolnshire sausage, bacon, fried egg, baked beans, chips	<b>8.68</b>	<b>10.44</b>
Add: Black pudding (178 kcal) <b>75p</b>		
<b>Small vegetarian all-day brunch</b> <span><span><span></span></span></span> 611 kcal. Two vegan sausages, fried egg, baked beans, chips	<b>8.68</b>	<b>10.44</b>

<b>Afternoon deal</b> <b>Mon - Fri, 2pm - 5pm</b> Choose from the above small pub classic meals.	soft drink* <b>7.85</b>	alcoholic drink* <b>9.61</b>
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## Pub classics INCLUDES A DRINK

<b>Freshly battered cod and chips</b> <span><span><span></span></span></span> Peas 1240 kcal or mushy peas 1298 kcal	soft drink* <b>11.84</b>	alcoholic drink* <b>13.60</b>
<b>Whitby breaded scampi</b> Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	<b>11.84</b>	<b>13.60</b>
Add: Two slices of bread <span><span><span></span></span></span> (404 kcal) <b>1.34</b>		
<b>Chip shop-style curry sauce</b> <span><span><span></span></span></span> (118 kcal) <b>1.46</b>		
<b>All-day brunch</b> 124		