

## Sides and extras

<b>Bowl of chips</b> 🌿 964 kcal (Add: Spicy seasoning 🌿 (8 kcal) 34p)	<b>4.23</b>
<b>Small bowl of chips</b> 🌿 602 kcal	<b>2.48</b>
<b>Five chicken wings</b> 🌶️🌶️🌶️ 402 kcal	<b>3.34</b>
<b>Eight Whitby breaded scampi</b> 527 kcal	<b>4.99</b>
<b>Grilled halloumi-style cheese</b> 🌿 446 kcal	<b>1.97</b>
<b>Peas</b> 🌿 130 kcal	<b>94p</b>
<b>Mushy peas</b> 🌿 248 kcal	<b>94p</b>
<b>Side salad</b> 🌿 87 kcal	<b>2.29</b>
<b>Mediterranean side salad</b> 🌿 198 kcal	<b>3.22</b>
<b>Roasted vegetables</b> 🌿 135 kcal	<b>1.53</b>
<b>Coleslaw</b> 🌿 399 kcal	<b>1.40</b>
<b>Sliced chillies</b> 🌶️🌶️🌶️🌶️🌶️ 3 kcal	<b>88p</b>
<b>Onion rings</b> 🌿 <b>Six</b> 269 kcal <b>2.33</b> <b>Twelve</b> 538 kcal <b>3.50</b>	
<b>Garlic pizza bread</b> 🌿 <b>8"</b> 386 kcal <b>4.40</b> <b>11"</b> 772 kcal <b>5.57</b>	
<b>With cheese</b> 🌿 <b>8"</b> 461 kcal <b>4.98</b> <b>11"</b> 922 kcal <b>6.44</b>	

## Desserts

<b>Vanilla ice cream</b> 🌿 <b>UNDER 500</b> 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	<b>1.82</b>
<b>Cookie crunch</b> 🌿 <b>UNDER 500</b> 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	<b>1.82</b>
<b>Mini warm chocolate brownie</b> 🌿 <b>UNDER 500</b> 435 kcal Belgian chocolate sauce, vanilla ice cream	<b>2.98</b>
<b>Mini warm cookie dough sandwich</b> 🌿 <b>UNDER 500</b> 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>2.98</b>
<b>Fresh fruit</b> 🌿 <b>UNDER 500</b> 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	<b>4.56</b>
<b>Warm chocolate fudge cake</b> 🌿 913 kcal. Vanilla ice cream	<b>5.33</b>
<b>Warm chocolate brownie</b> 🌿 736 kcal Belgian chocolate sauce, vanilla ice cream	<b>5.33</b>
<b>Warm cookie dough sandwich</b> 🌿 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>5.33</b>
<b>British Bramley apple crumble</b> 🌿 830 kcal Vanilla ice cream	<b>5.62</b>
<b>Add:</b>	
<b>Vanilla ice cream scoop</b> 🌿 (135 kcal) <b>94p</b>	
<b>Belgian chocolate sauce</b> 🌿 (61 kcal) <b>42p</b>	
<b>Toffee sauce</b> 🌿 (74 kcal) <b>42p</b>	
<b>Banana</b> 🌿 (101 kcal) <b>62p</b>	
<b>Strawberries</b> 🌿 (14 kcal) <b>62p</b>	
<b>Blueberries</b> 🌿 (17 kcal) <b>62p</b>	

# BREAKFAST

Served  
8am - 12 noon

<b>Large breakfast</b> 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	<b>6.59</b>	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	<b>5.14</b>
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	<b>4.99</b>	<b>Mushroom Benedict</b> 🌿 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	<b>5.14</b>
<b>Small breakfast</b> <b>UNDER 500</b> 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	<b>4.45</b>	<b>Miner's Benedict</b> 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	<b>5.14</b>
<b>Add: Two slices of black pudding</b> (355 kcal) <b>1.51</b>		<b>Scrambled egg on toast</b> 🌿 570 kcal Three eggs, buttered white bloomer toast	<b>3.77</b>
<b>Large vegetarian breakfast</b> 🌿 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	<b>6.59</b>	<b>Beans on toast</b> 🌿 <b>UNDER 500</b> 566 kcal. Buttered white bloomer toast	<b>3.66</b>
<b>Vegetarian breakfast</b> 🌿 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>4.99</b>	<b>Small beans on toast</b> 🌿 <b>UNDER 500</b> 251 kcal Buttered white bloomer toast	<b>2.62</b>
<b>Small vegetarian breakfast</b> 🌿 <b>UNDER 500</b> 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	<b>4.45</b>	<b>Two slices of toast with jam or marmalade</b> 🌿 <b>UNDER 500</b> 496 kcal White bloomer bread	<b>2.47</b>
<b>Vegan breakfast</b> 🌿 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>4.61</b>	<b>Fresh fruit</b> 🌿 <b>UNDER 500</b> 177 kcal Apple, banana, blueberries, strawberries	<b>3.66</b>
<b>Freedom breakfast</b> 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>4.45</b>	<b>Porridge</b> 🌿 <b>UNDER 500</b> 252 kcal (plain) Add: <b>Banana</b> 🌿 (101 kcal) <b>62p</b> <b>Strawberries</b> 🌿 (14 kcal) <b>62p</b> <b>Blueberries</b> 🌿 (17 kcal) <b>62p</b> <b>Honey</b> 🌿 (91 kcal) <b>34p</b>	<b>2.09</b>

## Breakfast extras

<b>Add any of the following:</b>					
<b>Two slices of black pudding</b> 355 kcal	<b>1.51</b>	<b>Two rashers of back bacon</b> 99 kcal	<b>1.57</b>	<b>Hash brown</b> 🌿 82 kcal	<b>46p</b>
<b>Sausage</b> 168 kcal	<b>1.05</b>	<b>Four rashers of maple-cured bacon</b> 91 kcal	<b>1.52</b>	<b>Two mushrooms</b> 🌿 91 kcal	<b>93p</b>
<b>Quorn™ sausage</b> 🌿 116 kcal	<b>1.05</b>	<b>Two scrambled eggs</b> 🌿 136 kcal	<b>1.63</b>	<b>Two grilled tomato halves</b> 🌿 16 kcal	<b>52p</b>
<b>Grilled halloumi-style cheese</b> 🌿 396 kcal	<b>1.97</b>	<b>Fried egg</b> 🌿 56 kcal	<b>93p</b>	<b>Slice of toast</b> 🌿 191 kcal	<b>1.13</b>
<b>Baked beans</b> 🌿 126 kcal	<b>93p</b>	<b>Poached egg</b> 🌿 63 kcal	<b>93p</b>		

## Breakfast butties and wraps

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	<b>3.88</b>	<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	<b>4.36</b>
<b>Sausage butty</b> 713 kcal. Two sausages, buttered white bloomer bread	<b>3.88</b>	<b>Vegetarian breakfast wrap</b> 🌿 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	<b>4.36</b>
<b>Quorn™ sausage butty</b> 🌿 609 kcal Two Quorn sausages, buttered white bloomer bread	<b>3.88</b>		

## Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills 🌿

<b>Egg &amp; cheese muffin</b> 🌿 <b>UNDER 500</b> 249 kcal Fried egg, American-style cheese, in an English muffin	<b>3.31</b>
<b>Egg &amp; bacon muffin</b> <b>UNDER 500</b> 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	<b>3.77</b>
<b>Egg &amp; sausage muffin</b> <b>UNDER 500</b> 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	<b>3.77</b>
<b>Egg &amp; Quorn™ sausage muffin</b> 🌿 <b>UNDER 500</b> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	<b>3.77</b>
<b>Breakfast muffin</b> <b>UNDER 500</b> 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	<b>4.01</b>

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. All prices are in pounds sterling and include VAT. Pricing 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](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 the telephone, our website and our app. \*Statement of daily calorie needs from the Department of Health & Social Care. †Excluding decaffeinated. \*Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spiritzies, 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).

## Tea, coffee and hot chocolate

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**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](http://drinkaware.co.uk)

[jdwetherspoon.com](http://jdwetherspoon.com)

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MENU\_1381

# FOOD

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

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

## The Sirhowy

Blackwood



This pub takes its name from its location in the Sirhowy Valley (in Welsh: Dyffryn Sirhyw) and the pioneering tramway which ran along the course of High Street. The valley runs from Tredegar to Newport. There are several explanations for the name's origin, the two most likely being 'siriol-gwy' (pleasant water) and 'sor-gwy' (angry water).



**Food hygiene rating**

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



**100% UK and Irish beef**

Sourced from farms in the UK and Ireland. 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 standards 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.

**Breakfast**  
8am - 12 noon  
Traditional breakfast  
**£4.99**

**Tea, coffee and hot chocolate**  
Free refills 🌿  
**£1.56** each

## 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**

How to order from your table



Download the Wetherspoon app or scan this QR code.



Or note your table number and order at the bar.



**Coffee**

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

**Tea**

The Tetley tea we serve also comes from Rainforest Alliance-certified farms.

Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.

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