

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning (8 kcal) 34p)	4.23
Small bowl of chips	602 kcal	2.48
Five chicken wings	402 kcal	3.34
Eight Whitby breaded scampi	527 kcal	4.99
Grilled halloumi-style cheese	446 kcal	1.97
Peas	130 kcal	94p
Mushy peas	248 kcal	94p
Side salad	87 kcal	2.29
Mediterranean side salad	198 kcal	3.22
Roasted vegetables	135 kcal	1.53
Coleslaw	399 kcal	1.40
Sliced chillies	3 kcal	88p
Onion rings	Six 269 kcal 2.33 Twelve 538 kcal 3.50	
Garlic pizza bread	8' 386 kcal 4.98 11' 772 kcal 6.14	
With cheese	8' 461 kcal 5.57 11' 922 kcal 7.02	

Desserts

Vanilla ice cream	338 kcal	2.11
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	365 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	435 kcal	3.28
Salted caramel filling, toffee sauce, vanilla ice cream		
Fresh fruit	447 kcal	5.16
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	913 kcal, Vanilla ice cream	5.91
Warm chocolate brownie	736 kcal	5.91
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	735 kcal	5.91
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble	830 kcal	6.22
Vanilla ice cream		
Add:		
Vanilla ice cream scoop	(135 kcal) 94p	
Belgian chocolate sauce	(61 kcal) 42p	
Toffee sauce	(74 kcal) 42p	
Banana	(101 kcal) 62p	
Strawberries	(14 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 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	8.24	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.74
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	6.54	Mushroom Benedict 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.74
Small breakfast 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	5.62	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.74
Add: Two slices of black pudding (355 kcal) 1.51			
Large vegetarian breakfast 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	8.24	Scrambled egg on toast 570 kcal Three eggs, buttered white bloomer toast	5.16
Vegetarian breakfast 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	6.54	Beans on toast 566 kcal. Buttered white bloomer toast	4.01
Small vegetarian breakfast 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.62	Two slices of toast with jam or marmalade 496 kcal White bloomer bread	2.80
Vegan breakfast 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	6.14	Fresh fruit 177 kcal Apple, banana, blueberries, strawberries	4.01
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.62	Porridge 252 kcal (plain) Add: Banana (101 kcal) 62p Strawberries (14 kcal) 62p Blueberries (17 kcal) 62p Honey (91 kcal) 34p	2.09

Breakfast extras

Add any of the following:

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

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.59	Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	5.75
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.59	Vegetarian breakfast wrap 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	5.75
Quorn™ sausage butty 609 kcal Two Quorn sausages, buttered white bloomer bread	4.59		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills⁹

Egg & cheese muffin 249 kcal Fried egg, American-style cheese, in an English muffin	4.70
Egg & bacon muffin 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	5.16
Egg & sausage muffin 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	5.16
Egg & Quorn™ sausage muffin 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	5.16
Breakfast muffin 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	5.40
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: 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 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, spirits, 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

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

LAVAZZA TORINO, ITALIA, 1895

100% ARABICA BEANS

£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

Flat white 92 kcal
Cappuccino 102 kcal
Latte 113 kcal
Mocha 147 kcal
Espresso 6 kcal
Black coffee 6 kcal
White coffee 24 kcal
(Oat milk available 4 kcal)
Hot chocolate 169 kcal
Tea Tetley
with semi-skimmed milk 14 kcal
(Oat milk available 4 kcal)
Decaffeinated tea and coffee available.

for the facts
drinkaware.co.uk

jdetherspoon.com

SWSEA

MENU_6383

FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks

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 Penrith 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.

FOOD HYGIENE RATING
1 2 3 4 5
VERY GOOD

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 standards for well-managed and sustainable fisheries.

100% ARABICA BEANS
RSPCA ASSURED
CERTIFICATION MARK

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 refills⁹
£1.56 each

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

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.

LAVAZZA TORINO, ITALIA, 1895

100% ARABICA BEANS

100% ARABICA BEANS
RAINFORREST ALLIANCE
TRADE & NATURE

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.

wetherspoon hotels

57 HOTELS in England, Ireland, Scotland and Wales
Book direct for the best rates*
jdetherspoon.com or on our app

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

UNLIMITED FREE Wi-Fi

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

Small plates | Any 3 for £17.75

8" pizzas on a freshly baked sourdough base.

Margherita V ^{UNDER 500} 470 kcal Mozzarella, basil	6.61
Pepperoni V ⁵⁷⁸ kcal Mozzarella, pepperoni	7.20
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	7.20
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.20
Roasted vegetable V 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.20
Vegan roasted vegetable V ^{5%} ^{UNDER 500} 353 kcal Mushroom, roasted pepper, courgette, onion, basil	7.20
Spicy meat feast V ⁶¹⁸ kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.80

11" garlic pizza bread V 772 kcal	6.14
Nachos V 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	6.09
Bowl of chips V 964 kcal	4.23
Bowl of chips with curry sauce V 1082 kcal	5.86
Cheesy chips V 1256 kcal	5.53
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.31

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

Sweet chilli V ⁴⁸ kcal	
Sticky soy V 100 kcal	
Naga chilli V ¹³⁶ kcal	
Jack Daniel's® Tennessee Honey glaze V 87 kcal	
Chipotle mayo V ¹⁵⁰ kcal	
Blue cheese V 270 kcal	

Halloumi-style fries V ^{UNDER 300} 396 kcal	6.20
Chicken bites ³⁵⁰ 298 kcal Ten battered chicken breast pieces	6.48
Southern-fried chicken strips V ^{UNDER 500} 459 kcal Five chicken breast strips	6.43
Chicken wings V ⁸⁰⁴ kcal Ten spicy chicken wings	7.21
Quorn™ nuggets V ^{UNDER 500} 331 kcal Eight coated pieces	6.03

Deli Deals [®] INCLUDES A DRINK **V** **V**

Paninis

Cheddar cheese and tomato **V** 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal	
BBQ chicken, bacon and Cheddar cheese 572 kcal	
Wraps	
Quorn™ nuggets V 534 kcal Tomato, cucumber, salsa	soft drink* 8.01 each
	alcoholic drink* 9.77 each

Southern-fried chicken and smoky chipotle mayo V ⁶³⁹ kcal	
Fried halloumi-style cheese and sweet chilli sauce V ⁷³⁸ kcal Tomato, cucumber	

Add: Chips V (602 kcal) Salad V (87 kcal) Spicy rice V (208 kcal) 1.44 each	

Burgers INCLUDES A DRINK **V** **V** | Beef burgers made from 100% British beef.

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).			
	soft drink* 7.79	alcoholic drink* 9.55	
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard			
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	8.36	10.12	

Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).			
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard	10.04	11.80	
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	10.63	12.39	

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

American burger **V** ³⁶⁶ kcal
Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger **V** ⁴⁵⁹ kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Additional toppings and burger patties			
Maple-cured bacon with Cheddar cheese 174 kcal	2.14		
Maple-cured bacon with American-style cheese 160 kcal	2.14		
Cheddar cheese V 83 kcal	1.52		
American-style cheese V 69 kcal	1.52		
Maple-cured bacon 91 kcal	1.52		
Crunchy chicken strip V 92 kcal	1.50		

3oz beef patty 169 kcal
Fried halloumi-style cheese **V** 446 kcal
Grilled chicken breast 187 kcal each **1.97**
Fried buttermilk chicken 473 kcal

 V ^{BEYOND MEAT} **patty** **V** 184 kcal

Curries INCLUDES A DRINK **V** **V**

Katsu curries
With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet	soft drink* 11.07 each		
Katsu grilled chicken curry V ⁵⁴¹ kcal Sliced grilled chicken breast	alcoholic drink* 12.83 each		
Katsu Quorn™ nugget curry V 685 kcal Eight coated pieces			

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

Mangalorean roasted cauliflower & spinach curry **V** ⁸⁶⁷ kcal

Chicken tikka masala **V** ¹¹⁹⁰ kcal

Chicken jalfrezi **V** ⁹³⁵ kcal

Beef Madras **V** ¹⁰⁴³ kcal

Change your plain naan to a gartic naan V (add 58 kcal) 47p			

Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calories below).			
Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1565 kcal Grilled chicken breast 1416 kcal Fried buttermilk chicken 1702 kcal		soft drink* 12.25 each	
BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal Grilled chicken breast 1495 kcal Fried buttermilk chicken 1780 kcal		alcoholic drink* 14.01 each	
Fiesta burger V 1462 kcal V ^{BEYOND MEAT} plant-based patty, salsa, guacamole, roasted pepper, courgette, onion			

Triple American cheese & bacon burger 1479 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* 13.71 alcoholic drink* 15.47		

Chicken burgers Served with a small portion of chips (329 kcal, included in the Calories below).			
Crunchy chicken strip burger V 787 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	soft drink* 7.79 alcoholic drink* 9.55		

Served with chips (602 kcal, included in Calories below).	soft drink* 10.04 each		
Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet	alcoholic drink* 11.80 each		
Grilled chicken breast burger 969 kcal			

Meat-free burgers Served with chips (602 kcal, included in Calories below).			
Fried halloumi-style cheese burger V ¹¹²⁸ kcal Sweet chilli sauce	soft drink* 10.04 each		
Beyond Burger™ V 834 kcal V ^{BEYOND MEAT} plant-based patty	alcoholic drink* 11.80 each		

Chicken baskets INCLUDES A DRINK **V** **V**

Chicken wing basket **V** ^{Eight wings, coleslaw, Naga chilli dip}
Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 999 kcal

Boneless basket **V**
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce
Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal

Chicken bites basket
Ten battered chicken breast pieces, coleslaw, sticky soy sauce
Choose: Spicy rice **V** ⁷³⁹ kcal; Chips 1133 kcal; Side salad 618 kcal

Southern-fried chicken strips basket **V**
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal

Quorn™ ‘no chicken’ nuggets basket **V** ^{Eight coated pieces, coleslaw, sweet chilli sauce}
Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

Jacket potatoes INCLUDES A DRINK **V** **V**

With salad and one filling. Extra fillings 1.30 each.			
Coleslaw V 578 kcal	soft drink* 9.18 each		
Cheese V 531 kcal			
Baked beans V ⁵⁰¹ kcal	alcoholic drink* 10.94 each		
Five-bean chilli V ⁴³¹ kcal			
Roasted vegetables V ⁴⁰² kcal			

Salads and pastas INCLUDES A DRINK **V** **V**

Grilled halloumi-style cheese & roasted vegetable salad V ⁴⁹⁴ kcal Roasted pepper, courgette, onion, pico de gallo, dressing	soft drink* 10.88	alcoholic drink* 12.64	
Chicken & maple-cured bacon salad Choose: Grilled chicken breast V ²⁷⁹ kcal Southern-fried chicken breast strips V ⁴⁶¹ kcal	11.72	13.48	
Mediterranean salad V ³³⁴ kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese V (396 kcal) 1.97 Roasted vegetables V (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97	10.60	12.36	
Pasta alfredo V 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97	11.17	12.93	
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	11.72	13.48	

Small pub classics INCLUDES A DRINK **V** **V**

Fish and chips Small freshly battered cod and chips V Peas 680 kcal or mushy peas 739 kcal	soft drink* 10.20	alcoholic drink* 11.96	
Small Whitby breaded scampi Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi	10.20	11.96	

Add: Two slices of bread V (383 kcal) 1.34 Chip shop-style curry sauce V (118 kcal) 1.46			

Small Wiltshire cured ham, egg and chips ⁴⁵⁵ kcal One slice of Wiltshire cured ham, fried egg	8.97	10.73	
Small all-day brunch 666 kcal Sausage, bacon, fried egg, baked beans, chips	9.26	11.02	
Small vegetarian all-day brunch V 680 kcal Two Quorn sausages, fried egg, baked beans, chips	9.26	11.02	

Afternoon deal Mon - Fri, 2pm - 5pm Choose from the above small pub classic meals.

Pub classics INCLUDES A DRINK V V			
Fish and chips Freshly battered cod and chips V Peas 1239 kcal or mushy peas 1298 kcal	soft drink* 12.42	alcoholic drink* 14.18	
Whitby breaded scampi Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi	12.42	14.18	

Add: Two slices of bread V (383 kcal) 1.34 Chip shop-style curry sauce V (118 kcal) 1.46			
Steak & kidney pudding 1223 kcal Chips, peas, onion & red wine gravy	10.67	12.43	
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	10.08	11.84	
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	10.08	11.84	
Vegan sausages, chips and beans V 1013 kcal Three Quorn sausages	10.08	11.84	
Five-bean chilli V ⁵⁹⁰ kcal. Rice, tortilla chips	10.67	12.43	
All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51	12.08	13.84	
Vegetarian all-day brunch V 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	12.08	13.84	

Afternoon deal Mon - Fri, 2pm - 5pm Choose from the above pub classic meals.

soft drink* 9.62	alcoholic drink* 11.38		
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11" pizzas INCLUDES A DRINK **V** **V**

On a freshly baked sourdough base. soft drink* **11.02** alcoholic drink* **12.78**

Pepperoni V ¹¹⁵⁷ kcal. Mozzarella, pepperoni			
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket			soft drink* 12.18 each
BBQ chicken 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket			alcoholic drink* 13.94 each
Roasted vegetable V 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil			
Vegan roasted vegetable V ⁷⁰⁵ kcal Mushroom, roasted pepper, courgette, onion, basil			

Spicy meat feast **V** ¹²²⁰ kcal **V** ^{13.36} **V** ^{15.12}
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Additional toppings Red onion V 10 kcal Sliced chillies V ³ kcal Mushroom V 6 kcal			each 88p
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Garlic & herb dip V 180 kcal Mozzarella V 150 kcal Ham 71 kcal Chicken breast 94 kcal Maple-cured bacon 91 kcal			each 1.15

Pepperoni V 109 kcal Roasted vegetables V 135 kcal			each 1.53

Steaks and grills INCLUDES A DRINK **V** **V**

Prime beef steaks from the UK and Ireland, matured for 21 days then seasoned with a steak-seasoning blend.

Classic 8oz sirloin steak Choose: Jacket potato 741 kcal; Chips 1061 kcal Mediterranean salad
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