# wetherspoonhotels

In England, Ireland, Scotland and Wales

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#### ALLERGEN AND NUTRITIONAL INFORMATION

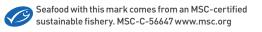
This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- 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



Adults need around 2000 kcal a day.§

# BREAKFAST

# 8am - 12 noon

Large Scottish breakfast 1441 kcal Two fried eggs, bacon, two sausages, two slices of black pudding, baked beans, potato scone, two slices of toast	6.59	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Scottish breakfast 848 kcal Fried egg, bacon, sausage, black pudding, baked beans, potato scone, slice of toast	4.99	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Small Scottish breakfast 600 429 kcal Fried egg, bacon, sausage, baked beans, potato scone	4.45	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
Add: Haggis (246 kcal) 1.40; Two slices of black pudding (355 kcal) 1.51		American-style pancakes	
Large vegetarian breakfast ♥ 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns,	6.59	Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. 👽 🚳 554 kcal	4.99 4.30
mushroom, tomato, two slices of toast		Small American-style pancakes	
Vegetarian breakfast ♥ 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns,	4.99	Two pancakes, maple-cured bacon, maple-flavour syrup. 📆 322 kcal Two pancakes, maple-flavour syrup. 👽 😵 📆 277 kcal	3.54 3.25
mushroom, tomato, slice of toast		Scrambled egg on toast ♥ 570 kcal	3.77
Small vegetarian breakfast V 👑 313 kcal	4.45	Three eggs, buttered white bloomer toast	
Fried egg, Quorn sausage, baked beans, hash brown, tomato		Beans on toast 👽 🚳 566 kcal. Buttered white bloomer toast	3.66
Vegan breakfast ⊘ 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom,	4.61	Small beans on toast ♥ ॐ ♥️ 251 kcal Buttered white bloomer toast	2.62
tomato, slice of toast, vegan spread		Fresh fruit 🕖 🤧 ; 177 kcal	3.66
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Apple, banana, blueberries, strawberries	
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.85	Porridge V 3 3 252 kcal (plain)  Add: Banana (101 kcal) 62p; Maple-flavour syrup (125 kcal) 34p  Strawberries (14 kcal) 62p; Blueberries (17 kcal) 62p  Honey (91 kcal) 34p	2.09
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99	<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.36
Two slices of toast with jam or marmalade <b>3</b> \$60 kcal White bloomer bread	2.47	<b>Vegetarian breakfast wrap №</b> 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.36

# **Breakfast extras**

Add any of the following:					
Two slices of black pudding 355 kcal	1.51	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 91 kcal	93p
Sausage 168 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves @ 16 kcal	52p
<b>Quorn</b> <sup>™</sup> sausage <b>②</b> 116 kcal	1.05	Fried egg V 56 kcal	93p	Slice of toast V 191 kcal	1.13
Baked beans @ 126 kcal	93p	Poached egg V 63 kcal	93p		
Two rashers of back bacon 99 kcal	1.57	Hash brown @ 82 kcal	46p		

## Rroakfast doals

Di Cantast ucais	
Includes tea, coffee or hot chocolate. Free refi	ills
Breakfast roll	3.08
Choose:	
Bacon 😘 303 kcal; Sausage 540 kcal; Quorn™ sausage 🗸 😘 436 kcal	
Fried egg 👽 😘 260 kcal; Haggis 😘 450 kcal; Black pudding 559 kcal	
English and a second fire a se	0.04
Egg & cheese muffin V 555 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin (555) 298 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin 600 417 kcal	3.77
Fried egg, sausage, American-style cheese, in an English muffin	
Egg & Quorn™ sausage muffin ♥ 555 364 kcal	3.77
Fried egg, Quorn sausage, American-style cheese, in an English muffin	
Breakfast muffin 6565 466 kcal	4.01
Fried egg, sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin @ 53 555 244 kcal	4.01
Guacamole, pico di gallo, on an English muffin, rocket	
Add: Maple-cured bacon (91 kcal) 1.52	
Poached egg ♥ (63 kcal) 93p	
Add: Hash brown @ (82 kcal) 46p	

# Tea, coffee and hot chocolate-

HOT CHOCOLATE - ALL DAY EVERY DAY -LAVATIA (2) (100)

Black coffee @ 6 kcal White coffee 24 kcal (Oat milk available @ 4 kcal) Hot chocolate 169 kcal Tea Tetley with semi-skimmed milk V 14 kcal (Oat milk available @ 4 kcal) Decaffeinated tea and coffee available.

Flat white 92 kcal Cappuccino V 102 kcal

Latte V 113 kcal

Mocha V 147 kcal

Espresso @ 6 kcal

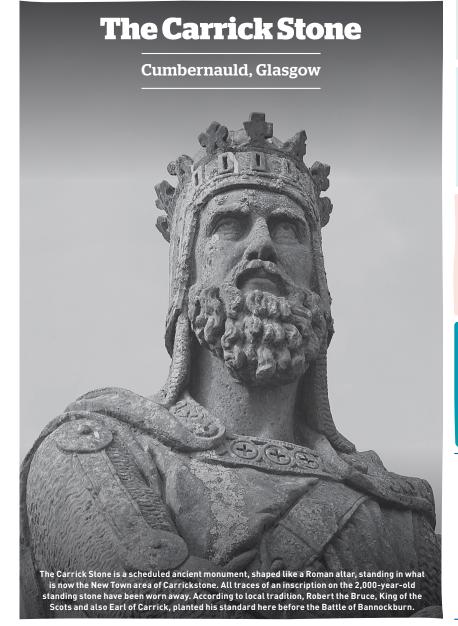
Walkers shortbread V 151 kcal 71p Stem ginger biscuit 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p Salted caramel brownie bar V 316 kcal 1.64

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 quidance 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 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, spritzes, 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 fo

for the facts drinkaware.co.uk 🖰 jdwetherspoon.com  $\supset$ 

# 

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



# **Breakfast**

8am - 12 noon

breakfast £4.99

Scottish

Tea. coffee and hot chocolate Free refills

£1.56

## **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

£6.09

£7.62

# Curry Club

INCLUDES A DRINK\* Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink\*

£7.91

£9.44

# INCLUDES A DRINK\*

**Choose from over** 150 drinks

# 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.





## Food hygiene information scheme

We have been awarded the food hygiene rating of PASS 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.



LAVALLA

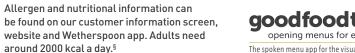
# The freshly ground 100%





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.









# Small plates Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.	
Margherita V 555 470 kcal. Mozzarella, basil	5.91
Haggis 597 kcal. Mozzarella, haggis, red onion	6.51
Pepperoni 📂 578 kcal. Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.51
<b>BBQ chicken</b> 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
<b>Roasted vegetable ♥</b> 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
<b>Vegan roasted vegetable</b> \$\oldsymbol{\pi}\$ \$\oldsymbol{\pi}\$ 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast /// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
11" garlic pizza bread 👽 772 kcal	5.57
Nachos ♥♥♥ ♥ 592 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 V 1256 kcal	5.41
<b>Loaded chips</b> 1218 kcal Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup ♥ ॐ ॐ 341 kcal White bloomer bread	4.23
With any of the small plates below, choose one dip:  Sweet chilli	
Macaroni cheese bites V 500 277 kcal	5.46
Halloumi-style fries V 556 396 kcal	4.96
Chicken bites (555) 298 kcal. Ten battered chicken breast pieces	6.09

# Deli Deals INCLUDES A DRINK

**Chicken wings \*\*\* 804** kcal. Ten spicy chicken wings

**Quorn**<sup>™</sup> **nuggets** Ø 8331 kcal. Eight coated pieces

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

Haggis and Cheddar cheese 687 kcal

Tuna mayo and Cheddar cheese 599 kcal Cheddar cheese and tomato V 532 kcal soft drink\* 5.70 Wiltshire cured ham each and Cheddar cheese 512 kcal BBQ chicken, bacon and Cheddar cheese 572 kcal alcoholic drink\* 7.23 each

Southern-fried chicken strips / 459 kcal. Five chicken breast strips 6.09

6.75

5.19

**Quorn**<sup>™</sup> **nuggets 1** 534 kcal. Tomato, cucumber, salsa Southern-fried chicken

and smoky chipotle mayo FFF 639 kcal

Cold chicken and sweet chilli sauce **FF** 38 514 kcal

Fried halloumi-style cheese and sweet chilli sauce // 🖸 738 kcal Tomato, cucumber

**Add: Chips** (602 kcal): **Salad** (87 kcal)

Roasted vegetables @ 53 555 402 kcal

Tomato & basil soup (150 kcal); Spicy rice (208 kcal) 1.44 each

# Jacket potatoes INCLUDES A DRINK •

With salad and one filling. Extra fillings 1.22 each. soft drink\* Tuna mayo 621 kcal 6.85 Coleslaw V 578 kcal each Cheese V 531 kcal alcoholic drink\* 8.38 Baked beans @ 501 kcal each Five-bean chilli / @ 5% 500 431 kcal

## from 100% British beef.

Burgers includes a drink	Beef l	ourgers made				
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).						
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard Classic beef burger 676 kcal Iceberg lettuce, tomato, red onion	soft drink* 5.44 each	alcoholic drink* 6.97 each				
<b>Skinny beef burger</b> 369 kcal lceberg lettuce, tomato, red onion, with a side salad, inste	ead of chips					
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	-	oft drink* 6.04 lic drink* 7.57				
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 Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion	soft drink* 7.73 each	alcoholic drink* 9.26 each				
<b>Double American cheese burger</b> 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	-	oft drink* 8.30 lic drink* 9.83				
Just-a-burger Served on its own, without chips or a drink.  American burger 336 kcal Red onion, gherkin, ketchup, American-style mustard  Crunchy chicken strip burger 336 459 kc Two southern-fried chicken strips, iceberg lettuce, mayon		each <b>3.36</b>				
Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 174 kg Maple-cured bacon with American-style cheese Cheddar cheese 88 kgal American-style cheese 69 kgal Maple-cured bacon 91 kgal Crunchy chicken strip 92 kgal	cal	2.14 2.14 1.52 1.52 1.52 1.50				
3oz beef patty 169 kcal Fried halloumi-style cheese ♥ 446 kcal Fried buttermilk chicken 473 kcal		each <b>1.97</b>				

# Chicken Includes a Drink •

Char-grilled half chicken

Breaded vegetable patty V 257 kcal

BEYOND MEAT patty @ 184 kcal

Chicken on the bone is marinated, slow cooked and finished on the char-grill.

**Lemon and herb ≠** Char-grilled in a lemon & herb glaze Coleslaw, garlic & herb dip

Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal Side salad 978 kcal; Mediterranean salad 1089 kcal

soft drink\*

10.83

alcoholic drink

12.36

soft drink\*

8.68

each

alcoholic drink\*

10.21

Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip

Choose: Spicy rice 1069 kcal: Chips 1463 kcal: Mashed potato 1147 kcal Side salad 948 kcal; Mediterranean salad 1058 kcal

#### Chicken baskets

Chicken wing basket FFF Eight wings, coleslaw, Naga chilli dip Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 999 kcal

Boneless basket 🕖

Three southern-fried chicken strips, five chicken breast bites, coleslaw BBO 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 520 739 kcal; Chips 1133 kcal; Side salad 618 kcal

Southern-fried chicken strips basket 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 **//** ∨ Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal **Gourmet burgers** 

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

soft drink\*

9.93

each

alcoholic drink

11.46

each

Heatwave burger **///** 2039 kcal

Fried buttermilk chicken, Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing

Caledonian burger 1713 kcal

Two 3oz beef patties, haggis, whisky sauce Ultimate burger 1661 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) 1565 kcal Fried buttermilk chicken 1702 kcal

BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce

Choose: Beef (two 3oz beef patties) 1644 kcal Fried buttermilk chicken 1780 kcal

Fiesta burger @ 1462 kcal BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper,

Triple American cheese & bacon burger 1479 kcal soft drink\* 11.38 Three 3oz beef patties, American-style cheese, maple-cured bacon, alcoholic drink\* 12.91 red onion, gherkin, ketchup, American-style mustard

Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below). soft drink\* 5.44 Crunchy chicken strip burger / 787 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink\* 6.97

Served with chips (602 kcal, included in Calories below) Fried buttermilk chicken burger 1254 kcal soft drink\* 7.73 Breaded whole chicken breast fillet alcoholic drink\* 9.26

**Meat-free burgers** 

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

Fried halloumi-style cheese burger // 🛛 1128 kcal soft drink\* 7.73 each Breaded vegetable burger **1038** kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, alcoholic drink\* mature Cheddar cheese 9.26 each

Beyond Burger<sup>™</sup> @ 834 kcal BEYOND MEAT plant-based patty

# Curries Includes a Drink •

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

soft drink\* Katsu chicken curry 826 kcal 8.73 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry 59 541 kcal alcoholic drink\* Sliced grilled chicken breast 10.26 Katsu Quorn™ nugget curry @ 685 kcal each Eight coated pieces

Classic curries With basmati pilau rice, plain naan and poppadums. soft drink\* 9.84 Mangalorean roasted cauliflower each & spinach curry **FF** @ 867 kcal Chicken tikka masala ## 1190 kcal alcoholic drink\* 11.37 Chicken jalfrezi PPP 32 935 kcal each

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

Simple curries With basmati pilau rice or chips.

Simple Mangalorean roasted cauliflower & spinach curry // @ soft drink\* Choose: Basmati pilau rice 🚳 508 kcal; Chips 910 kcal 7.62 each Simple chicken tikka masala Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal alcoholic drink\* 9.15 Simple chicken jalfrezi each Choose: Basmati pilau rice 🚳 575 kcal; Chips 977 kcal

Simple beef Madras Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

Beef Madras FFF 1043 kcal

11" pizzas includes a drink" On a freshly baked sourdough base. soft drink\* alcoholic drink Margherita V 939 kcal. Mozzarella, basil 8.68 10.21 **Haggis** 1194 kcal. Mozzarella, haggis, red onion Pepperoni // 1157 kcal. Mozzarella, pepperoni soft drink\* Ham and mushroom 1012 kcal. Mozzarella, ham, mushroom, rocket 9.84 BBQ chicken 1103 kcal each Mozzarella, BBQ sauce, chicken breast, red onion, rocket alcoholic drink\* Roasted vegetable V 1029 kcal 11.37 Mozzarella, mushroom, roasted pepper, courgette, onion, basil each Vegan roasted vegetable @ 32 705 kcal Mushroom, roasted pepper, courgette, onion, basil

**Additional toppings** 

Spicy meat feast **FFF** 1220 kcal

Red onion @ 10 kcal; Sliced chillies FFFF @ 3 kcal; Mushroom @ 6 kcal each 88p Garlic & herb dip @ 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal each **1.15** Chicken breast 94 kcal; Maple-cured bacon 91 kcal Pepperoni / 109 kcal; Roasted vegetables 135 kcal each 1.53

# Small pub classics Includes a Drink of

Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Fish and chips	OTT OFINK	alconolic drink	
Small freshly battered haddock and chips 🕖	7.84	9.37	
Peas 680 kcal or mushy peas 739 kcal			
Small Whitby breaded scampi	7.84	9.37	
Chips, peas 658 kcal or mushy peas 718 kcal.			
Four Whitby breaded scampi			
Add: Two slices of bread ♥ (383 kcal) 1.34	· · · · · · · · · · · ·	• • • • • • • • • • • • • • • • • • • •	
Chip shop-style curry sauce @ (118 kcal) 1.46			

Small Wiltshire cured ham. 6.61 8.14 egg and chips (555 kcal One slice of Wiltshire cured ham, fried equ Small all-day brunch 666 kcal 6.91 8.44 Sausage, bacon, fried egg, baked beans, chips

Two Quorn sausages, fried egg, baked beans, chips

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

Small vegetarian all-day brunch V 680 kcal

soft drink\* alcoholic drink' 6.09 7.62

8.44

6.91

11.02

12.55

# Pub classics Includes a Drink

	SUILUIIIK	diculiulic ul liik
Fish and chips		
Freshly battered haddock and chips 🔗	10.08	11.61
Peas 1239 kcal or mushy peas 1298 kcal		
Whitby breaded scampi	10.08	11.61
Chips, peas 1195 kcal or mushy peas 1255 kcal.		
Eight Whitby breaded scampi		
Add: Two slices of bread V (383 kcal) 1.34		
Chip shop-style curry sauce @ (118 kcal) 1.46		
Steak & kidney pudding	8.32	9.85
Peas, onion & red wine gravy	0.02	7.00
Choose: Chips 1223 kcal; Mashed potato 907 kcal		
Bangers and mash 950 kcal	8.32	9.85
Three Lincolnshire sausages, peas, onion & red wine gravy		
Vegetarian bangers and mash V 793 kcal	8.32	9.85
Three Quorn sausages, peas, onion & red wine gravy		
Wiltshire cured ham, eggs and chips 856 kcal	7.73	9.26
Two slices of Wiltshire cured ham, two fried eggs		
Sausages, chips and beans 1170 kcal	7.73	9.26
Three Lincolnshire sausages	F F0	0.07
Vegan sausages, chips and beans @ 1013 kcal	7.73	9.26
Three Quorn sausages	8.32	9.85
Five-bean chilli / @ 590 kcal. Rice, tortilla chips	0.32	7.00

All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51 Vegetarian all-day brunch V 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips

#### Afternoon deal Mon - Fri, 2pm - 5pm

soft drink\* alcoholic drink\* 7.27 8.80

9.72

9.72

11.25

11.25

Salads and pastas INCLU	DES A D	RINK •
Burrito salad bowl ♥ 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli ▼ ♥ (119 kcal) 1.97	soft drink* <b>8.62</b>	alcoholic drink* <b>10.15</b>
Chicken & maple-cured bacon salad Choose: Chicken breast (20) 279 kcal Southern-fried chicken breast strips (20) 461 kcal	9.47	11.00
Mediterranean salad  \$\tilde{\omega}\$ \$\tilde{\tild	8.35	9.88
Macaroni cheese ♥ 1186 kcal. Chips Add: Cheese ♥ (83 kcal) 1.52 Maple-cured bacon (91 kcal) 1.52	7.78	9.31
Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52	8.90	10.43
British beef & pancetta lasagne	9.47	11.00

# Sides and extras

Choose: Side salad 780 kcal: Chips 1295 kcal

Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (8 kcal) 34p)					
Small bowl of chips @ 60	2 kcal			2.48	
Five chicken wings	402 kcal			3.34	
Eight Whitby breaded sca	<b>ampi</b> 527 kcal			4.99	
Peas @ 130 kcal					
Mushy peas ♥ 248 kcal					
Side salad @ 87 kcal					
Mediterranean side salad @ 198 kcal					
Roasted vegetables @ 135 kcal					
Coleslaw ♥ 399 kcal					
Sliced chillies FFFF @ 3 kcal					
Onion rings 🕖	Six 269 kcal	2.33	Twelve 538 kcal	3.50	
Garlic pizza bread V	<b>8</b> " 386 kcal	4.40	<b>11</b> " 772 kcal	5.57	
<b>With cheese  ♥ 8</b> " 461 kcal <b>4.98 11</b> " 922 kcal					

# Desserts

1.82 Vanilla ice cream V 538 kcal Two scoops, toffee sauce, Belgian chocolate sauce 1.82 Cookie crunch (V) (SSS) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie W 435 kcal 2.98 Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich V 655 kcal 2.98 Salted caramel filling, toffee sauce, vanilla ice cream Mini American-style pancakes V 555 412 kcal 3.54 Two pancakes, maple-flavour syrup, vanilla ice cream Fresh fruit V 5% 555 447 kcal 4.56 Apple, banana, blueberries, strawberries, vanilla ice cream 5.33 Warm chocolate fudge cake **2** 913 kcal. Vanilla ice cream Warm chocolate brownie V 736 kcal 5.33 Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich V 735 kcal 5.33 Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble V 5.62 Vanilla ice cream 830 kcal or custard 694 kcal

Add: Custard V (134 kcal) 1.23; Vanilla ice cream scoop V (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** 

Adults need around 2000 kcal a day.§

American-style pancakes V 88 689 kcal

Four pancakes, maple-flavour syrup, vanilla ice cream

4.99