# wetherspoonhotels

In England, Ireland, Scotland and Wales

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#### ALLERGEN AND NUTRITIONAL INFORMATION

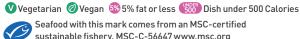
This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

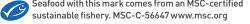
- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
  Set Calorie and carbohydrate limits.
- · List only vegan or vegetarian dishes.

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





Adults need around 2000 kcal a day.§

# BREAKFAST

# 8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, 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
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast Small breakfast 686 419 kcal	4.99 4.45	Mushroom Benedict <b>⊘</b> 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Fried egg, bacon, sausage, baked beans, hash brown	4.45	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding,	5.14
Add: Two slices of black pudding (355 kcal) 1.51		Hollandaise sauce, rocket	
Large vegetarian breakfast  1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59	American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ ಽ೦೦ 554 kcal	4.99 4.30
Vegetarian breakfast ♥ 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. ₩ 322 kcal Two pancakes, maple-flavour syrup. ♥ ₩ 277 kcal	3.54 3.25
Small vegetarian breakfast ♥ 555 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	3.77
Vegan breakfast @ 786 kcal	4.61	Beans on toast 🤍 🥸 566 kcal. Buttered white bloomer toast	3.66
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Small beans on toast 👽 😵 🐯 251 kcal Buttered white bloomer toast	2.62
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Two slices of toast with jam or marmalade ♥ €555 496 kcal White bloomer bread	2.47
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages,	6.85	Fresh fruit	3.66
four pancakes, maple-flavour syrup  Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99	Porridge © 50 252 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

#### **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
Quorn <sup>™</sup> sausage @ 116 kcal	1.05	Fried egg 👽 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 kgal	1.57	Hash brown 🚳 82 kcal	46n		

# **Breakfast butties and wraps**

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88
Quorn™ sausage butty <b>②</b> 609 kcal	3.88
Two Quorn sausages, buttered white bloomer bread	

# Breakfast muffin deal

Includes teal coffee or hot chocolate. Free refills

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Egg & cheese muffin V 555 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
<b>Egg &amp; bacon muffin</b> (355) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
<b>Egg &amp; sausage muffin</b> 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
<b>Egg &amp; Quorn™ sausage muffin ♥ (555)</b> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 355 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin ② № 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52 Poached egg ♥ (63 kcal) 93p	4.01
Add: Hash brown 🕢 (82 kcal) 46p	

Breakfast wrap 739 kcal 4.36 Fried egg, bacon, sausage, hash brown, Cheddar cheese 4.36 Vegetarian breakfast wrap V 835 kcal Fried egg. two Quorn sausages, two hash browns. Cheddar cheese

# Tea, coffee and hot chocolate-

HOT CHOCOLATE - ALL DAY EVERY DAY -

LAVATIA (A) (A)

Flat white **9**92 kcal Cappuccino 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee **2**4 kcal (Oat milk available @ 4 kcal) Hot chocolate V 169 kcal Tea Tetley with semi-skimmed milk V 14 kcal (Oat milk available @ 4 kcal)

Decaffeinated tea and coffee available.

Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit 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 for

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

# FOOD

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



## **Breakfast** 8am - 12 noon

breakfast £4.99

**Traditional** 

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\* alcoholic 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.

LAVALLA





#### **Food hygiene** rating

We have been awarded the maximum food hygiene rating



#### 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.



#### The freshly ground 100%

Arabica Lavazza coffee<sup>t</sup> we serve is from Rainforest Alliance-certified farms.

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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Small plates Any 3 for £14.93	
8" pizzas on a freshly baked sourdough base.	
Margherita ♥ 🐯 470 kcal Mozzarella, basil	6.04
Pepperoni 578 kcal Mozzarella, pepperoni	6.61
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.61
<b>BBQ chicken</b> 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.61
Roasted vegetable ♥ 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.61
<b>Vegan roasted vegetable</b> ② ③ ⑤ ⑥ 353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.61
Spicy meat feast /// 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.20
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 ♥ 1256 kcal	5.41
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup ♥ ॐ ⑤ 341 kcal White bloomer bread	4.23
With any of the small plates below, choose one dip:  Sweet chilli  # @ 48 kcal	•••••
Sticky soy V 100 kcal	
Naga chilli /// @ 136 kcal	
Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal Chipotle mayo ♥ ♥ ♥ 150 kcal Blue cheese ♥ 270 kcal	
Halloumi-style fries V 336 kcal	4.96
Chicken bites 330 298 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips 5000 459 kcal. Five chicken breast strips	
Chicken wings  804 kcal. Ten spicy chicken wings	6.75

### Deli Deals INCLUDES A DRINK

Quorn<sup>™</sup> nuggets @ 😘 331 kcal. Eight coated pieces

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

Tuna mayo and Cheddar cheese 599 kcal

Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal

BBQ chicken, bacon and Cheddar cheese 572 kcal

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

Southern-fried chicken

and smoky chipotle mayo / 639 kcal

Cold chicken and sweet chilli sauce 55 85 514 kcal

Fried halloumi-style cheese and sweet chilli sauce // 38 kcal Tomato, cucumber

**Add: Chips** (602 kcal); **Salad** (87 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. Tuna mayo 621 kcal

soft drink\* 6.85 Coleslaw V 578 kcal each Cheese V 531 kcal alcoholic drink\* 8.38 Baked beans @ 501 kcal

Five-bean chilli / @ 5% 500 431 kcal

Roasted vegetables @ 53 555 402 kcal

Burgers INCLUDES A DRINK • Beef burgers made from 100% British beef.

alcoholic drink\*

9.26

each

each **3.36** 

each **1.97** 

soft drink\*

10.83

alcoholic drink

12.36

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below). American burger 695 kcal alcoholic drink\*

Red onion, gherkin, ketchup, American-style mustard soft drink\* 5.44 6.97 Classic beef burger 676 kcal each each Iceberg lettuce, tomato, red onion

Skinny beef burger (500) 369 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips

American cheese burger 729 kcal soft drink\* 6.04 American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 7.57 American-style mustard

Double beef burgers Two 3ozbeef patties.

Served with chips (602 kcal, included in Calories below) Double American burger 1137 kcal soft drink\* Red onion, gherkin, ketchup, American-style mustard 7.73

Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion

soft drink\* 8.30 Double American cheese burger 1206 kcal alcoholic drink\* 9.83 American-style cheese, red onion, gherkin, ketchup, American-style mustard

Just-a-burger

Served on its own, without chips or a drink.

American burger 5555 366 kcal Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger / 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 
83 kcal 1.52 American-style cheese V 69 kcal 1.52 Maple-cured bacon 91 kcal 1.52 1.50 Crunchy chicken strip # 92 kcal

3oz beef patty 169 kcal

5.19

soft drink\*

5.70

each

alcoholic drink\*

7.23

each

each

Fried halloumi-style cheese V 446 kcal Fried buttermilk chicken 473 kcal

Breaded vegetable patty 257 kcal BEYOND MEAT patty @ 184 kcal

# Chicken INCLUDES A DRINK •

Char-grilled half chicken

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

Lemon and herb **F** 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

Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze Coleslaw. Naga chilli dig Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal

Side salad 948 kcal; Mediterranean salad 1058 kcal Char-grilled half chicken, mash and gravy 857 kcal

Lemon & herb chicken, peas, chicken gravy 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, 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 53 739 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 Add: Chicken gravy (50 kcal) 94p

soft drink\* 8.68 each

alcoholic drink\* 10.21

Simple chicken jalfrezi Simple beef Madras

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

Heatwave burger **FFF** 2039 kcal Fried buttermilk chicken, Naga chilli mayo, American-style cheese, hash brown,

topped with a spicy chicken wing Ultimate burger 1661 kcal

Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin Tennessee burger

each Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze alcoholic drink Choose: Beef (two 3oz beef patties) 1565 kcal 11.46 Fried buttermilk chicken 1702 kcal each

soft drink\*

9.93

soft drink\*

7.73

each

alcoholic drink\*

9.26

each

each

each

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, courgette, onion

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

Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below). Crunchy chicken strip burger **787** kcal soft drink\* 5.44 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 128 kcal Sweet chilli sauce

Breaded vegetable burger V 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella. mature Cheddar cheese

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

#### CUTTIES 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

Eight coated pieces Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower

soft drink\* 9.84 & spinach curry **FF** @ 867 kcal Chicken tikka masala ## 1190 kcal alcoholic drink 11.37 Chicken jalfrezi FFF 🚳 935 kcal each Beef Madras / 1043 kcal

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

Choose: Basmati pilau rice 52 575 kcal; Chips 977 kcal

Choose: Basmati pilau rice 684 kcal; Chips 1086 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 Pepperoni // 1157 kcal. Mozzarella, pepperoni Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket soft drink\* alcoholic drink\* BBQ chicken 1103 kcal 9.84 11.37 Mozzarella RRO sauce chicken breast redignion rocket each Roasted vegetable V 1029 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable @ 523 705 kcal Mushroom, roasted pepper, courgette, onion, basil 12.55 Spicy meat feast **FFF** 1220 kcal 11.02 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket **Additional toppings** 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 .

soft drink\* alcoholic drink\* Fish and chips Small freshly battered cod and chips @ 7.84 9.37 Peas 680 kcal or mushy peas 739 kcal Small Whitby breaded scampi 9.37 7.84 Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi Add: Two slices of bread (V) (383 kcal) 1.34

Chip shop-style curry sauce (20 (118 kcal) 1.46 Small Wiltshire cured ham. 6.61 8.14 egg and chips (555) 455 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 Small vegetarian all-day brunch V 680 kcal 6.91 8.44 Two Quorn sausages, fried egg, baked beans, chips

# Afternoon deal

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

# Pub classics includes a drink

Fish and chips Freshly battered cod and chips 10.08 11.61 Peas 1239 kcal or mushy peas 1298 kcal Whitby breaded scampi 11.61 10.08 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 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**  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 Vegan sausages, chips and beans @ 1013 kcal 7.73 9.26 Three Quorn sausages

Five-bean chilli / @ 590 kcal. Rice, tortilla chips 8.32 All-day brunch 1213 kcal 9.72 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 9.72 Three Quorn sausages, two fried eggs, baked beans, chips

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

7.27 8.80

soft drink\*

9.85

11.25

11.25

alcoholic drink\*

soft drink\* alcoholic drink'

7.62

soft drink\* alcoholic drink\*

6.09

	soft drink*	alcoholic drin
Burrito salad bowl ♥ 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, ortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli ▼ ♥ (119 kcal) 1.97	8.62	10.1!
Chicken & maple-cured bacon salad Choose: Grilled chicken breast ® 655 279 kcal Couthern-fried chicken breast strips 655 461 kcal	9.47	11.00
Mediterranean salad  \$\rightarrow\$ \$\rightarrow\$ \$\rightarrow\$ 334 kcal learl barley, quinoa, butternut squash, wheat berries, ed pepper, cherry tomatoes, pumpkin seeds, basil, dressing dd: Tuna mayo (307 kcal) 1.06 loasted vegetables  \$\rightarrow\$ (135 kcal) 1.53 crilled chicken breast (187 kcal) 1.97	8.35	9.88
Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52	8.90	10.43
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	9.47	11.00

Salads and pastas INCLUDES A DRINK • • •

# Sides and extras

4.23 **Bowl of chips 3** 964 kcal (Add: Spicy seasoning **3** (8 kcal) 34p) 2.48 Small bowl of chips @ 602 kcal Five chicken wings **FIV** 402 kcal 3.34 4.99 Eight Whitby breaded scampi 527 kcal 94p Peas 130 kcal Mushy peas V 248 kcal 94p Side salad @ 87 kcal 2.29 3.22 Mediterranean side salad @ 198 kcal 1.53 Roasted vegetables @ 135 kcal Coleslaw V 399 kcal 1.40 a88 Sliced chillies FFFF @ 3 kcal 94p Chicken gravy 50 kcal **Six** 269 kcal **2.33** Twelve 538 kcal 3.50 Onion rings 🕖

8" 386 kcal 4.40

8" 461 kcal 4.98

**11**" 772 kcal **5.57** 

11" 922 kcal 6.44

1.82

# **Desserts**

Vanilla ice cream (V) (SSSS) 338 kcal

Garlic pizza bread 💟

With cheese W

Two scoops, toffee sauce, Belgian chocolate sauce 1.82 Cookie crunch V 555 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce 2.98 Mini warm chocolate brownie V 655 435 kcal Belgian chocolate sauce, vanilla ice cream 2.98 Mini warm cookie dough sandwich W 635 kcal Salted caramel filling, toffee sauce, vanilla ice cream Mini American-style pancakes V 600 412 kcal 3.54 Two pancakes, maple-flavour syrup, vanilla ice cream 4.56 Fresh fruit V 5% 500 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream Warm chocolate fudge cake V 913 kcal. Vanilla ice cream 5.33 Warm chocolate brownie 
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

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 (74 kcal) 42p Banana (101 kcal) 62p: Strawberries (14 kcal) 62p: Blueberries (17 kcal) 62p

Adults need around 2000 kcal a day.§

British Bramley apple crumble

American-style pancakes V 32 689 kcal

Vanilla ice cream 830 kcal or custard 694 kcal

5.62

4.99