Sides and extras

Bowl of chips (Vg) 964 kcal (**Add: Spicy seasoning** (Vg) (8 kcal) 34p)	4.23
Small bowl of chips (Vg) 602 kcal	2.48
Five chicken wings (🌶🌶🌶) 402 kcal	3.34
Eight Whitby breaded scampi 527 kcal	4.99
Grilled halloumi-style cheese (V) 446 kcal	1.97
Peas (Vg) 130 kcal	94p
Mushy peas (V) 248 kcal	94p
Side salad (Vg) 87 kcal	2.29
Mediterranean side salad (Vg) 198 kcal	3.22
Roasted vegetables (Vg) 135 kcal	1.53
Coleslaw (V) 399 kcal	1.40
Sliced chillies (🌶🌶🌶🌶🌶) (Vg) 3 kcal	88p
Chicken gravy 50 kcal	94p
Onion rings (Vg) — **Six** 269 kcal	2.33
Twelve 538 kcal	3.50
Garlic pizza bread (V) — **8"** 386 kcal	4.40
11" 772 kcal	5.57
With cheese (V) — **8"** 461 kcal	4.98
11" 922 kcal	6.44

Desserts

NEW **Millionaire's shortbread** (V) 528 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.40
Vanilla ice cream (V) (Under 500) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.05
Cookie crunch (V) (Under 500) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.05
Cheesecake (V) (Under 500) 437 kcal Raspberry & white chocolate cheesecake, strawberries, blueberries	5.57
Mini warm chocolate brownie (V) (Under 500) 435 kcal Belgian chocolate sauce, vanilla ice cream	3.22
Mini warm cookie dough sandwich (V) (Under 500) 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.22
Mini American-style pancakes (V) (Under 500) 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.77
Fresh fruit (V) (5%) (Under 500) 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.80
Warm chocolate fudge cake (V) 913 kcal. Vanilla ice cream	5.57
Warm chocolate brownie (V) 736 kcal Belgian chocolate sauce, vanilla ice cream	5.57
Warm cookie dough sandwich (V) 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.57
British Bramley apple crumble (V) Vanilla ice cream 830 kcal or custard 694 kcal	5.84
American-style pancakes (V) (5%) 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	5.22

Add: Custard (V) (134 kcal) **1.23**; **Vanilla ice cream scoop** (V) (135 kcal) **94p**
Belgian chocolate sauce (V) (61 kcal) **42p**; **Toffee sauce** (V) (74 kcal) **42p**
Banana (Vg) (101 kcal) **62p**; **Strawberries** (Vg) (14 kcal) **62p**; **Blueberries** (Vg) (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
(V) Vegetarian (Vg) 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.[§]

BREAKFAST

Served 8am – 12 noon

Large breakfast 1286 kcal — **7.09**
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast

Traditional breakfast 742 kcal — **5.41**
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast

Small breakfast (Under 500) 419 kcal — **4.84**
Fried egg, bacon, sausage, baked beans, hash brown

Add: Two slices of black pudding (355 kcal) **1.51**

Large vegetarian breakfast (V) 1080 kcal — **7.09**
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

Vegetarian breakfast (V) 732 kcal — **5.41**
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast

Small vegetarian breakfast (V) (Under 500) 271 kcal — **4.84**
Fried egg, vegan sausage, baked beans, hash brown, tomato

Vegan breakfast (Vg) 702 kcal — **5.01**
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread

Freedom breakfast 545 kcal — **4.84**
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

American breakfast 1258 kcal — **7.09**
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup

Small American breakfast 629 kcal — **5.22**
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup

Eggs Benedict 725 kcal — **5.57**
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket

Mushroom Benedict (V) 629 kcal — **5.57**
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

Miner's Benedict 939 kcal — **5.57**
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

American-style pancakes
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal — **5.22**
Four pancakes, maple-flavour syrup. (V) (5%) 554 kcal — **4.52**

Small American-style pancakes
Two pancakes, maple-cured bacon, maple-flavour syrup. (Under 500) 322 kcal — **3.77**
Two pancakes, maple-flavour syrup. (V) (5%) (Under 500) 277 kcal — **3.47**

Scrambled egg on toast (V) 570 kcal — **4.01**
Three eggs, buttered white bloomer toast

Beans on toast (V) (5%) 566 kcal. Buttered white bloomer toast — **3.88**
Vegan option available with vegan spread (Vg) 544 kcal

Small beans on toast (V) (5%) (Under 500) 251 kcal — **2.84**
Buttered white bloomer toast

Two slices of toast with jam or marmalade (V) (Under 500) 496 kcal — **2.69**
White bloomer bread

Fresh fruit (Vg) (5%) (Under 500) 177 kcal. Apple, banana, blueberries, strawberries — **3.88**

Porridge (V) (5%) (Under 500) 252 kcal (plain) — **2.09**
Add: Banana (Vg) (101 kcal) **62p**; **Maple-flavour syrup** (Vg) (125 kcal) **34p**
Strawberries (Vg) (14 kcal) **62p**; **Blueberries** (Vg) (17 kcal) **62p**;
Honey (V) (91 kcal) **34p**

Breakfast extras

Add any of the following:

Two slices of black pudding 355 kcal	1.51
Sausage 168 kcal	1.05
Vegan sausage (Vg) 74 kcal	1.05
Grilled halloumi-style cheese (V) 396 kcal	1.97
Baked beans (Vg) 126 kcal	93p
Two rashers of back bacon 99 kcal	1.57
Four rashers of maple-cured bacon 91 kcal	1.52
Two scrambled eggs (V) 136 kcal	1.63
Fried egg (V) 56 kcal	93p
Poached egg (V) 63 kcal	93p
Hash brown (Vg) 82 kcal	46p
Two mushrooms (Vg) 91 kcal	93p
Two grilled tomato halves (Vg) 16 kcal	52p
Slice of toast (V) 191 kcal	1.13

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread — **4.13**

Sausage butty 713 kcal. Two sausages, buttered white bloomer bread — **4.13**

Vegetarian sausage butty (V) 525 kcal — **4.13**
Two vegan sausages, buttered white bloomer bread
Vegan option available with vegan spread (Vg) 503 kcal

Breakfast wrap 739 kcal — **4.59**
Fried egg, bacon, sausage, hash brown, Cheddar cheese

Vegetarian breakfast wrap (V) 751 kcal — **4.59**
Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills[□]

Egg & cheese muffin (V) (Under 500) 249 kcal — **3.54**
Fried egg, American-style cheese, in an English muffin

Egg & bacon muffin (Under 500) 298 kcal — **4.01**
Fried egg, bacon, American-style cheese, in an English muffin

Egg & sausage muffin (Under 500) 417 kcal — **4.01**
Fried egg, sausage, American-style cheese, in an English muffin

Egg & vegetarian sausage muffin (V) (Under 500) 322 kcal — **4.01**
Fried egg, vegan sausage, American-style cheese, in an English muffin

Breakfast muffin (Under 500) 466 kcal — **4.23**
Fried egg, sausage, bacon, American-style cheese, in an English muffin

Smashed avocado muffin (Vg) (5%) (Under 500) 244 kcal — **4.23**
Guacamole, pico di gallo, on an English muffin, rocket
Add: Maple-cured bacon (91 kcal) **1.52**; **Poached egg** (V) (63 kcal) **93p**
Grilled halloumi-style cheese (V) (396 kcal) **1.97**

Add: Hash brown (Vg) (82 kcal) **46p**

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

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

Biscuits
Walkers shortbread (V) 151 kcal **71p**
Stem ginger biscuit (V) 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 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
□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 J2O 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).

for the facts **drinkaware.co.uk**

jdwetherspoon.com

TC MENU_7320

FOOD

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

INCLUDES A DRINK* **Choose from over 150 drinks**

In the early 1700s, nearby King's Lynn was a flourishing whaling port, fishing the waters off Greenland, with Lynn's famous Greenland Fishery frequented by whalers. This property's sales particulars stated that the premises 'have been occupied as such, with full trade upwards of 60 years' (since c1748). During these years, the inn was called The Whalebone. Perhaps this is why it got its name or possibly from a souvenir whalebone brought back.

Breakfast 8am - 12 noon — Traditional breakfast **£5.41**

Tea, coffee and hot chocolate Free refills[□] — **£1.56** each

Burger meals
INCLUDES A DRINK*
Featuring 3oz American burger
soft drink* **£5.70** | alcoholic drink* **£7.23**

Afternoon deals
INCLUDES A DRINK*
Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips
soft drink* **£6.33** | alcoholic drink* **£7.86**

Steak Club®
INCLUDES A DRINK*
Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin
soft drink* **£9.90** | alcoholic drink* **£11.43**

Curry Club®
INCLUDES A DRINK*
Thursday 11.30am - 11pm
Featuring the katsu curry range
soft drink* **£8.14** | alcoholic drink* **£9.67**

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 RATING 0 1 2 3 4 5 VERY GOOD

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.

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.

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.

LAVAZZA TORINO, ITALIA, 1895 — 100% ARABICA BEANS

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.

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

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

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UNLIMITED FREE Wi-Fi

Small plates | Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.

Margherita (V) (UNDER 500) 470 kcal. Mozzarella, basil — **6.04**

Pepperoni 🌶🌶 578 kcal. Mozzarella, pepperoni — **6.61**

Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket — **6.61**

BBQ chicken 558 kcal
Mozzarella, BBQ sauce, chicken breast, red onion, rocket — **6.61**

Roasted vegetable (V) 515 kcal
Mozzarella, mushroom, roasted pepper, courgette, onion, basil — **6.61**

Vegan roasted vegetable (Ve) (5%) (UNDER 500) 353 kcal
Mushroom, roasted pepper, courgette, onion, basil — **6.61**

BBQ jackfruit and vegan cheeze 🌶🌶🌶 (Ve) (UNDER 500) 437 kcal
BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket — **7.20**

Spicy meat feast 🌶🌶🌶 618 kcal
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket — **7.20**

11" garlic pizza bread (V) 772 kcal — **5.57**

Bao buns Traditional Asian steamed buns — **5.19**
Choose:
Spicy crunchy chicken 🌶🌶🌶 624 kcal. Spicy mayo, red onion, sliced chillies, coriander
BBQ jackfruit (Ve) (UNDER 500) 416 kcal. Red onion, sliced chillies, coriander

Nachos 🌶🌶🌶 (V) 592 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies — **6.09**

Bowl of chips (Ve) 964 kcal — **4.23**

Bowl of chips with curry sauce (Ve) 1082 kcal — **5.86**

Cheesy chips (V) 1256 kcal — **5.41**

Loaded chips 1218 kcal. Cheese, maple-cured bacon, sour cream — **6.31**

NEW **Mexican chips** 🌶🌶🌶 (V) 1214 kcal — **6.31**
Cheese, guacamole, salsa, sour cream, sliced chillies

Pizza chips (V) 1138 kcal. Pizza sauce, mozzarella — **6.31**
Add: Pepperoni 🌶🌶 (109 kcal) **1.53**

Tomato & basil soup (V) (5%) (UNDER 500) 341 kcal. White bloomer bread — **4.23**
Vegan option available with vegan spread (Ve) (6%) (UNDER 500) 370 kcal

With any of the small plates below, choose one dip:
Sweet chilli 🌶🌶 (Ve) 48 kcal; Sticky soy (V) 100 kcal
Naga chilli 🌶🌶🌶 (Ve) 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 500) 396 kcal — **5.19**

Chicken bites (UNDER 500) 298 kcal. Ten battered chicken breast pieces — **6.31**

Southern-fried chicken strips 🌶 (UNDER 500) 459 kcal. Five chicken breast strips — **6.31**

Chicken wings 🌶🌶🌶 804 kcal. Ten spicy chicken wings — **6.99**

Quorn™ nuggets (Ve) (UNDER 500) 331 kcal. Eight coated pieces — **5.19**

Deli Deals® INCLUDES A DRINK*

8" pizzas on a freshly baked sourdough base.
Choose any 8" pizza from the small plates section.

Paninis

Tuna mayo and Cheddar cheese 599 kcal
BBQ jackfruit and vegan cheeze (Ve) 516 kcal
BBQ jackfruit, vegan cheese alternative
Cheddar cheese and tomato (V) 532 kcal
Wiltshire cured ham and Cheddar cheese 512 kcal
BBQ chicken, bacon and Cheddar cheese 572 kcal

soft drink* **5.92** each
alcoholic drink* **7.45** each

Wraps

Shawarma chicken 🌶🌶🌶 749 kcal
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint
Quorn™ nuggets (Ve) 534 kcal. Tomato, cucumber, salsa
Southern-fried chicken and smoky chipotle mayo 🌶🌶🌶 639 kcal
Cold chicken and sweet chilli sauce 🌶🌶 (5%) 514 kcal
Fried halloumi-style cheese and sweet chilli sauce 🌶🌶 (V) 738 kcal
Tomato, cucumber

Add: Chips (Ve) (602 kcal); Salad (Ve) (87 kcal)
Tomato & basil soup (Ve) (150 kcal); Spicy rice (Ve) (208 kcal) **1.44** each

Jacket potatoes INCLUDES A DRINK*

With salad and one filling. Extra fillings 1.22 each.

Tuna mayo 621 kcal
Coleslaw (V) 578 kcal
Cheese (V) 531 kcal
Baked beans (Ve) (5%) 501 kcal
Smoky vegan chilli 🌶🌶 (Ve) (5%) (UNDER 500) 451 kcal
Roasted vegetables (Ve) (5%) (UNDER 500) 402 kcal

soft drink* **7.09** each
alcoholic drink* **8.62** each

Burgers INCLUDES A DRINK* | 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).

American burger 695 kcal
Red onion, gherkin, ketchup, American-style mustard
Classic beef burger 676 kcal
Iceberg lettuce, tomato, red onion
Skinny beef burger (UNDER 500) 369 kcal
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips

soft drink* **5.70** each
alcoholic drink* **7.23** each

American cheese burger 729 kcal
American-style cheese, red onion, gherkin, ketchup, American-style mustard
soft drink* **6.27**
alcoholic drink* **7.80**

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* **7.95** each
alcoholic drink* **9.48** each

Double American cheese burger 1206 kcal
American-style cheese, red onion, gherkin, ketchup, American-style mustard
soft drink* **8.53**
alcoholic drink* **10.06**

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

American burger (UNDER 500) 366 kcal. Red onion, gherkin, ketchup, American-style mustard
Crunchy chicken strip burger 🌶 (UNDER 500) 459 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise
NEW **Spicy chicken strip burger** 🌶🌶🌶 (UNDER 500) 450 kcal
Two southern-fried chicken strips, iceberg lettuce, Naga chilli mayo

3.36 each

Meat-free burgers
Served with chips (602 kcal, included in Calories below).

Fried halloumi-style cheese burger 🌶🌶 (V) 1128 kcal
Sweet chilli sauce
Breaded vegetable burger (V) 1038 kcal
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese
Beyond Burger™ (Ve) 834 kcal. BEYOND MEAT plant-based patty

soft drink* **7.95** each
alcoholic drink* **9.48** each

Additional toppings

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**
Maple-cured bacon 91 kcal — **1.52**
American-style cheese (V) 69 kcal — **1.52**
Vegan cheeze slice (Ve) 57 kcal — **1.52**
Crunchy chicken strip 🌶 92 kcal — **1.50**

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

Heatwave burger 🌶🌶🌶
Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing
Choose: **Grilled chicken breast** 1754 kcal; **Fried buttermilk chicken** 2039 kcal

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
Grilled chicken breast 1416 kcal; **Fried buttermilk chicken** 1702 kcal
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

soft drink* **10.17** each
alcoholic drink* **11.70** each

Smoky jackfruit burger (Ve) 1523 kcal
BEYOND MEAT plant-based patty, BBQ jackfruit, vegan cheese alternative
Fiesta burger (Ve) 1360 kcal
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* **11.60**
alcoholic drink* **13.13**

Chicken burgers
Served with a small portion of chips (329 kcal, included in the Calories below).

Crunchy chicken strip burger 🌶 787 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise
NEW **Spicy chicken strip burger** 🌶🌶🌶 778 kcal
Two southern-fried chicken strips, iceberg lettuce, Naga chilli mayo

soft drink* **5.70** each
alcoholic drink* **7.23** each

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

Fried buttermilk chicken burger 1254 kcal
Breaded whole chicken breast fillet
Grilled chicken breast burger 969 kcal
Skinny chicken burger (5%) (UNDER 500) 388 kcal
Grilled chicken breast with salad, instead of chips

soft drink* **7.95** each
alcoholic drink* **9.48** each

Additional burger patties

3oz beef patty 169 kcal; **Fried halloumi-style cheese** (V) 446 kcal
Grilled chicken breast 187 kcal; **Fried buttermilk chicken** 473 kcal
Breaded vegetable patty (V) 257 kcal
BEYOND MEAT **patty** (Ve) 184 kcal — each **1.97**

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 🌶 **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 🌶🌶🌶 **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
Char-grilled half chicken, mash and gravy 857 kcal
Lemon & herb chicken, peas, chicken gravy

soft drink* **11.07** each
alcoholic drink* **12.60** each

Chicken baskets

Chicken wing basket 🌶🌶🌶 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** (5%) 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 🌶🌶 (V)
Eight coated pieces, coleslaw, sweet chilli sauce
Choose: **Spicy rice** 721 kcal; **Chips** 1115 kcal; **Side salad** 600 kcal

soft drink* **8.91** each
alcoholic drink* **10.44** each

Add: **Chicken gravy** (50 kcal) **94p**

Curries INCLUDES A DRINK*

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
Katsu grilled chicken curry (5%) 541 kcal
Sliced grilled chicken breast
Katsu Quorn™ nugget curry (Ve) 685 kcal
Eight coated pieces

soft drink* **8.96** each
alcoholic drink* **10.49** each

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

Mangalorean roasted cauliflower & spinach curry 🌶🌶 (Ve) (5%) 867 kcal
Chicken tikka masala 🌶🌶 1190 kcal
Chicken jalfrezi 🌶🌶🌶 (5%) 935 kcal
Beef Madras 🌶🌶🌶🌶 1043 kcal

soft drink* **10.08** each
alcoholic drink* **11.61** 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 🌶🌶 (Ve)
Choose: **Basmati pilau rice** (5%) 508 kcal; **Chips** 910 kcal
Simple chicken tikka masala 🌶🌶
Choose: **Basmati pilau rice** 830 kcal; **Chips** 1232 kcal
Simple chicken jalfrezi 🌶🌶🌶
Choose: **Basmati pilau rice** (5%) 575 kcal; **Chips** 977 kcal
Simple beef Madras 🌶🌶🌶🌶
Choose: **Basmati pilau rice** 684 kcal; **Chips** 1086 kcal

soft drink* **7.84** each
alcoholic drink* **9.37** each

11" pizzas INCLUDES A DRINK*

On a freshly baked sourdough base.

	soft drink*	alcoholic drink*
Margherita (V) 939 kcal. Mozzarella, basil	**8.91**	**10.44**
Pepperoni 🌶🌶 1157 kcal. Mozzarella, pepperoni		
Ham and mushroom 1012 kcal. Mozzarella, ham, mushroom, rocket		
BBQ chicken 1103 kcal. Mozzarella, BBQ sauce, chicken breast, red onion, rocket		
Roasted vegetable (V) 1029 kcal. Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
Vegan roasted vegetable (Ve) (5%) 705 kcal. Mushroom, roasted pepper, courgette, onion, basil		
BBQ jackfruit and vegan cheeze 🌶🌶🌶 (Ve) 873 kcal. BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket	**11.25**	**12.78**
Spicy meat feast 🌶🌶🌶 1220 kcal. Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	**11.25**	**12.78**

soft drink* **10.08** each
alcoholic drink* **11.61** each

Additional toppings

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

Small pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Fish and chips		
Small freshly battered cod and chips Peas 680 kcal or mushy peas 739 kcal	**8.09**	**9.62**
Small Whitby breaded scampi Four scampi, chips, peas 658 kcal or mushy peas 718 kcal.	**8.09**	**9.62**
Add: **Two slices of bread** (V) (383 kcal) **1.34**		
Chip shop-style curry sauce (Ve) (118 kcal) **1.46**		
Small Wiltshire cured ham, egg and chips (UNDER 500) 455 kcal. One slice of Wiltshire cured ham, fried egg	**6.86**	**8.39**
Small all-day brunch 666 kcal. Sausage, bacon, fried egg, baked beans, chips	**7.15**	**8.68**
Small vegetarian all-day brunch (V) 596 kcal. Two vegan sausages, fried egg, baked beans, chips	**7.15**	**8.68**

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

soft drink* **6.33**
alcoholic drink* **7.86**

Pub classics INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Fish and chips		
Freshly battered cod and chips Peas 1239 kcal or mushy peas 1298 kcal	**10.31**	**11.84**
Whitby breaded scampi Eight scampi, chips, peas 1195 kcal or mushy peas 1255 kcal.	**10.31**	**11.84**
Add: **Two slices of bread** (V) (383 kcal) **1.34**		
Chip shop-style curry sauce (Ve) (118 kcal) **1.46**		
Steak & kidney pudding Peas, onion & red wine gravy. Choose: **Chips** 1223 kcal; **Mashed potato** 907 kcal	**8.56**	**10.09**
Bangers and mash 950 kcal. Three Lincolnshire sausages, peas, onion & red wine gravy	**8.56**	**10.09**
Vegetarian bangers and mash (V) 667 kcal. Three vegan sausages, peas, onion & red wine gravy	**8.56**	**10.09**
Wiltshire cured ham, eggs and chips 856 kcal. Two slices of Wiltshire cured ham, two fried eggs	**7.96**	**9.49**
Sausages, chips and beans 1170 kcal. Three Lincolnshire sausages	**7.96**	**9.49**
Vegan sausages, chips and beans (Ve) 887 kcal. Three vegan sausages	**7.96**	**9.49**
Smoky vegan chilli 🌶🌶 (Ve) (5%) 629 kcal. Soya mince, red peppers, red kidney beans, black turtle beans, haricot beans, in a smoky chipotle tomato sauce. Rice, tortilla chips	**8.56**	**10.09**
All-day brunch 1213 kcal. Two sausages, bacon, two fried eggs, baked beans, chips	**9.96**	**11.49**
Add: **Two slices of black pudding** (355 kcal) **1.51**		
Vegetarian all-day brunch (V) 1100 kcal. Three vegan sausages, two fried eggs, baked beans, chips	**9.96**	**11.49**

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

soft drink* **7.49**
alcoholic drink* **9.02**

Steaks and grills INCLUDES A DRINK*

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
Mashed potato 745 kcal; **Chips** 1061 kcal
Mediterranean salad 657 kcal; **Side salad** 546 kcal

soft drink* **11.49**
alcoholic drink* **13.02**

Gourmet 8oz sirloin steak
With peas, tomato, mushroom, three onion rings and a steak sauce.
Choose: **Jacket potato** 993 kcal
Mashed potato 997 kcal; **Chips** 1314 kcal
Mediterranean salad 909 kcal; **Side salad** 798 kcal

soft drink* **13.84**
alcoholic drink* **15.37**

Add your choice of steak sauce: **Creamy peppercorn sauce** (74 kcal)
Jack Daniel's® Tennessee Honey glaze (V) (87 kcal) **1.82** each

Below meals are served with peas, tomato and mushroom.

	soft drink*	alcoholic drink*
BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce. Choose: **Jacket potato** (5%) 803 kcal; **Mashed potato** 807 kcal. **Chips** 1123 kcal; **Mediterranean salad** 719 kcal; **Side salad** 608 kcal	**10.31**	**11.84**
5oz gammon and egg Choose: **Jacket potato** (5%) 610 kcal; **Mashed potato** 614 kcal. **Chips** 930 kcal; **Mediterranean salad** 526 kcal; **Side salad** (UNDER 500) 415 kcal	**8.96**	**10.49**
10oz gammon and eggs Choose: **Jacket potato** (5%) 819 kcal; **Mashed potato** 824 kcal. **Chips** 1140 kcal; **Mediterranean salad** 735 kcal; **Side salad** 625 kcal	**12.13**	**13.66**
Mixed grill Gammon, pork loin, rump, lamb, sausage. Choose: **Jacket potato** 1192 kcal; **Mashed potato** 1196 kcal. **Chips** 1513 kcal; **Mediterranean salad** 1108 kcal; **Side salad** 997 kcal	**12.13**	**13.66**
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings. Choose: **Jacket potato** 1686 kcal; **Mashed potato** 1690 kcal. **Chips** 2006 kcal; **Mediterranean salad** 1602 kcal; **Side salad** 1491 kcal	**13.89**	**15.42**

Salads pastas and noodles INCLUDES A DRINK*

	soft drink*	alcoholic drink*
Ramen noodle bowl 🌶🌶 (Ve) (5%) (UNDER 500) 236 kcal. Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth. Add: **Grilled chicken breast** (94 kcal) **1.15**. **Poached egg** (V) (63 kcal) **93p**	**9.13**	**10.66**
Burrito salad bowl (V) 657 kcal. Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies. Add: **Fried buttermilk chicken** (473 kcal) **1.97**. **Chicken breast** (187 kcal) **1.97**. **Smoky vegan chilli** 🌶🌶 (Ve) (248 kcal) **1.97**	**8.85**	**10.38**
Grilled halloumi-style cheese & roasted vegetable salad (V) (UNDER 500) 494 kcal. Roasted pepper, courgette, onion, pico de gallo, dressing	**8.85**	**10.38**
Chicken & maple-cured bacon salad Choose: **Grilled chicken breast** (5%) (UNDER 500) 279 kcal. **Southern-fried chicken breast strips** (UNDER 500) 461 kcal	**9.70**	**11.23**
Mediterranean salad (Ve) (5%) (UNDER 500) 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**. **Tuna mayo** (307 kcal) **1.06**; **Roasted vegetables** (Ve) (135 kcal) **1.53**. **Grilled chicken breast** (187 kcal) **1.97**	**8.57**	**10.10**
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**. **Maple-cured bacon** (91 kcal) **1.52**	**9.13**	**10.66**
British beef & pancetta lasagne Choose: **Side salad** 780 kcal; **Chips** 1295 kcal	**9.70**	**11.23**

Adults need around 2000 kcal a day.[§]

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