

Desserts

NEW Giant profiterole ⁵⁰⁰ 433 kcal	5.33
Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry Vanilla ice cream	
NEW Salted caramel sticky toffee pudding ⁸⁷⁷ 877 kcal	4.99
Vanilla ice cream	
NEW Millionaire's shortbread ⁵⁰⁰ 409 kcal	2.17
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream ³³⁴ 334 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch ⁵⁰⁰ 364 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie ⁵⁰⁰ 435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich ⁵⁰⁰ 431 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream	
Fresh fruit ⁵⁰⁰ 470 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake ⁹⁰⁹ 909 kcal	5.33
Vanilla ice cream	
Warm chocolate brownie ⁷³⁶ 736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich ⁷²⁷ 727 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble ⁶⁷³ 673 kcal	5.62
Vanilla ice cream	

Add: Vanilla ice cream scoop ¹³⁵ 135 kcal) 94p ; Toffee sauce ⁶⁶ 66 kcal) 42p	
Belgian chocolate sauce ⁶¹ 61 kcal) 42p ; Banana ¹¹⁰ 110 kcal) 62p	
Strawberries ²⁷ 27 kcal) 62p ; Blueberries ¹⁷ 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% fat or less 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

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BREAKFAST

Served
8am - 12 noon

Large breakfast 1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast 435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Black pudding (178 kcal) 75p	
Freedom breakfast 586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast ¹¹²⁹ 1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast ⁷⁸⁶ 786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast ²⁹¹ 291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast ⁶⁴² 642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
Porridge ²⁵² 252 kcal (plain)	2.09
Add: Banana ¹¹⁰ 110 kcal) 62p ; Strawberries ²⁷ 27 kcal) 62p	
Blueberries ¹⁷ 17 kcal) 62p ; Honey ⁹¹ 91 kcal) 34p	
Sliced apple ⁴⁶ 46 kcal) 62p	

NEW Fiesta brunch ⁶⁵⁹ 659 kcal	3.88
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa	
Eggs Benedict 725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict ⁶³⁸ 638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Scrambled egg on toast ⁵⁷⁰ 570 kcal	3.77
Three eggs, buttered white bloomer toast	
Beans on toast ⁵⁶⁶ 566 kcal. Buttered white bloomer toast	3.66
NEW Vegan option available with vegan spread ⁴⁶⁰ 460 kcal	
Small beans on toast ²⁵² 252 kcal	2.62
Buttered white bloomer toast	
Two slices of toast with jam or marmalade ⁵²⁴ 524 kcal	2.47
White bloomer bread	
Fresh fruit ²⁰⁰ 200 kcal	3.66
Apple, banana, blueberries, strawberries	
NEW Fresh fruit and yoghurt ³³⁴ 334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	

Breakfast extras

Add any of the following:			
Black pudding 178 kcal	75p	Two rashers of back bacon 131 kcal	1.57
Lincolnshire sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52
Vegan sausage ⁸² 82 kcal	1.05	Two scrambled eggs ¹³⁶ 136 kcal	1.63
Slice of toast ²²⁵ 225 kcal	1.13	Fried egg ⁵⁶ 56 kcal	93p
Hash brown ⁸² 82 kcal	46p	Poached egg ⁶³ 63 kcal	93p
		Baked beans ¹²⁶ 126 kcal	93p
		Two mushrooms ¹⁰⁰ 100 kcal	93p
		Two grilled tomato halves ¹⁶ 16 kcal	52p
		Grilled halloumi-style cheese ⁴⁴⁷ 447 kcal	1.97

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	3.88	Breakfast wrap 724 kcal	4.36
Sausage butty 714 kcal	3.88	Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Two Lincolnshire sausages, buttered white bloomer bread		Vegetarian breakfast wrap ⁷³⁵ 735 kcal	4.36
Vegetarian sausage butty ⁵⁴¹ 541 kcal	3.88	Fried egg, two vegan sausages, two hash browns, Cheddar cheese	
Two vegan sausages, buttered white bloomer bread			
NEW Vegan option available with vegan spread ⁴³⁵ 435 kcal			

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*	
Egg & cheese muffin ²⁴⁹ 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin ³¹⁴ 314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin ⁴¹⁷ 417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin ³³⁰ 330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin ⁴⁸² 482 kcal	4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	

Add: Hash brown ⁸² 82 kcal) 46p	

Tea, coffee and hot chocolate

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

£1.56 each

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

Flat white ⁹² 92 kcal
Cappuccino ¹⁰² 102 kcal
Latte ¹¹³ 113 kcal
Mocha ¹⁴⁷ 147 kcal
Espresso ⁶ 6 kcal
Black coffee ⁶ 6 kcal
White coffee ²⁴ 24 kcal
Hot chocolate ¹⁶⁹ 169 kcal

Tea with semi-skimmed milk ¹⁴ 14 kcal
Dairy alternative: oat sachet ⁴ 4 kcal
Decaffeinated tea and coffee available.

for the facts
drinkaware.co.uk
jdwetherspoon.com

FOOD

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



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

Table service

Download the Wetherspoon app or scan this QR code.

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FOOD HYGIENE RATING

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

100% UK AND IRISH BEEF
From farms in the UK and Ireland, prime beef steaks, matured for 28 days. 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 standard for well-managed and sustainable fisheries.

Free-range eggs
100% of the eggs we use are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.

Breakfast
8am - 12 noon
Traditional breakfast
£4.99

Tea, coffee and hot chocolate
Free refills
£1.56 each

Deli Deals
INCLUDES A DRINK ¹
Featuring **NEW** small southern-fried chicken wrap just-a-wrap, without a drink
£3.08

soft drink*	alcoholic drink*
£4.11	£5.64

Burger meals
INCLUDES A DRINK ¹
Featuring 3oz American burger
soft drink* | alcoholic drink*
£5.44 | **£6.97**

Afternoon deals
INCLUDES A DRINK ¹
Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips
soft drink* | alcoholic drink*
£6.09 | **£7.62**

Steak Club
INCLUDES A DRINK ¹
Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin
soft drink* | alcoholic drink*
£9.67 | **£11.20**

Curry Club
INCLUDES A DRINK ¹
Thursday 11.30am - 11pm
Featuring the katsu curry range
soft drink* | alcoholic drink*
£7.91 | **£9.44**

INCLUDES A DRINK ¹
Choose from over 150 drinks

LAVAZZA
TORINO, ITALY, 1895
100% ARABICA BEANS

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

Award-winning children's menu
Best children's meals (first place) Independently run 'secret diner' survey.

Sustainable Restaurant Association
Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

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







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


MENU 1381

SIM

Small plates | Any 3 for £14.93

8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.

Margherita   467 kcal. Mozzarella, basil	5.91
Pepperoni  575 kcal. Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable  514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable   355 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast    615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09

NEW Char-grilled halloumi-style cheese  514 kcal **4.96**

Rocket, roasted pepper, courgette, onion, salsa

11" garlic pizza bread  772 kcal **5.57**

Nachos     695 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 **5.36**

Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream **6.03**

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

Sweet chilli    37 kcal; Sticky soy  100 kcal; Naga chilli    136 kcal

Jack Daniel's® Tennessee Honey glaze  87 kcal; Chipotle mayo    150 kcal

Blue cheese  270 kcal; BBQ sauce  83 kcal

Halloumi-style fries   396 kcal **4.96**

Chicken bites  322 kcal. Ten battered chicken breast pieces **6.09**

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

















Chicken wings    813 kcal. Ten spicy chicken wings **6.75**

Quorn™ nuggets   331 kcal. Eight coated pieces **5.19**

Deli Deals

All wraps and paninis are freshly made to order.

NEW 10" wraps A smaller wrap and filling.

Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink 3.08 each
Small vegetarian brunch wrap  545 kcal Fried egg, two vegan sausages, Cheddar cheese	4.11 each
Small shawarma chicken    502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink* 4.11 each
Small Quorn™ nuggets   310 kcal Salad leaves, tomato, cucumber, salsa	alcoholic drink* 5.64 each
Small southern-fried chicken     399 kcal Salad leaves, smoky chipotle mayo	5.64 each
Small fried halloumi-style cheese     391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad  (46 kcal); Small portion of chips  (329 kcal) 1.03 each	1.03 each

12" wraps

NEW Shawarma chicken    719 kcal
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

Quorn™ nuggets   508 kcal. Tomato, cucumber, salsa

Southern-fried chicken    609 kcal
Salad leaves, smoky chipotle mayo

Fried halloumi-style cheese   707 kcal
Salad leaves, sweet chilli sauce, tomato, cucumber

Paninis

Cheddar cheese and tomato  527 kcal

Wiltshire cured ham and Cheddar cheese 508 kcal

BBQ chicken, bacon and Cheddar cheese 586 kcal

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

Add: Side salad  (91 kcal); Spicy rice  (208 kcal)
Chips  (602 kcal) **1.44** each

Adults need around 2000 kcal a day.[§]

Burgers


Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.

Beef burgers One 3oz beef patty.
Served with a small portion of chips (329 kcal, included in Calories below).

American burger 696 kcal
Red onion, gherkin, ketchup, American-style mustard

soft drink*	alcoholic drink*
5.44 each	6.97 each

Classic beef burger 677 kcal
Iceberg lettuce, tomato, red onion

Skinny beef burger  375 kcal
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips

American cheese burger 730 kcal
American-style cheese, red onion, gherkin, ketchup, American-style mustard

soft drink*	6.04
alcoholic drink*	7.57

Double beef burgers Two 3oz beef patties.
Served with chips (602 kcal, included in Calories below).

Double American burger 1138 kcal
Red onion, gherkin, ketchup, American-style mustard

Double classic beef burger 1119 kcal
Iceberg lettuce, tomato, red onion


soft drink*	7.73 each	alcoholic drink*	9.26 each
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Double American cheese burger 1207 kcal
American-style cheese, red onion, gherkin, ketchup, American-style mustard

soft drink*	8.30
alcoholic drink*	9.83

Chicken burgers

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

Crunchy chicken strip burger  776 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise



soft drink*	5.44
alcoholic drink*	6.97

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

Fried buttermilk chicken burger 1255 kcal
Breaded whole chicken breast fillet

soft drink*	7.73 each	alcoholic drink*	9.26 each
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Char-grilled chicken breast burger 970 kcal

Skinny chicken burger   394 kcal
Char-grilled chicken breast, with a side salad, instead of chips

Meat-free burgers

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


Beyond Burger™  1043 kcal
 BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce

soft drink*	7.73 each	alcoholic drink*	9.26 each
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Fried halloumi-style cheese burger   1118 kcal. Sweet chilli sauce

Just-a-burger

Served on its own, without chips or a drink. **each 3.36**

American burger  367 kcal
Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger   447 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Curries

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

Mangalorean roasted cauliflower & spinach curry   927 kcal

Chicken tikka masala  1190 kcal

Chicken jalfrezi     935 kcal


Beef Madras     1043 kcal

Change your plain naan to a garlic naan  (add 92 kcal) **47p**


Add: One vegetable samosa and two onion bhajjis   (293 kcal) **1.76**

Two plain poppadums  (86 kcal) **47p**

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

Katsu grilled chicken curry  542 kcal

Sliced char-grilled chicken breast

Katsu Quorn™ nugget curry  686 kcal


Eight coated pieces

Katsu chicken curry 828 kcal

Sliced whole breaded chicken breast fillet




Jacket potatoes

With side salad and one filling. Extra fillings 1.22 each.

Coleslaw  559 kcal

Cheese  512 kcal

Baked beans   482 kcal

Chilli bean non-carne    442 kcal

Roasted vegetables   383 kcal

soft drink*	6.85 each	alcoholic drink*	8.38 each
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Gourmet burgers

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

Ultimate burger 1656 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) 1567 kcal

Char-grilled chicken breast 1417 kcal

Fried buttermilk chicken 1703 kcal


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

Choose:

Beef (two 3oz beef patties) 1644 kcal

Char-grilled chicken breast 1494 kcal

Fried buttermilk chicken 1780 kcal

Fiesta burger  1380 kcal

 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

Triple American cheese & bacon burger 1770 kcal
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

soft drink*	11.38
alcoholic drink*	12.91

Additional toppings and burger patties


Maple-cured bacon with Cheddar cheese 173 kcal **2.14**

Maple-cured bacon with American-style cheese 160 kcal **2.14**

Cheddar cheese  82 kcal **1.52**

American-style cheese  69 kcal **1.52**


Maple-cured bacon 91 kcal **1.52**

Crunchy chicken strip  92 kcal **1.50**

3oz beef patty 168 kcal

Char-grilled chicken breast 187 kcal

Fried buttermilk chicken 473 kcal **each 1.97**

Fried halloumi-style cheese  298 kcal

 BEYOND MEAT patty  184 kcal

Chicken

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

Peri-peri char-grilled half chicken



Lemon and herb 

Char-grilled in a lemon & herb glaze

Coleslaw, garlic & herb dip

Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal

Spicy rice 1059 kcal; Chips 1453 kcal

Hot and spicy   


Char-grilled in a Naga chilli & citrus glaze

Coleslaw, Naga chilli dip

Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal

Spicy rice 1029 kcal; Chips 1423 kcal

Chicken baskets

Boneless basket 


Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce

Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal

Chicken bites basket

Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Choose: Side salad 623 kcal; Spicy rice  763 kcal; Chips 1157 kcal

Southern-fried chicken strips basket 

Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze

Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal

Quorn™ ‘no chicken’ nuggets basket  

Eight coated pieces, coleslaw, sweet chilli sauce
Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal

soft drink*	8.68 each
alcoholic drink*	10.21 each

11" pizzas

Sourdough base – proved, stretched, topped and freshly baked to order.

Margherita  934 kcal. Mozzarella, basil

soft drink*	8.68	alcoholic drink*	10.21
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