#### Sides and extras 4.23 Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 34p) 2.48 Small bowl of chips @ 602 kcal Five chicken wings **FFF** 407 kcal 3.34 NEW Five chicken breast bites 161 kcal 2.99 Eight Whitby breaded scampi 464 kcal 4.99 Grilled halloumi-style cheese V 447 kcal 1.97 Peas 133 kcal Mushy peas V 248 kcal 94p 2.29 Side salad @ 91 kcal Mediterranean side salad @ 198 kcal 3.22 Roasted vegetables @ 135 kcal 1.53 Coleslaw V 399 kcal 1.40 Sliced chillies FFFF @ 3 kcal 88p 94n Chicken gravy 50 kcal Onion rings 🕖 **Six** 269 kcal **2.33** Twelve 538 kcal 3.50

#### **Desserts** NEW Salted caramel sticky toffee pudding V 4.99 Vanilla ice cream 877 kcal or custard 741 kcal NEW Millionaire's shortbread V 500 409 kcal 2.17 Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, Vanilla ice cream V 555 334 kcal 1.82 Two scoops, toffee sauce, Belgian chocolate sauce Cookie crunch (V) (364 kcal 1.82 Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie V 655 435 kcal 2.98 Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich V 600 431 kcal 2.98 Salted caramel filling, toffee sauce, vanilla ice cream Mini American-style pancakes (V) (500) 412 kcal 3.54 Two pancakes, maple-flavour syrup, vanilla ice cream Fresh fruit V 59 500 470 kcal 4.56 Apple, banana, blueberries, strawberries, vanilla ice cream Warm chocolate fudge cake 👽 909 kcal. Vanilla ice cream 5.33 Warm chocolate brownie V 736 kcal 5.33 Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich V 727 kcal 5.33 Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble V 5.62 Vanilla ice cream 673 kcal or custard 🚳 537 kcal American-style pancakes V 38 689 kcal 4.99 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 (166 kcal) 42p Banana (110 kcal) 62p; Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p

#### ALLERGEN AND NUTRITIONAL INFORMATION

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

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

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

### DIETARY SYMBOLS

= Very mild = Mild	= Medium	hot /// = Very hot
= Extremely ho	t	
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.§

# BREAKFAST

## Served 8am - 12 noon

3.88

5.14

5.14

5.14

4.99

4.99

4.30

3.54

3.25

3.77

3.66

2.62

2.47

3.66

4.45

4.36

4.36

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59	Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa
<b>Traditional breakfast</b> 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of to	<b>4.99</b> ast	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham,
Small breakfast 👑 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	4.45	Hollandaise sauce, rocket  Mushroom Benedict V 638 kcal
Add: Black pudding (178 kcal) <b>75</b> p		Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding,
Large vegetarian breakfast ♥ 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns,	6.59	Hollandaise sauce, rocket  American-style pancakes
mushroom, tomato, two slices of toast  Vegetarian breakfast V 786 kcal	4.99	NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. V 🚳 708 kcal
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.77	Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. 👽 🚳 554 kcal
Small vegetarian breakfast ♥ ፡ 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	4.45	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kca
Vegan breakfast ⊘ 642 kcal	4.61	Two pancakes, maple-flavour syrup. V 50 555 277 kcal  Scrambled egg on toast V 570 kcal
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Three eggs, buttered white bloomer toast
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	6.85	Beans on toast  \$\mathbf{O}\$ \simeq 666 kcal. Buttered white bloomer toast  \$\mathbf{NEW}\$ Vegan option available with vegan spread  \$\otin\$ \simeq 600 \$\simeq\$ 657 460 kcal  \$\mathbf{Small beans on toast } \mathbf{O}\$ \simeq 657 252 kcal
Small American breakfast 629 kcal	4.99	Buttered white bloomer toast
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		Two slices of toast with jam or marmalade <b>№</b> 524 kcal White bloomer bread
Porridge  \$\circ\$ \$\sim\$ 252 kcal (plain)  Add: Banana  \$\@\$ (110 kcal) 62p; Maple-flavour syrup  \$\@\$ (125 kcal) 34p  Strawberries  \$\@\$ (27 kcal) 62p; Blueberries  \$\@\$ (17 kcal) 62p  Honey  \$\Phi\$ (91 kcal) 34p; Sliced apple  \$\@\$ (46 kcal) 62p	2.09	Fresh fruit © © 555° 200 kcal Apple, banana, blueberries, strawberries  NEW Fresh fruit and yoghurt © 50° 5334 kcal 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	Baked beans @ 126 kcal	93p
Lincolnshire sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 100 kcal	93p
Vegan sausage 🥏 82 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves @ 16 kcal	52p
Slice of toast V 225 kcal	1.13	Fried egg V 56 kcal	93p	Grilled halloumi-style cheese V 447 kcal	1.97
Hash brown 🥝 82 kcal	46p	Poached egg V 63 kcal	93p	,	

### **Breakfast butties and wraps**

<b>Bacon butty</b> 574 kcal. Three rashers of bacon, buttered white bloomer bread	3.88
Sausage butty 714 kcal	3.88
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty V 541 kcal	3.88
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread @ 59 (506) 435 kcal	

#### Tea. coffee and hot chocolate-Rroakfast muffin doal

Dreakiast mullin deal		
ncludes tea, coffee or hot chocolate. Free refills		
<b>Egg &amp; cheese muffin ♥ (555)</b> 249 kcal ried egg, American-style cheese, in an English muffin	3.31	
<b>Egg &amp; bacon muffin</b> 314 kcal ried egg, bacon, American-style cheese, in an English muffin	3.77	
Egg & sausage muffin 6555 417 kcal ried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.77	
<b>Egg &amp; vegetarian sausage muffin ♥ (557)</b> 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.77	
Breakfast muffin (555) 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	4.01	
Smashed avocado muffin <a> ™ ™ № № № № № № № № № № № № № № № № №</a>	4.01	
ldd: Hash brown 🥏 (82 kcal) <b>46p</b>		

TEA. COFFEE AND **HOT CHOCOLATE** 

Breakfast wrap 724 kcal

- ALL DAY EVERY DAY -

Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese

Fried egg, two vegan sausages, two hash browns, Cheddar cheese

Vegetarian breakfast wrap 735 kcal

LAVATIA (A) (A)

Cappuccino 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee 24 kcal Hot chocolate 169 kcal Tea

with semi-skimmed milk **V** 14 kcal

Flat white **9** 92 kcal

Dairy alternative: oat sachet @ 4 kcal Decaffeinated tea and coffee available Walkers shortbread V 151 kcal 71p

### **Biscuits**

Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit V 129 kcal 71p Salted caramel brownie bar 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. Prices (in pounds sterling, including VAT) 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 our website, and and on the telephone. Statement of daily Calorie needs from the Department of Health & Social Care. "Excluding decaffeinated. "Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J2O and all canned

drinkaware.co.uk 🛱 idwetherspoon.com ≥

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

## The Crown Inn

Fareham





### **Table service**

In the 1911 trade directory for Fareham, the premises were listed as The Crown Inn.
The licensee was Mrs Clara Frost, who remained in charge for nearly 20 years.

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale



### **Food hygiene**

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



#### 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



#### 100% UK and Irish beef

From farms in the UK and Ireland, prime beef steaks matured for 28 days. Traceable from farm to fork.

### 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.



Steak Club INCLUDES A DRINK' •

**Tuesday 11.30am - 11pm** Featuring classic 8oz sirloin

**Traditional** 

breakfast

£4.99

£1.56

alcoholic drink\*

£5.64

alcoholic drink\*

£6.97

£7.62

**Breakfast** 

8am - 12 noon

Tea. coffee and

hot chocolate

**Deli Deals** 

INCLUDES A DRINK •

Featuring NEW small southern-fried chicken wrap

just-a-wrap, without a drink

£3.08

**Burger meals** 

INCLUDES A DRINK •

Featuring 3oz American burger

**Afternoon deals** 

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

Free refills

soft drink\*

£4.11

soft drink\*

£5.44

alcoholic drink<sup>\*</sup>

£9.67

£11.20

### **Curry Club** INCLUDES A DRINK •

Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink\* alcoholic drink\*

£7.91

INCLUDES A DRINK • Choose from over 150 drinks



Coffee
The freshly ground 100% Arabica Lavazza coffee<sup>tt</sup> we serve is from Rainforest Alliance-certified farms

£9.44

# **Award-winning**





**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'.

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



wetherspoon hotels **Book direct** for the best rates



Small plates Any 3 for £14.93			
NEW Char-grilled halloumi-style cheese V 514 kcal	4.96		
Rocket, roasted pepper, courgette, onion, salsa			
Nachos /// V 695 kcal	5.81		
Cheese, guacamole, salsa, sour cream, sliced chillies <b>Bowl of chips</b> @ 964 kcal	4.23		
	5.58		
Cheesy chips V 1256 kcal	5.41		
Loaded chips 1303 kcal	6.03		
Cheese, maple-cured bacon, sour cream	0.03		
·	4.23		
White bloomer bread			
NEW Vegan option available with vegan spread @ 🚳 (1987) 285 kcal			
With any of the small plates below, choose one dip:	• • • • • • •		
Sweet chilli			
Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal; Chipotle mayo FFF ♥ 150 kca			
Blue cheese ♥ 270 kcal; BBQ sauce ⊘ 83 kcal			
Halloumi-style fries V 500 396 kcal	4.96		
Chicken bites (506) 322 kcal	6.09		
Ten battered chicken breast pieces			
Southern-fried chicken strips / 550 459 kcal	6.09		
Five chicken breast strips	/ BE		
Chicken wings /// 813 kcal Ten spicy chicken wings	6.75		
Quorn™ nuggets <b>②</b> 331 kcal	5.19		
Eight coated pieces	3.17		
Deli Deals Includes a Drink			

Deli Deals Includes a Drink				
All wraps and paninis are freshly made to order.				
NEW 10" wraps A smaller wrap and filling.				
<b>Small brunch wrap</b> 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese				
Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese	just-a-wrap, without a drink			
Small shawarma chicken /// 502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces,	3.08 each			
tomato, onion, rocket, fresh mint  Small Quorn™ nuggets ② 555 310 kcal Salad leaves, tomato, cucumber, salsa	soft drink* <b>4.11</b> each			
Small southern-fried chicken /// 399 kcal Salad leaves, smoky chipotle mayo	alcoholic drink* 5.64 each			
Small cold chicken breast // 53 277 kcal Salad leaves, sweet chilli sauce	eacii			
Small fried halloumi-style cheese // 🔾 5555 391 kcal				

### 12" wraps

Small side salad (46 kcal)

Small portion of chips @ (329 kcal)

NEW Shawarma chicken 777 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint Quorn<sup>™</sup> nuggets @ 508 kcal Tomato, cucumber, salsa

soft drink\* Southern-fried chicken **FFF** 609 kcal 5.70 Salad leaves, smoky chipotle mayo each Cold chicken breast PP 3 479 kcal Salad leaves, sweet chilli sauce alcoholic drink\* 7.23

each 1.03

each

Fried halloumi-style cheese // W 707 kcal Salad leaves, sweet chilli sauce, tomato, cucumbe

Salad leaves, sweet chilli sauce, tomato, cucumb

**Paninis** Tuna mayo and Cheddar cheese 590 kcal Cheddar cheese and tomato V 527 kcal

Wiltshire cured ham and Cheddar cheese 508 kcal BBQ chicken, bacon and Cheddar cheese 586 kcal

Add: Side salad @ (91 kcal); Tomato & basil soup @ (150 kcal) each 1.44 Spicy rice (208 kcal); Chips (602 kcal)

Burgers includes a drink

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 Classic beef burger 677 kcal 5.44 6.97 Iceberg lettuce, tomato, red onion each each Skinny beef burger (500) 375 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips American cheese burger 730 kcal soft drink\* 6.04 American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 7.57 American-style mustard Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below). Double American burger 1138 kcal soft drink\* alcoholic drink\* Red onion, gherkin, ketchup, American-style mustard 7.73 9.26 Double classic beef burger 1119 kcal each each Iceberg lettuce, tomato, red onio soft drink\* 8.30 Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, alcoholic drink\* 9.83

American-style mustard

Chicken burgers Served with a small portion of chips (329 kcal, included in the Calories below). Crunchy chicken strip burger 776 kcal soft drink\* 5.44 alcoholic drink\* 6.97 Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Served with chips (602 kcal, included in Calories below). Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet alcoholic drink\* Char-grilled chicken breast burger 970 kcal 7.73 9.26 Skinny chicken burger 53 5394 kcal each 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<sup>™</sup> 1043 kcal soft drink\* alcoholic drink\* BEYOND MEAT plant-based patty, 773 9.26 iceberg lettuce, garlic & herb sauce each each

Breaded vegetable burger V 1039 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese Fried halloumi-style cheese burger 🖊 🔾 1118 kcal. Sweet chilli sauce

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

CUTTIES INCLUDES A DRINK

 ${\color{red} \textbf{Classic curries}} \ \textbf{With basmati pilau rice, plain naan and poppadums.}$ Mangalorean roasted cauliflower

& spinach curry **FF** @ 529 927 kcal soft drink\* Chicken tikka masala 1190 kcal 9.84 Chicken jalfrezi FFF 529 935 kcal each Beef Madras /// 1043 kcal

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

Simple curries With basmati pilau rice or chips. Simple Mangalorean roasted cauliflower & spinach curry 🔰 🧿

Choose: Basmati pilau rice 🚳 568 kcal; Chips 970 kcal Simple chicken tikka masala soft drink\* alcoholic drink\* Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi

Choose: Basmati pilau rice 52 575 kcal; Chips 977 kcal Simple beef Madras

Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

Add: One vegetable samosa and two onion bhajis // @ (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 58 542 kcal

Katsu Quorn™ nugget curry @ 686 kcal Eight coated pieces Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet

Sliced char-grilled chicken breast

soft drink\* alcoholic drink\* 8.73 10.26 each each

7.62

each

each **3.36** 

alcoholic drink\*

11.37

each

9.15

each

**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,

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

soft drink\* 9.93 Fried buttermilk chicken 1703 kcal each alcoholic drink Maple-cured bacon, Cheddar cheese, BBQ sauce 11.46 Choose: Beef (two 3oz beef patties) 1644 kcal each Char-grilled chicken breast 1494 kcal

Fried buttermilk chicken 1780 kcal Heatwave burger

signature burger sauce, gherkin

Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing Choose: Char-grilled chicken breast 1722 kcal

Fried huttermilk chicken 2007 kcal Fiesta burger @ 1380 kcal

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

Triple American cheese & bacon burger 1770 kcal soft drink\* 11.38 Three 3oz beef patties, American-style cheese, alcoholic drink\* 12.91 maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

Additional toppings and burger patties 2.14 Maple-cured bacon with Cheddar cheese 173 kcal 2.14 Maple-cured bacon with American-style cheese 160 kcal 1.52 Cheddar cheese V 82 kcal 1.52 American-style cheese V 69 kcal 1.52 Maple-cured bacon 91 kcal

Crunchy chicken strip / 92 kcal 1.50 3oz beef patty 168 kcal Char-grilled chicken breast 187 kcal each **1.97** Fried buttermilk chicken 473 kcal Breaded vegetable patty V 257 kcal

soft drink\*

10.83

each

alcoholic drink\*

12.36

soft drink\*

8.68

each

alcoholic drink\*

10.21

each

Fried halloumi-style cheese V 298 kcal BEYOND MEAT patty @ 184 kcal

Chicken includes a drink

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; Mashed potato 1137 kcal; Chips 1453 kcal Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dir Choose: Side salad 888 kcal: Mediterranean salad 1018 kcal Spicy rice 1029 kcal; Mashed potato 1107 kcal; Chips 1423 kcal

Char-grilled half chicken, mash and gravy 818 kcal Lemon & herb chicken, peas, chicken gravy

Add: Chicken gravy (50 kcal) 94p

Chicken wing basket FFF Eight wings, coleslaw, Naga chilli dip Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal 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 hites hasket

Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Side salad 623 kcal; Spicy rice 58 763 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 **// v** 

Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal Small pub classics includes a drink. soft drink\* alcoholic drink\*

Fish and chips Small freshly battered cod and chips 9.37 7.84 Peas 681 kcal or mushy peas 739 kcal Small Whitby breaded scampi 7.84 9.37 Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi Add: Two slices of bread (404 kcal) 1.34 Chip shop-style curry sauce (a) (118 kcal) 1.46 Small Wiltshire cured ham, 8.14 6.61 egg and chips (500) 455 kcal One slice of Wiltshire cured ham, fried egg Small all-day brunch 681 kcal 6.91 8.44 Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 75p Small vegetarian all-day brunch V 611 kcal 6.91 8.44 Two vegan sausages, fried egg, baked beans, chips

Afternoon deal

Mon - Fri, 2pm - 5pm

soft drink\* alcoholic drink' 6.09 7.62

soft drink\* alcoholic drink\*

Pub classics includes a drink

Fish and chips		
Freshly battered cod and chips  Peas 1240 kcal or mushy peas 1298 kcal	10.08	11.61
<b>Whitby breaded scampi</b> Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	10.08	11.61
Add: Two slices of bread ♥ (404 kcal) 1.34 Chip shop-style curry sauce ⊚ (118 kcal) 1.46		
All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips Add: Black pudding (178 kcal) <b>75p</b>	9.72	11.25
<b>Vegetarian all-day brunch  №</b> 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	9.72	11.25
Steak & kidney pudding Peas, onion & red wine gravy Choose: Mashed potato 963 kcal; Chips 1279 kcal	8.32	9.85
Bangers and mash 894 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	8.32	9.85
<b>Vegetarian bangers and mash  ♥</b> 635 kcal Three vegan sausages, peas, onion & red wine gravy	8.32	9.85
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	7.73	9.26
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	7.73	9.26
Vegan sausages, chips and beans    910 kcal Three vegan sausages	7.73	9.26
NEW Chilli bean non-carne 6 @ 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	8.32	9.85

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

soft drink\* alcoholic drink 7.27 8.80

alcoholic drink\*

8.38

Jacket potatoes includes a drink of

With side salad and one filling. Extra fillings 1.22 each. Tuna mayo 592 kcal; Coleslaw V 559 kcal Cheese V 512 kcal soft drink\* Baked beans @ 5% 5555 482 kcal

6.85 Chilli bean non-carne / @ 58 58 442 kcal Roasted vegetables @ 53 (555) 383 kcal

each

Steaks and grills includes a drink

From farms in the UK and Ireland, prime beef steaks (traceable from farm to fork), matured for 28 days, seasoned with a steak-seasoning blend and freshly cooked to your liking. Classic 8oz sirloin steak

soft drink\* alcoholic drink Choose: Side salad 526 kcal 11.25 12.78 Mediterranean salad 657 kcal; Jacket potato 774 kcal each each Mashed potato 745 kcal: Chips 1061 kcal Gourmet 8oz sirloin steak Peas, tomato, mushroom, three onion rings, steak sauce soft drink\* alcoholic drink Chanse, Side salad 785 kgal. 13.59 15.12 Mediterranean salad 915 kcal; Jacket potato 1032 kcal each

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

Mashed potato 1003 kcal; Chips 1320 kcal

Below meals are served with peas, tomato and mushroom. soft drink\* alcoholic drink 10.08 11.61 Char-orilled chicken Cheddar cheese hacon RRO sauce Choose: Side salad 539 609 kcal; Mediterranean salad 739 kcal Jacket potato 827 kcal; Mashed potato 827 kcal Chips 1143 kcal 5oz gammon and egg 8.73 10.26 Choose: Side salad 53 555 402 kcal Mediterranean salad 532 kcal; Jacket potato 530 649 kcal Mashed potato 620 kcal; Chips 936 kcal 10oz gammon and eggs 13.42 11.89 Choose: Side salad 611 kcal; Mediterranean salad 741 kcal

Jacket potato 858 kcal; Mashed potato 829 kcal Chips 1146 kcal Mixed arill 11.89 Gammon, pork loin, rump, lamb, Lincolnshire sausage Choose: Side salad 984 kcal: Mediterranean salad 1114 kcal Jacket potato 1231 kcal; Mashed potato 1202 kcal Chips 1519 kcal Large mixed grill 13.65 Gammon, pork loin, rump, lamb, two Lincolnshire sausages fried egg, six onion rings

Choose: Side salad 1477 kcal: Mediterranean salad 1607 kcal

Jacket potato 1724 kcal; Mashed potato 1696 kcal

Chips 2012 kcal

Noodles, salads and pastas INCLUDES A DRINK'

soft drink\* alcoholic drink\* NEW Ramen noodle bowl // @ 53 555 466 kcal 6.99 Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies. coriander, in a light broth Add: Char-grilled chicken breast (93 kcal) 1.15 Poached egg V (63 kcal) 93p Chicken & maple-cured bacon salad 9.47 11.00 Choose: Char-grilled chicken breast (500) 283 kcal Southern-fried chicken breast strips 6500 465 kcal Mediterranean salad @ (SSS) 334 kcal 8.35 9.88 Pearl barley, quinoa, butternut squash, wheat berries, red pepper cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese (447 kcal) 1.97 Tuna mayo (298 kcal) 1.06; Roasted vegetables @ (90 kcal) 1.53 Char-grilled chicken breast (187 kcal) 1.97 10.15 Grilled halloumi-style cheese 8.62 & roasted vegetable salad V 655 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing Burrito salad bowl V 668 kcal 8.62 10.15 Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Char-grilled chicken breast (187 kcal) 1.97

8.90 Pasta alfredo M 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach

sun-dried tomato, basil, rocket Add: Char-grilled chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52

Chilli bean non-carne / (a) (149 kcal) 1.97

British beef & pancetta lasagne

Choose: Side salad 761 kcal; Chips 1295 kcal

11.00

9.47

10.43

13.42

15.18

### Adults need around 2000 kcal a day.§