

DESSERTS

NEW Chocolate & salted caramel tart  855 kcal	3.60
Vegan chocolate cookie crust, chocolate & salted caramel filling, dairy-free ice cream made with coconut milk.	
Warm chocolate fudge cake with ice cream  (wheat) 897 kcal	3.60
Warm chocolate brownie with ice cream  (wheat) 800 kcal	3.60
Belgian chocolate sauce.	
Mini warm chocolate brownie with ice cream  (wheat) 425 kcal	1.90
Belgian chocolate sauce.	
Warm cookie dough sandwich with ice cream  (wheat) 705 kcal. Salted caramel filling.	3.60
Mini warm cookie dough sandwich with ice cream  (wheat) 415 kcal. Salted caramel filling.	1.90
British Bramley apple crumble with ice cream 	3.85
633 kcal	

ALLERGENS AND DIETARY KEY

Allergen symbols:

 Crustaceans  Egg  Fish  Peanuts  Soybeans  Milk (inc. Lactose)  Nuts (type of nut)
 Celery  Mustard  Sesame seed  Sulphur dioxide and sulphites  Lupin  Molluscs
 Gluten (type of gluten)

Dietary symbols:

 Vegetarian  Vegan  5% fat or less  500 Dish under 500 Calories
 = Extremely hot  = Very hot  = Medium hot  = Mild  = Very mild

INCLUDES A DRINK

*CHOOSE ANY DRINK

FROM THE FOLLOWING DRINKS MENU CATEGORIES

CRAFT, REAL ALE, LAGER, BEER AND CIDER

Draught available in half pint and pint measure • Bottle • Can

LOW AND ALCOHOL FREE

TEA, COFFEE AND HOT CHOCOLATE FREE REFILLS^o

SOFT DRINKS

Draught 398ml glass • Bottle • Can

COLDWATER CREEK WINE^{††}

Wine available in 125ml and 175ml measure

GIN, VODKA, RUM, WHISKY AND BRANDY^{†††} MIXER INCLUDED[†]

For drinks' allergen information, please see the customer information screen.

Excludes Prosecco, sparkling wine, wine by the bottle, cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu.



Download

Available to download from the App Store and Google Play

Table service

Please help to keep everyone safe by ordering using the app.

No need to visit the bar, use a menu or handle cash.

Use the Wetherspoon app and we'll bring your food and drink to your table.

TEA, COFFEE AND HOT CHOCOLATE | FREE REFILLS^o – FOR A FREE REFILL, PLEASE SWAP YOUR USED CUP FOR A CLEAN ONE, AT THE BAR

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

Flat white  92 kcal
 Cappuccino  102 kcal
 Latte  113 kcal
 Mocha  147 kcal
 Espresso  6 kcal
 Hot chocolate  169 kcal
 Black coffee  6 kcal
 White coffee  24 kcal
 (Soya product available   5 kcal)
 Tea  Tetley
 with semi-skimmed milk  14 kcal
 (Soya product available   5 kcal)

LAVAZZA
TORINO, ITALIA, 1895



1.45
each

DECAFFEINATED COFFEE AND TEA AVAILABLE

Lavazza iced cappuccino **1.99**
250ml can  153 kcal
(Free refills not available.)

Viennese fingers  (wheat) 201 kcal **40p**

Stem ginger biscuits **65p**
 (oats, wheat) 291 kcal

Salted caramel brownie bar **1.30**
 (wheat) 299 kcal

BREAKFAST | SERVED UNTIL 11.30AM

Large breakfast **5.45**
 (barley, wheat) 1420 kcal
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast, Lurpak spreadable.

Traditional breakfast **3.90**
 (barley, wheat) 819 kcal
Fried egg, bacon, sausage, baked beans, two hash browns, tomato, slice of toast, Lurpak spreadable.

Small breakfast **3.45**
 (wheat) 460 kcal
Fried egg, bacon, sausage, baked beans, hash brown.

Large vegetarian breakfast **5.45**
 (barley, wheat) 1357 kcal
Two fried eggs, three Quorn vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast, Lurpak spreadable.

Vegetarian breakfast **3.90**
 (barley, wheat) 932 kcal
Two fried eggs, two Quorn vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, Lurpak spreadable.

Small vegetarian breakfast **3.45**
 (wheat) 374 kcal
Fried egg, Quorn vegan sausage, baked beans, hash brown, tomato.

Vegan breakfast **3.65**
 (barley, wheat) 879 kcal
Two Quorn vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread.

Freedom breakfast **3.45**
 447 kcal
Two fried eggs, bacon, baked beans, mushroom, tomato.

BREAKFAST DEALS | SERVED UNTIL 11.30AM

DRINKS INCLUDED IN BREAKFAST DEALS
Any coffee, tea, hot chocolate (Free refills^o) | Bottle of Strathmore spring water, standard juice (398ml) or choose a large juice (568ml) for 30p extra | Choose a Remedy kombucha or Lavazza iced cappuccino can for 99p extra

Bacon butty  (barley, wheat) 509 kcal **3.69** **2.99**
Three rashers of bacon, white bloomer bread. With Country Life spreadable.

Sausage butty **3.69** **2.99**
Two sausages, white bloomer bread. With Country Life spreadable.
Choose:
Quorn vegan sausage  (barley, wheat) 605 kcal
Sausage  (barley, wheat) 691 kcal

Beans on toast  (barley, wheat) 543 kcal **3.50** **2.80**
White bloomer bread. With Country Life spreadable.

Small beans on toast **2.50** **1.80**
 (barley, wheat) 240 kcal
White bloomer bread. With Country Life spreadable.

Breakfast wrap  (oats, wheat) 721 kcal **4.75** **4.05**
Fried egg, bacon, sausage, hash brown, Cheddar cheese.

Vegetarian breakfast wrap **4.75** **4.05**
 (oats, wheat) 861 kcal
Fried egg, two Quorn vegan sausages, two hash browns, Cheddar cheese.

Toast and preserves  (barley, wheat) 459 kcal **2.85** **2.15**
White bloomer bread. Lurpak spreadable.

MOMA Porridge  250 kcal (plain) **2.65** **1.95**
Add: Banana  (105 kcal) **60p**; Honey  (92 kcal) **35p**

All weights are approximate uncooked. Fish and meat dishes may contain bones. Specifications may change periodically and Calories 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: jdwwetherspoon.com ^oOffer (excluding take-away, Lavazza iced cappuccino and other unlisted hot drinks) available 7 days a week; applies on day of purchase, during one visit; is non-transferable. Exclusions apply. [†]Mixer excludes Fentimans, J20, Lavazza iced cappuccino, Remedy and other canned soft drinks. ^{††}An alternative may be offered. ^{†††}25ml in all free houses, except Northern Ireland (35ml). ^{*}Non-refundable advanced purchase rates, available to book direct via telephone and our website. ^oWhich? UK hotel chain review, October 2019. CPSTD_1086_F

MENU_1086

FOOD MENU

THE STANDARD BEARER
STEVENAGE

WELCOME BACK

While we have been closed, we have changed the way in which we operate in a COVID-19 environment. One of the adjustments is the introduction of this disposable menu, designed to be disposed of safely, after each use.

Please keep yourself, other customers and our team safe by following these guidelines:

- Visit the pub only if you feel well.
- On arrival, wash your hands or use a sanitiser.
- Social distancing – respect one another's personal space.
- Please respect our staff – they are here to help you.
- Avoid shaking hands and close contact with others.
- Don't arrange to meet in large groups.
- Don't move furniture – it has been positioned for social distancing.
- Observe signage about moving around the pub – for example queuing, keeping left in any corridors and using entry and exit points.
- Keep children seated and supervise them during toilet visits.
- Order food and drink using the Wetherspoon app.
- If you do go to the bar, make all payments (where possible) using contactless.
- Keep front doors open to improve ventilation and reduce contact with handles – if you find it draughty, please sit away from doors.

Thank you.

TRADITIONAL BREAKFAST
OPEN FROM 8AM | SERVED UNTIL 11.30AM **3.90**

TEA, COFFEE AND HOT CHOCOLATE
FREE REFILLS **1.45**

DELI DEALS[®]
INCLUDES A DRINK* **3.99** **4.99**
each each

11" PIZZA
INCLUDES A DRINK* **6.15** **7.15**
from from

BURGERS
INCLUDES A DRINK* **5.65** **6.65**
from each from each

SIMPLE STEAK
INCLUDES A DRINK* **9.99**
with soft or alcoholic drink*

MEAL DEALS INCLUDES A DRINK*

PLEASE SEE INDIVIDUAL CLUB MENUS FOR FULL DETAILS AND INCLUDED DRINKS

TUESDAY STEAK CLUB[®] **6.95**
with soft or alcoholic drink* from

THURSDAY CURRY CLUB[®] **7.35**
with soft or alcoholic drink* from

FRIDAY FISH FRIDAY[®] **7.10** **8.10**
with soft drink* with alcoholic drink*

SUNDAY SUNDAY BRUNCH **7.05** **8.05**
with soft drink* with alcoholic drink*



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The spoken menu app for the visually impaired

58 HOTELS NATIONWIDE
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Named by Which? Travel[†] as the joint best hotel chain in the UK



Breakfast served 8am – 11.30am.
Main menu served 11.30am – 11pm.

Children's menu available.
Please supervise children at all times.

Table service

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ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, customer information screen, website and Wetherspoon app. 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. Our staff cannot offer specific advice or recommendations beyond our published allergen communications.

SMALL PLATES | ANY 3 FOR £10.75

8" PIZZA On a freshly baked sour dough base.	
Margherita  (wheat) 466 kcal Mozzarella, basil.	4.15
NEW Carbonara  (wheat) 481 kcal Creamy white cheese sauce, mozzarella, maple-cured bacon, mushroom, rocket.	4.65
Pepperoni  (wheat) 593 kcal Mozzarella, pepperoni.	4.65
Hawaiian  (wheat) 516 kcal Mozzarella, ham, pineapple.	4.65
Ham and mushroom  (wheat) 501 kcal Mozzarella, ham, mushroom, rocket.	4.65
BBQ chicken  (wheat) 559 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket.	4.65
Roasted vegetable  (wheat) 512 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil.	4.65
Vegan roasted vegetable  (wheat) 355 kcal Mushroom, roasted pepper, courgette, onion, basil.	4.65
Spicy meat feast  (wheat) 622 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket.	5.15

11" garlic pizza bread  (wheat) 707 kcal	3.90
Tomato & basil soup  (barley, wheat) 331 kcal White bloomer bread. Lurpak spreadable.	2.85
NEW Quorn™ nuggets  (wheat) 440 kcal Eight coated pieces, sweet chilli sauce.	3.70
Macaroni cheese bites  (durum wheat, wheat) 276 kcal. Salsa.	4.20
Halloumi fries  475 kcal. Sweet chilli sauce.	3.50
Nachos  628 kcal Cheese, guacamole, salsa, sour cream, sliced chillies.	4.25

Topped chips Loaded  (wheat) 1281 kcal. Cheese, maple-cured bacon, sour cream. Chip shop-style curry sauce  (wheat) 1073 kcal	4.45 4.15
Chicken breast bites  (wheat) 406 kcal Ten battered chicken pieces, sticky soy sauce.	4.50
Southern-fried chicken strips  (wheat) 653 kcal Five chicken strips, smoky chipotle mayo.	4.50
Chicken wings  (wheat) 1289 kcal Ten spicy chicken wings. Sriracha hot sauce, blue cheese dip.	5.10
Spicy coated king prawns  (wheat) 474 kcal Six prawns, sweet chilli sauce.	4.55
Half rack of BBQ pork ribs and six onion rings  (barley, wheat) 836 kcal	4.85

SALADS AND PASTAS | INCLUDES A DRINK*

Rainbow quinoa salad  323 kcal Quinoa, pink cabbage, grilled butternut squash, black-eyed beans, black rice, yellow cherry tomato, red Roquito® pepper, pumpkin seeds, kale, dressing. Add: Grilled halloumi  (416 kcal) 2.15 . Chicken (206 kcal) 1.65 . Roasted vegetables  (80 kcal) 1.10	5.99
Pasta alfredo  (durum wheat) 645 kcal Fusilli pasta, creamy pecorino & reggato cheese sauce, spinach, sun-dried tomato, basil, rocket. Add: Chicken (206 kcal) 1.65 . Maple-cured bacon (86 kcal) 1.05	6.85
British beef lasagne (also contains pork)  (durum wheat) 756 kcal. Side salad.	7.35
Mediterranean vegetable lasagne  (durum wheat) 603 kcal. Side salad.	7.35
EXTRAS Chips  (wheat) 597 kcal 8" garlic pizza bread  (wheat) 354 kcal	1.55 2.85

11" PIZZA | INCLUDES A DRINK* On a freshly baked sour dough base.

Margherita  (wheat) 931 kcal Mozzarella, basil.	with soft drink* 6.15	with alcoholic drink* 7.15	Choice of extra toppings: Red onion  10 kcal Sliced chillies   7 kcal BBQ sauce  69 kcal Mushroom  8 kcal Pineapple  24 kcal Sliced tomato  13 kcal	each 60p
NEW Carbonara  (wheat) 962 kcal Creamy white cheese sauce, mozzarella, maple-cured bacon, mushroom, rocket.				
Pepperoni  (wheat) 1186 kcal. Mozzarella, pepperoni.				
Hawaiian  (wheat) 1033 kcal. Mozzarella, ham, pineapple.				
Ham and mushroom  (wheat) 1002 kcal Mozzarella, ham, mushroom, rocket.	with soft drink* 7.15 each	with alcoholic drink* 8.15 each	Garlic & herb dip  177 kcal Mozzarella  169 kcal Ham 56 kcal Chicken breast 103 kcal Maple-cured bacon 86 kcal	each 85p
BBQ chicken  (wheat) 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket.				
Roasted vegetable  (wheat) 1024 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil.				
Vegan roasted vegetable  (wheat) 710 kcal Mushroom, roasted pepper, courgette, onion, basil.				
Spicy meat feast  (wheat) 1227 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket.	with soft drink* 8.15	with alcoholic drink* 9.15	Garlic pizza bread 8"  (wheat) 354 kcal 2.85 with cheese  (wheat) 427 kcal 3.35 11"  (wheat) 707 kcal 3.90 with cheese  (wheat) 853 kcal 4.65	each 1.10

BURGERS | INCLUDES A DRINK*

Our beef burgers are made from 100% British beef. Served with chips (597 kcal, included in Calories below).	with soft drink* 5.65 each	with alcoholic drink* 6.65 each	Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze. Choose: 6oz beef patty  (barley, wheat) 1578 kcal Grilled chicken  (barley, wheat) 1438 kcal Fried buttermilk chicken  (barley, wheat) 1583 kcal	
Classic 6oz beef burger  (wheat) 1171 kcal				
Fried buttermilk chicken burger  (wheat) 1175 kcal Breaded whole chicken breast escalope.				
Grilled chicken breast burger  (wheat) 1031 kcal				
Skinny chicken burger  (wheat) 453 kcal Grilled chicken breast with salad, instead of chips.				
Breaded vegetable burger  (wheat) 1099 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese.				

NEW Beyond Burger™  (wheat) 1112 kcal  BEYOND MEAT plant-based patty.	with soft drink* 6.65	with alcoholic drink* 7.65
Double your  BEYOND MEAT patty  287 kcal for an extra	2.45	

Add any of the following:				
Maple-cured bacon with Cheddar cheese  170 kcal	1.60	Garlic & herb dip  177 kcal	85p	
Maple-cured bacon with American-style cheese  168 kcal	1.60	BBQ sauce  83 kcal	60p	
Cheddar cheese  83 kcal	1.15	Smoky chilli jam   41 kcal	60p	
American-style cheese  82 kcal	1.15	Fried egg  72 kcal	65p	
Brie  150 kcal	1.15	6oz beef patty  (wheat) 346 kcal	1.45	
Maple-cured bacon 86 kcal	1.05	Fried buttermilk chicken  (wheat) 350 kcal	1.45	
Grilled halloumi  416 kcal	2.15	Grilled chicken breast 206 kcal	1.45	
British beef chilli  (barley, wheat) 178 kcal	1.85	Breaded vegetable patty  (wheat) 274 kcal	1.45	
Five-bean chilli   119 kcal	1.85	BEYOND MEAT plant-based patty  287 kcal	2.45	

FRESH FROM THE GRILL | INCLUDES A DRINK*

Our prime beef steaks come from Britain and Ireland, are matured for 21 days then seasoned by us.	
NEW Simple steak Choose 8oz sirloin 458 kcal or 10oz rump 489 kcal With your choice of jacket potato, Lurpak spreadable  299 kcal, or chips  (wheat) 597 kcal or rainbow quinoa side salad  179 kcal.	9.99
NEW Signature steak Choose 8oz sirloin 458 kcal or 10oz rump 489 kcal With chips, peas, tomato, mushroom, three onion rings  (barley, wheat) (add 851 kcal) or with jacket potato, Lurpak spreadable, peas, tomato, mushroom, three onion rings  (barley, wheat) (add 553 kcal). Add your choice of steak sauce (see sauces below for allergen and Calorie information).	12.50

SAUCES AND EXTRAS			
Creamy peppercorn sauce  74 kcal	1.35	Six onion rings  (barley, wheat) 255 kcal	1.55
Jack Daniel's® Tennessee Honey glaze  66 kcal	1.35	Two slices of black pudding  (oats, wheat) 352 kcal	1.05
Six onion rings  (barley, wheat) (255 kcal) and choose a sauce from above	2.15	Fried egg  72 kcal	65p
		Peas  110 kcal	65p

5oz gammon and eggs Choose: Jacket potato, Lurpak spreadable  821 kcal Chips  (wheat) 1096 kcal	with soft drink* 5.65 with alcoholic drink* 6.65
The below meals are all served with peas, tomato, mushroom.	
Mixed grill Gammon, pork loin, rump, lamb, sausage. Choose: Jacket potato, Lurpak spreadable  (wheat) 1179 kcal Chips  (wheat) 1454 kcal	10.50
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings. Choose: Jacket potato, Lurpak spreadable  (barley, wheat) 1674 kcal Chips  (barley, wheat) 1949 kcal	12.10
10oz gammon and eggs Choose: Jacket potato, Lurpak spreadable  1103 kcal Chips  (wheat) 1378 kcal	9.10
BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce. Choose: Jacket potato, Lurpak spreadable  871 kcal Chips  (wheat) 1146 kcal	9.70
Surf and turf Add: Whitby breaded scampi  (wheat) (232 kcal) to any grill meal.	2.70

FISH AND CHIPS

Freshly battered cod and chips  (wheat) Cod fillet, peas 1196 kcal or mushy peas 1265 kcal.	7.80
Freshly battered small cod and chips  (wheat) Peas 654 kcal or mushy peas 723 kcal.	3.90
Whitby breaded scampi  (wheat) Chips, peas 887 kcal or mushy peas 954 kcal.	7.40
Small Whitby breaded scampi  (wheat) Chips, peas  499 kcal or mushy peas 567 kcal.	3.80
Add: Two slices of bread and Lurpak spreadable  (barley, wheat) (442 kcal) 1.05 . Chip shop-style curry sauce  (wheat) (118 kcal) 1.05	

FISH AND CHIPS DEAL | INCLUDES A DRINK*

Monday – Thursday, 2 – 5pm All day Friday Freshly battered cod and chips  (wheat) Cod fillet, peas 1196 kcal or mushy peas 1265 kcal.	with soft drink* 7.10	with alcoholic drink* 8.10
 Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org		

PUB CLASSICS

All-day brunch  (wheat) 1238 kcal Two sausages, bacon, fried eggs, baked beans, chips. Add: Two slices of black pudding  (oats, wheat) (352 kcal)	6.45	1.05
Small all-day brunch  (wheat) 678 kcal Sausage, bacon, fried egg, baked beans, chips.	3.90	
Vegetarian all-day brunch  (wheat) 1175 kcal Three Quorn vegan sausages, fried eggs, baked beans, chips.	6.45	
Small vegetarian all-day brunch  (wheat) 709 kcal Two Quorn vegan sausages, fried egg, baked beans, chips.	3.90	
Bangers and mash  (wheat) 849 kcal Three Lincolnshire sausages, peas, gravy.	6.45	
Vegetarian bangers and mash  (wheat) 727 kcal Three Quorn vegan sausages, peas, gravy.	6.45	
British steak & kidney pudding Peas, gravy. Choose: Chips  (barley, wheat) 1261 kcal Mash  (barley, wheat) 932 kcal	3.85	3.85
Five-bean chilli  587 kcal. Rice, tortilla chips.	3.40	
British beef chilli  (barley, wheat) 781 kcal Contains Shipyard American Pale Ale. Rice, sour cream, tortilla chips.	3.85	
Sausages, chips and beans  (wheat) 1164 kcal Three Lincolnshire sausages.	3.40	
Vegan sausages, chips and beans  (wheat) 1036 kcal Three Quorn vegan sausages.	3.40	
Wiltshire cured ham, eggs and chips  (wheat) 847 kcal	3.90	
Small Wiltshire cured ham, egg and chips  (wheat) 453 kcal	3.35	
Creamy mushroom risotto  470 kcal Roasted chestnut, porcini, shiitake, oyster mushrooms, with a dash of Prosecco, rocket. Add: Chicken (206 kcal)	3.85	1.65

CURRIES

NEW Mangalorean roasted cauliflower & spinach curry  (wheat) 883 kcal Basmati pilau rice, plain naan bread, poppadums.	7.59
Chicken tikka masala  (wheat) 1105 kcal Basmati pilau rice, plain naan bread, poppadums.	7.59
Change your naan bread to a garlic naan  (wheat) (add 57 kcal)	35p
NEW Simple Mangalorean roasted cauliflower & spinach curry Choose: Basmati pilau rice  611 kcal Chips  (wheat) 1146 kcal	6.10
NEW Simple chicken tikka masala Choose: Basmati pilau rice  833 kcal Chips  (wheat) 1230 kcal	6.10

DELI DEALS® | INCLUDES A DRINK*

PANINIS Cheddar cheese and tomato  (barley, durum wheat, rye, wheat) 587 kcal	with soft drink* 3.99 each
Wiltshire cured ham and Cheddar cheese  (barley, durum wheat, rye, wheat) 552 kcal	with alcoholic drink* 4.99 each
BBQ chicken, bacon and Cheddar cheese  (barley, durum wheat, rye, wheat) 637 kcal	Add chips  (wheat) (597 kcal) for an extra 1.05
Cheddar cheese, mayo & tuna melt  (barley, durum wheat, rye, wheat) 731 kcal	Add salad  (72 kcal) for an extra 1.05
Brie, bacon and smoky chilli jam  (barley, durum wheat, rye, wheat) 624 kcal	Add tomato & basil soup  (140 kcal) for an extra 1.05
WRAPS NEW Quorn™ nuggets  (oats, wheat) 498 kcal Tomato, cucumber, salsa.	
Southern-fried chicken and smoky chipotle mayo  (oats, wheat) 637 kcal	
Cold chicken	