

Sides and extras

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

Desserts

Vanilla ice cream 🌿 ^{UNDER 500} 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.05
Cookie crunch 🌿 ^{UNDER 500} 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.05
Mini warm chocolate brownie 🌿 ^{UNDER 500} 435 kcal Belgian chocolate sauce, vanilla ice cream	3.22
Mini warm cookie dough sandwich 🌿 ^{UNDER 500} 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.22
Fresh fruit 🌿 ^{UNDER 500} 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.80
Warm chocolate fudge cake 🌿 913 kcal, Vanilla ice cream	5.57
Warm chocolate brownie 🌿 736 kcal Belgian chocolate sauce, vanilla ice cream	5.57
Warm cookie dough sandwich 🌿 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.57
British Bramley apple crumble 🌿 830 kcal Vanilla ice cream	5.84

Add:

Vanilla ice cream scoop 🌿 (135 kcal) 94p
Belgian chocolate sauce 🌿 (61 kcal) 42p
Toffee sauce 🌿 (74 kcal) 42p
Banana 🌿 (101 kcal) 62p
Strawberries 🌿 (14 kcal) 62p
Blueberries 🌿 (17 kcal) 62p

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%} 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.⁸

BREAKFAST

Served
8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	7.09	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.57
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.41	Mushroom Benedict 🌿 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.57
Small breakfast ^{UNDER 500} 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.84	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.57
Add: Two slices of black pudding (355 kcal) 1.51			
Large vegetarian breakfast 🌿 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.09	Scrambled egg on toast 🌿 570 kcal Three eggs, buttered white bloomer toast	4.01
Vegetarian breakfast 🌿 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.41	Beans on toast 🌿 ^{5%} 566 kcal, Buttered white bloomer toast	3.88
Small vegetarian breakfast 🌿 ^{UNDER 500} 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.84	Small beans on toast 🌿 ^{5%} ^{UNDER 500} 251 kcal Buttered white bloomer toast	2.84
Vegan breakfast 🌿 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.01	Two slices of toast with jam or marmalade 🌿 ^{UNDER 500} 496 kcal White bloomer bread	2.69
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.84	Fresh fruit 🌿 ^{5%} ^{UNDER 500} 177 kcal Apple, banana, blueberries, strawberries	3.88
		Porridge 🌿 ^{5%} ^{UNDER 500} 252 kcal (plain) Add: Banana 🌿 (101 kcal) 62p Strawberries 🌿 (14 kcal) 62p Blueberries 🌿 (17 kcal) 62p Honey 🌿 (91 kcal) 34p	2.09

Breakfast extras

Add any of the following:			
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal	1.57
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52
Quorn™ sausage 🌿 116 kcal	1.05	Two scrambled eggs 🌿 136 kcal	1.63
Grilled halloumi-style cheese 🌿 396 kcal	1.97	Fried egg 🌿 56 kcal	93p
Baked beans 🌿 126 kcal	93p	Poached egg 🌿 63 kcal	93p
		Hash brown 🌿 82 kcal	46p
		Two mushrooms 🌿 91 kcal	93p
		Two grilled tomato halves 🌿 16 kcal	52p
		Slice of toast 🌿 191 kcal	1.13

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.13	Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.59
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.13	Vegetarian breakfast wrap 🌿 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.59
Quorn™ sausage butty 🌿 609 kcal Two Quorn sausages, buttered white bloomer bread	4.13		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills⁹

Egg & cheese muffin 🌿 ^{UNDER 500} 249 kcal Fried egg, American-style cheese, in an English muffin	3.54
Egg & bacon muffin ^{UNDER 500} 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.01
Egg & sausage muffin ^{UNDER 500} 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.01
Egg & Quorn™ sausage muffin 🌿 ^{UNDER 500} 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.01
Breakfast muffin ^{UNDER 500} 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.23

Add: Hash brown 🌿 (82 kcal) **46p**

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: jdetherspoon.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, spiritzies, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).

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

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

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

for the facts
drinkaware.co.uk

jdetherspoon.com

LTSIM

MENU_469

FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks

The Holland Tringham

Streatham



Holland Tringham was a Victorian artist who moved to Streatham at the height of his fame, in the late 19th century. He is best known, locally, for his six sketches of the old village of Streatham, copies of which are on the walls of this pub which bears his name.

FOOD HYGIENE RATING
5

Food hygiene rating

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

100% UK AND IRISH BEEF

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.

Breakfast
8am - 12 noon
Traditional breakfast
£5.41

Tea, coffee and hot chocolate
Free refills⁹
£1.56 each

Burger meals

INCLUDES A DRINK*

Featuring 3oz American burger soft drink* | alcoholic drink*
£5.70 | **£7.23**

Afternoon deals

INCLUDES A DRINK*

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

Steak Club®

INCLUDES A DRINK*

Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£9.90 | **£11.43**

Curry Club®

INCLUDES A DRINK*

Thursday 11.30am - 11pm
Featuring the katsu curry range soft drink* | alcoholic drink*
£8.14 | **£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.

LAVAZZA
TORINO, ITALIA, 1895

100% ARABICA BEANS

RAINFORREST ALLIANCE
TRADE & NATURE

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.

wetherspoon hotels

57 in England, Ireland, Scotland and Wales
HOTELS
Book direct for the best rates*
jdetherspoon.com or on our app

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

UNLIMITED
FREE Wi-Fi

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

Small plates | Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.

Margherita V <small>UNDER 500</small> 470 kcal	6.04
Mozzarella, basil	
Pepperoni FF 578 kcal	6.61
Mozzarella, pepperoni	
Ham and mushroom 505 kcal	6.61
Mozzarella, ham, mushroom, rocket	
BBQ chicken 558 kcal	6.61
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
Roasted vegetable V 515 kcal	6.61
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	
Vegan roasted vegetable 5% <small>UNDER 500</small> 353 kcal	6.61
Mushroom, roasted pepper, courgette, onion, basil	
BBQ jackfruit and vegan cheese FFF 5% <small>UNDER 500</small> 437 kcal	7.20
BBQ jackfruit, vegan cheese alternative, sliced chillies, red onion, rocket	
Spicy meat feast FFF 618 kcal	7.20
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	
11" garlic pizza bread V 772 kcal	5.57
Bao buns Traditional Asian steamed buns	5.19
Choose:	
Spicy crunchy chicken FFF 624 kcal. Spicy mayo, red onion, sliced chillies, coriander	
BBQ jackfruit 5% <small>UNDER 500</small> 416 kcal. Red onion, sliced chillies, coriander	
Nachos FFF V 592 kcal	6.09
Cheese, guacamole, salsa, sour cream, sliced chillies	
Bowl of chips 5% 964 kcal	4.23
Bowl of chips with curry sauce 5% 1082 kcal	5.86
Cheesy chips V 1256 kcal	5.41
Loaded chips 1218 kcal	6.31
Cheese, maple-cured bacon, sour cream	
With any of the small plates below, choose one dip:	
Sweet chilli FF 5% 48 kcal	
Sticky soy V 100 kcal	
Naga chilli FFF 5% 136 kcal	
Jack Daniel's® Tennessee Honey glaze V 87 kcal	
Chipotle mayo FFF V 150 kcal	
Blue cheese V 270 kcal	
Halloumi-style fries V <small>UNDER 500</small> 396 kcal	5.19
Chicken bites <small>UNDER 500</small> 298 kcal	6.31
Ten battered chicken breast pieces	
Southern-fried chicken strips FF <small>UNDER 500</small> 459 kcal	6.31
Five chicken breast strips	
Chicken wings FFF 804 kcal	6.99
Ten spicy chicken wings	
Quorn™ nuggets 5% <small>UNDER 500</small> 331 kcal	5.19
Eight coated pieces	

Deli Deals **INCLUDES A DRINK** **V** **FF**

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

Paninis

Cheddar cheese and tomato **V** 532 kcal

Wiltshire cured ham

and Cheddar cheese 512 kcal

BBQ chicken, bacon and Cheddar cheese 572 kcal

BBQ jackfruit and vegan cheese **5%** 516 kcal

BBQ jackfruit, vegan cheese alternative

Wraps

Shawarma chicken **FFF** 749 kcal

Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

Quorn™ nuggets **5%** 534 kcal. Tomato, cucumber, salsa

Southern-fried chicken and smoky chipotle mayo **FFF** 639 kcal

Fried halloumi-style cheese and sweet chilli sauce **FF** **V** 738 kcal

Tomato, cucumber

Add: Chips **5%** (602 kcal); Salad **5%** (87 kcal); Spicy rice **5%** (208 kcal) **1.44** each

Burgers **INCLUDES A DRINK** **V** **FF** | 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		soft drink* 5.70 each	alcoholic drink* 7.23 each
Classic beef burger 676 kcal			
Iceberg lettuce, tomato, red onion			
Skinny beef burger <small>UNDER 500</small> 369 kcal			
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips			

American cheese burger 729 kcal		soft drink* 6.27	
American-style cheese, red onion, gherkin, ketchup, American-style mustard		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		soft drink* 7.95 each	alcoholic drink* 9.48 each
Double classic beef burger 1118 kcal			
Iceberg lettuce, tomato, red onion			

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

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

American burger UNDER 500 366 kcal

Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger **FF** UNDER 500 459 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 174 kcal	2.14
Maple-cured bacon with American-style cheese 160 kcal	2.14
Cheddar cheese V 83 kcal	1.52
American-style cheese V 69 kcal	1.52
Maple-cured bacon 91 kcal	1.52
Crunchy chicken strip FF 92 kcal	1.50

3oz beef patty 169 kcal			
Fried halloumi-style cheese V 446 kcal			
Grilled chicken breast 187 kcal		each 1.97	
Fried buttermilk chicken 473 kcal			
 BEYOND MEAT patty 5% 184 kcal			

Curries **INCLUDES A DRINK** **V** **FF**

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

Katsu chicken curry 826 kcal		soft drink* 8.96 each	
Sliced whole breaded chicken breast fillet			
Katsu grilled chicken curry 5% 541 kcal		alcoholic drink* 10.49 each	
Sliced grilled chicken breast			
Katsu Quorn™ nugget curry 5% 685 kcal			
Eight coated pieces			

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

Mangalorean roasted cauliflower & spinach curry FF 5% 867 kcal		soft drink* 10.08 each	
Chicken tikka masala FF 1190 kcal		alcoholic drink* 11.61 each	
Chicken jalfrezi FFF 5% 935 kcal			
Beef Madras FFF 1043 kcal			

Change your plain naan to a garlic naan **V** (add 58 kcal) **47p**

Jacket potatoes **INCLUDES A DRINK** **V** **FF**

With salad and one filling. Extra fillings 1.22 each.

Coleslaw V 578 kcal		soft drink* 7.09 each	
Cheese V 531 kcal			
Baked beans 5% 501 kcal		alcoholic drink* 8.62 each	
Five-bean chilli FF 5% <small>UNDER 500</small> 431 kcal			
Roasted vegetables 5% <small>UNDER 500</small> 402 kcal			

Gourmet burgers

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

Ultimate burger 1661 kcal

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

Tennessee burger		soft drink* 10.17 each	
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* 11.70 each	
Smoky jackfruit burger 5% 1523 kcal			
 BEYOND MEAT plant-based patty, BBQ jackfruit, vegan cheese alternative			

Fiesta burger 5% 1462 kcal			
 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion			
Triple American cheese & bacon burger 1479 kcal	soft drink* 11.60	alcoholic drink* 13.13	
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard			

Chicken burgers

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

Crunchy chicken strip burger **FF** 787 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

	soft drink* 5.70		
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink* 7.23		
Served with chips (602 kcal, included in Calories below).			
Fried buttermilk chicken burger 1254 kcal		soft drink* 7.95 each	
Breaded whole chicken breast fillet			
Grilled chicken breast burger 969 kcal		alcoholic drink* 9.48 each	
Skinny chicken burger 5% <small>UNDER 500</small> 388 kcal			
Grilled chicken breast with salad, instead of chips			

Meat-free burgers

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

Fried halloumi-style cheese burger **FF** **V** 1128 kcal

Sweet chilli sauce

Beyond Burger™ **5%** 834 kcal

 BEYOND MEAT plant-based patty

Chicken **INCLUDES A DRINK** **V** **FF**

Char-grilled half chicken

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

Lemon and herb FF Char-grilled in a lemon & herb glaze			
Coleslaw, garlic & herb dip		soft drink* 11.07 each	
Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Side salad 978 kcal			
Mediterranean salad 1089 kcal			

Hot and spicy FFF Char-grilled in a Naga chilli & citrus glaze		soft drink* 12.60 each	
Coleslaw, Naga chilli dip			
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Side salad 948 kcal			
Mediterranean salad 1058 kcal			

Chicken baskets

Boneless basket **FF**

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		soft drink* 8.91 each	
Ten battered chicken breast pieces, coleslaw, sticky soy sauce			
Choose: Spicy rice 5% 739 kcal; Chips 1133 kcal; Side salad 618 kcal		alcoholic drink* 10.44 each	
Southern-fried chicken strips basket FF			
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 **FF** **V**

Eight coated pieces, coleslaw, sweet chilli sauce

Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal

Salads, pastas and noodles

	INCLUDES A DRINK V FF		
Ramen noodle bowl FF 5% <small>UNDER 500</small> 236 kcal		soft drink* 9.13	alcoholic drink* 10.66
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			
Chicken & maple-cured bacon salad		9.70	11.23
Choose: Grilled chicken breast 5% <small>UNDER 500</small> 279 kcal			
Southern-fried chicken breast strips <small>UNDER 500</small> 461 kcal			
Mediterranean salad 5% <small>UNDER 500</small> 334 kcal		8.57	10.10
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			
Roasted vegetables 5% (135 kcal) 1.53			
Grilled chicken breast (187 kcal) 1.97			
Pasta alfredo V 618 kcal		9.13	10.66
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</			