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 so	ampi 527 kcal			4.99
Grilled halloumi-style c	heese 446	kcal		1.97
Peas 🧭 130 kcal				94p
Mushy peas V 248 kcal				94p
Side salad 🧭 87 kcal				2.29
Mediterranean side salad 🧭 198 kcal			3.22	
Roasted vegetables 🤕 1	35 kcal			1.53
Coleslaw V 399 kcal				1.40
Sliced chillies	🕽 3 kcal			88p
Chicken gravy 50 kcal				94p
Onion rings 🤕	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

Vanilla ice cream (V) (555) 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch V 🐯 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie (V) (555) 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich ♥ (‱) 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes ♥ അ 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	4.13
Fresh fruit (V 98) (1999) 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake V 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie 🖤 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich V 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble V Vanilla ice cream 830 kcal or custard 694 kcal	5.62
American-style pancakes V 🚳 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	5.57

Add: Custard 💟 (134 kcal) 1.23; Vanilla ice cream scoop 💟 (135 kcal) 94p Belgian chocolate sauce (61 kcal) 42p; Toffee sauce (74 kcal) 42p Banana (a) (101 kcal) 62p; Strawberries (a) (14 kcal) 62p; Blueberries (a) (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 ØVegan 🤓 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.§

Served BREAKFAST 8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	7.43
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.75
Small breakfast ()) 419 kcal ried egg, bacon, sausage, baked beans, hash brown	5.19
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast 🕐 1206 kcal Iwo fried eggs, three Quorn sausages, baked beans, three hash browns, nushroom, tomato, two slices of toast	7.43
/egetarian breakfast (V) 816 kcal wo fried eggs, two Quorn sausages, baked beans, two hash browns, nushroom, tomato, slice of toast	5.75
Small vegetarian breakfast (V) (1997) 313 kcal ried egg, Quorn sausage, baked beans, hash brown, tomato	5.19
/egan breakfast @ 786 kcal wo Quorn sausages, baked beans, two hash browns, mushroom, omato, slice of toast, vegan spread	5.36
Freedom breakfast 545 kcal Гwo fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.19
American breakfast 1258 kcal Iwo fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	7.43
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	5.57

Breakfast extras

Add any of the following:		
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal
Sausage 168 kcal	1.05	Four rashers of maple-cured baco
Quorn [™] sausage ⊘ 116 kcal	1.05	Two scrambled eggs V 136 kcal
Grilled halloumi-style cheese V 396 kcal	1.97	Fried egg V 56 kcal
Baked beans 🥏 126 kcal	93p	Poached egg V 63 kcal

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread 3.88 Sausage butty 713 kcal. Two sausages, buttered white bloomer bread 3.88 Quorn[™] sausage butty ♥ 609 kcal 3.88 Two Quorn sausages, buttered white bloomer bread

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin V (1997) 249 kcal Fried egg, American-style cheese, in an English muffin	3.77
Egg & bacon muffin (500) 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.23
Egg & sausage muffin (500) 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.23
Egg & Quorn™ sausage muffin (V) (500) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.23
Breakfast muffin (555) 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.47
Smashed avocado muffin ⊘ ഈ 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ♥ (63 kcal) 93p	4.47
Grilled halloumi-style cheese 💟 (396 kcal) 1.97 Add: Hash brown 🥥 (82 kcal) 46 p	•••••

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.92
Mushroom Benedict 👽 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.92
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.92
American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. V 🚳 554 kcal	5.57 4.88
Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. ∰ 322 kcal Two pancakes, maple-flavour syrup. ♥ ⑳ ⑳ ∰ 277 kcal	4.13 3.83
Scrambled egg on toast V 570 kcal Three eggs, buttered white bloomer toast	4.36
Beans on toast V 🕸 566 kcal. Buttered white bloomer toast	3.77
Small beans on toast (V 😵 (557) 251 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmalade V ()) White bloomer bread	2.58
Fresh fruit @ 🕸 (555) 177 kcal Apple, banana, blueberries, strawberries	3.77
Porridge V 🚳 🐯 252 kcal (plain) Add: Banana 🥥 (101 kcal) 62p: Maple-flavour syrup 🥥 (125 kcal) 34p Strawberries 🖉 (14 kcal) 62p: Blueberries 🥥 (17 kcal) 62p	2.09

Honey 💟 (91 kcal) 34p

ck bacon 99 kcal	1.57	Hash brown 🥏 82 kcal	46p
aple-cured bacon 91 kcal	1.52	Two mushrooms ⊘ 91 kcal	93p
igs 136 kcal	1.63	Two grilled tomato halves 🤕 16 kcal	52p
l	93p	Slice of toast 💟 191 kcal	1.13
kcal	93n		

Breakfast wrap 739 kcal	4.93
Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap V 835 kcal	4.93
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

-Tea, coffee and hot chocolate -

FREE

Flat white 🖤 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha 💟 147 kcal Espresso Ø 6 kcal Black coffee Ø 6 kcal White coffee V 24 kcal (Oat milk available 🙆 4 kcal) Hot chocolate 💟 169 kcal Tea Tetley with semi-skimmed milk V 14 kcal

(Oat milk available 🥥 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

> for the facts drinkaware.co.uk 🕏 jdwetherspoon.com \neg

STDDT 差

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 ^OOffer (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. ¹¹Excluding decaffeinated. ***Drinks exclude bottled wine, sparkling wine, Prosecco**, cocktails, spritzes, 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)



FOOD HYGIENE RATING 0 1 2 3 4 5



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

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

The Man in the Moon

Newport



The pub was formerly a Congregational church, with adjoining 'modern glazed structure'. Since the 2002 sale of the church, it has been home to several bars. Designed by Francis Pouget, the Gothic-style Great Chapel was built in 1848, for which trustees had secured the plot or 'the nessuage formerly called The Man in the Moon' (as described in 1818) for £500-5s. It was recorded by that name in 1739 and also in the will (14 October 1680) of John Hopkins Gent of Newport.



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.





100% ARABIC



comes from Rainforest Alliance-certified farms. Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve

tea sustainability.

The Tetley tea we serve also

The freshly ground 100%

Arabica Lavazza coffee⁺

Alliance-certified farms.

Tea

we serve is from Rainforest

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

wetherspoon hotels 57 in England, Ireland,

Scotland and Wales HOTELS Book direct for the best rates jdwetherspoon.com or on our app







BFFF



Food hygiene

We have been awarded

food hygiene rating

rating

the maximum

of 5 in our pub.

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 standards for

standards of animal welfare.



Small plates Any 3 for £14.93

Small plates miy Stor 14.35	
8" pizzas on a freshly baked sourdough base.	
Margherita 💟 555 470 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	6.61
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
Roasted vegetable V 515 kcal	6.61
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.61
Vegan roasted vegetable @ 32 (553 kcal Mushroom, roasted pepper, courgette, onion, basil	0.01
Spicy meat feast //// 618 kcal	7.20
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7120
	•••••
11" garlic pizza bread 💟 772 kcal	5.57
Nachos /// V 592 kcal	5.81
Cheese, guacamole, salsa, sour cream, sliced chillies	(00
Bowl of chips @ 964 kcal	4.23
Bowl of chips with curry sauce @ 1082 kcal	5.58 5.41
Cheesy chips V 1256 kcal	••••
Loaded chips 1218 kcal. Cheese, maple-cured bacon, sour cream	6.03 4.23
Tomato & basil soup 💙 🥸 뻀 341 kcal. White bloomer bread	4.23
With any of the small plates below, choose one dip:	
Sweet chilli 📂 🧭 48 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	
Halloumi-style fries 💟 📅 396 kcal	4.96
Chicken bites (300) 298 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips / 159 kcal. Five chicken breast strips	
Chicken wings /// 804 kcal. Ten spicy chicken wings	6.75
Quorn [™] nuggets @ ເໜືອ 331 kcal. Eight coated pieces	5.19

Deli Deals[®] INCLUDES A DRINK

NEW 10" wraps (small wrap and filling)	
Small brunch 543 kcal Fried egg, bacon, sausage, Cheddar cheese Small vegetarian brunch ♥ 538 kcal Fried egg, two Quorn sausages, Cheddar cheese	just-a-wrap 3.08 each
Small Quorn [™] nuggets @ 310 kcal Tomato, cucumber, salsa Small southern-fried chicken	soft drink* 4.11 each
and smoky chipotle mayo ### (399 kcal Small cold chicken and sweet chilli sauce ## (20) (277 kcal	alcoholic drink* 5.64 each
Small fried halloumi-style cheese and sweet chilli sauce // V (333) 391 kcal Add: Small portion of chips @ (329 kcal); Small salad @ (46 kcal) 1.03	

12" wraps

Quorn [™] nuggets Ø 534 kcal. To Southern-fried chicken		
and smoky chipotle mayo Cold chicken and sweet chi Fried halloumi-style cheese and sweet chilli sauce	lli sauce 🞢 😳 514 kcal	soft drink* 5.70 each
Paninis Tuna mayo and Cheddar ch		alcoholic drink 7.23 each
Cheddar cheese and tomate Wiltshire cured ham and Cl BBQ chicken, bacon and Ch 8" pizzas on a freshly bak Choose any 8" pizza from th	heddar cheese 512 kcal eddar cheese 572 kcal ed sourdough base	
Add China 🔿 //02 keel). Calad 🕥 (07	/	•••••

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

Jacket potatoes INCLUDES A DRINK

With salad and one filling. Extra fillings 1.22 each. Tuna mayo 621 kcal	soft drink* 6.85
Coleslaw 🖤 578 kcal	each
Cheese V 531 kcal	
Baked beans 🥏 🚳 501 kcal	alcoholic drink 8.38
Five-bean chilli 🖊 🥏 👀 😘 431 kcal	each
Roasted vegetables 🥏 🧐 昽 402 kcal	odon

from 100% British beef.

_			
Burgers Includes A DRINK •	Beef l	ourgers	mad
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, incl	luded in Cal	ories belo	147)
	luueu III Car	or les belo	, vv).
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink*	alcoholic o	łrink*
Classic beef burger 676 kcal	5.44	6.97	7
Iceberg lettuce, tomato, red onion	each	each	
Skinny beef burger 😘 369 kcal			
Iceberg lettuce, tomato, red onion, with a side salad, instea	nd of chips		
American cheese burger 729 kcal	SI	oft drink*	6.04
American-style cheese, red onion, gherkin, ketchup,	alcoho	lic drink*	7.57
American-style mustard			
Double beef burgers Two 30z beef patties.			
Served with chips (602 kcal, included in Calories h	oelow).		
Double American burger 1137 kcal	soft drink*	alcoholic d	lrink*
Red onion, gherkin, ketchup, American-style mustard	7.73	9.26	5
Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion	each	each	
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup,			8.30 9.83
American-style mustard	accono		,
Just-a-burger			
Served on its own, without chips or a drink.		each	3.36
American burger ‱ 366 kcal			
Red onion, gherkin, ketchup, American-style mustard			
Crunchy chicken strip burger 🖊 🐯 459 kca			
Two southern-fried chicken strips, iceberg lettuce, mayonn	iaise 		
Additional toppings and burger patties			
Maple-cured bacon with Cheddar cheese 174 kca			2.14
Maple-cured bacon with American-style chees	e 160 kcal		2.14
Cheddar cheese 💟 83 kcal			1.52 1.52
American-style cheese 💟 69 kcal Maple-cured bacon 91 kcal			1.52
Crunchy chicken strip / 92 kcal			1.52
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		CULII	
Breaded vegetable patty V 257 kcal			

Chicken INCLUDES A DRINK

BEYOND MEAT patty @ 184 kcal

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	soft drink*
Choose: Spicy rice 1099 kcal; Chips 1173 kcal; Mashed potato 1177 kcal	10.83 each
Side salad 978 kcal; Mediterranean salad 1089 kcal	eduli
Hot and spicy /// Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*
Coleslaw, Naga chilli dip	12.36
Choose: Spicy rice 1069 kcal; Chips 1463 kcal; Mashed potato 1147 kcal	each
Side salad 948 kcal; Mediterranean salad 1058 kcal	
Char-grilled half chicken, mash and gravy 857 kcal	
Lemon & herb chicken, peas, chicken gravy	
Chicken baskets	
Chicken wing basket)
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	soft drink* 8.68
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	each
Choose: Spicy rice 😳 739 kcal; Chips 1133 kcal; Side salad 618 kcal	
Southern-fried chicken strips basket 🖡	alcoholic drink*
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	10.21 each
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal	eacii
Quorn™ 'no chicken' nuggets basket /// ♡	
Eight coated pieces, coleslaw, sweet chilli sauce	
Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal	
Add: Chicken gravy (50 kcal) 94p	

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 soft drink* Two 3oz beef patties, maple-cured bacon, Cheddar cheese, 9.93 signature burger sauce, gherkin each Tennessee burger alcoholic drink* Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze 11.46 Choose: Beef (two 3oz beef patties) 1565 kcal each 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 Fiesta burger ⊘ 1462 kcal **BEYOND MEAT** plant-based patty, salsa, guacamole, roasted pepper, courgette, onion Triple American cheese & bacon burger 1479 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 **Chicken burgers** Served with a small portion of chips (329 kcal, included in the Calories below). Crunchy chicken strip burger **/** 787 kcal soft drink* 5.44 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 6.97 Served with chips (602 kcal, included in Calories below). soft drink* Fried buttermilk chicken burger 1254 kcal 7.73 Breaded whole chicken breast fillet each Grilled chicken breast burger 969 kcal alcoholic drink* Skinny chicken burger 🚳 🚟 388 kcal 9.26 each Grilled chicken breast with salad, instead of chips Meat-free burgers soft drink* 502 kcal, included in Calories below). Served wit

Served with chips (002 kcal, included in Calories below).	
Fried halloumi-style cheese burger 🌮 👽 1128 kcal	7.73 each
Sweet chilli sauce	
Breaded vegetable burger 🕥 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink* 9.26 each

Beyond Burger[™] Ø 834 kcal. 🞧 BEYOND MEAT[®] plant-based patty

Curries INCLUDES A DRINK

Katsu curries With a mild Japanese-style katsu curry saud coconut-flayour rice, sliced chillies and coriander.	ce,
Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet Katsu grilled chicken curry ⊗ 541 kcal Sliced grilled chicken breast Katsu Quorn [™] nugget curry ⊘ 685 kcal Eight coated pieces	soft drink* 8.73 each alcoholic drink* 10.26 each
Classic curries With basmati pilau rice, plain naan and poppadums. Mangalorean roasted cauliflower & spinach curry // @ 3867 kcal Chicken tikka masala // 1190 kcal Chicken jalfrezi /// 38935 kcal Beef Madras //// 1043 kcal	soft drink* 9.84 each alcoholic drink* 11.37 each
Change your plain naan to a garlic naan 🔍 (add 58 kcal) 47p Simple curries With basmati pilau rice or chips. Simple Mangalorean roasted	
cauliflower & spinach curry // @ Choose: Basmati pilau rice @ 508 kcal; Chips 910 kcal Simple chicken tikka masala // Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal Simple chicken jalfrezi ////	soft drink* 7.62 each alcoholic drink* 9.15 each

Simple beef Madras Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

11" pi **On a fres**

Margheri Pepperon Ham and n Mozzarella, ha **BBQ** chick Mozzarella, B Roasted v Mozzarella, m

Vegan roa Mushroom, roa Spicy mea

Mozzarella, ha

Red onion 🥝 10

Smal

Fish and Small fres Peas 680 kcal Small Whi Chips, peas 65 Four Whitby br

Add: Two slice Chip shop-sty Small Wilt egg and ch One slice of Wi Small all-Sausage, bacor Small vege Two Quorn sau

Afte Mon - Fr Choose fr

Pub classics INCLUDES A DRINK

ZZAS INCLUDES A DRINK	(* • 4 • •	
hly baked sourdough base. ta 🔇 939 kcal. Mozzarella, basil	soft drinl 8.68	k* alcoholic drin 3 10.21
ni 🍠 1157 kcal. Mozzarella, pepperoni mushroom 1012 kcal		
am, mushroom, rocket cen 1103 kcal BQ sauce, chicken breast, red onion, rocket	soft drink* 9.84 each	alcoholic drink* 11.37 each
regetable (V) 1029 kcal nushroom, roasted pepper, courgette, onion, l	pasil	
asted vegetable Ø 😎 705 kcal vasted pepper, courgette, onion, basil		
at feast //// 1220 kcal am, pepperoni, chicken breast, sliced chillies	11.02 , rocket	2 12.55

Additional toppings

Red onion @ 10 kcal; Sliced chillies ######@ 3 kcal; Mushroom @ 6 kcal	each 88p
Garlic & herb dip 🥥 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 🥥 135 kcal e	each 1.53

		RINK * * alcoholic drink*
chips shly battered cod and chips 🤗 or mushy peas 739 kcal	7.84	9.37
itby breaded scampi 58 kcal or mushy peas 718 kcal. readed scampi	7.84	9.37
es of bread 🔍 (383 kcal) 1.34 /le curry sauce 🥥 (118 kcal) 1.46		
tshire cured ham, hips (55) kcal iltshire cured ham, fried eqq	6.61	8.14
day brunch 666 kcal on, fried egg, baked beans, chips	6.91	8.44
etarian all-day brunch ♥ 680 kcal usages, fried egg, baked beans, chips	6.91	8.44
rnoon deal	soft drink*	alcoholic drink*

	SULLULIIK	alconolic urink
r i, 2pm – 5pm n the above small pub classic meals.	6.09	7.62
r		

	soft drink	* alcoholic drink*
Fish and chips		
Freshly battered cod and chips 🧭	10.08	11.61
Peas 1239 kcal or mushy peas 1298 kcal	40.00	44.74
Whitby breaded scampi Chips, peas 1195 kcal or mushy peas 1255 kcal.	10.08	11.61
Eight Whitby breaded scampi		
Add: Two slices of bread V (383 kcal) 1.34	••••••	•••••
Chip shop-style curry sauce @ (118 kcal) 1.46		
••••••		
Steak & kidney pudding Peas, onion & red wine gravy	8.32	9.85
Choose: Chips 1223 kcal; Mashed potato 907 kcal		
Bangers and mash 950 kcal	8.32	9.85
Three Lincolnshire sausages, peas, onion & red wine gravy		
Vegetarian bangers and mash 🕐 793 kcal	8.32	9.85
Three Quorn sausages, peas, onion & red wine gravy		
Wiltshire cured ham, eggs and chips 856 kca	al 7.73	9.26
Two slices of Wiltshire cured ham, two fried eggs Sausages, chips and beans 1170 kcal	7.73	9.26
Three Lincolnshire sausages	7.75	7.20
Vegan sausages, chips and beans @ 1013 kca	al 7.73	9.26
Three Quorn sausages		
Five-bean chilli 🖊 🤕 😳 590 kcal. Rice, tortilla chips		
All-day brunch 1213 kcal	9.72	11.25
Two sausages, bacon, two fried eggs, baked beans, chips		
Add: Two slices of black pudding (355 kcal) 1.51 Vegetarian all-day brunch V 1126 kcal	9.72	11.25
Three Quorn sausages, two fried eggs, baked beans, chips	7.72	11.25
Afternoon deal	0.11.18	
Mon - Fri, 2pm - 5pm	soft drink* 7.27	alcoholic drink* 8.80
Choose from the above pub classic meals.	1.21	0.00

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.

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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* 11.25	alcoholic drink* 12.78
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 Add your choice of steak sauce: Creamy peppercorn sauc	soft drink* 13.59	alcoholic drink* 15.12
Jack Daniel's® Tennessee Honey glaze ♥ (87 kcal) 1.82		
Below meals are served with peas, tomato and mushroom. BBQ chicken melt Grilled chicken, Cheddar cheese, bacon, BBQ sauce Choose: Jacket potato 🚳 803 kcal; Mashed potato 807 k Chips 1123 kcal; Mediterranean salad 719 kcal; Side sala		
5oz gammon and egg Choose: Jacket potato @ 610 kcal; Mashed potato 614 kc Chips 930 kcal; Mediterranean salad 526 kcal; Side salad		
10oz gammon and eggs Choose: Jacket potato 🕸 819 kcal; Mashed potato 824 kr Chips 1140 kcal; Mediterranean salad 735 kcal; Side sala		13.42
Mixed grill Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Mashed potato 1196 kca Chips 1513 kcal; Mediterranean salad 1108 kcal; Side sal		13.42
Large mixed grill Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings Choose: Jacket potato 1686 kcal; Mashed potato 1690 kc Chips 2006 kcal; Mediterranean salad 1602 kcal; Side sa		15.18

Salads and pastas INCLUDES A DRINK

Salaus and pastas mere		
	soft drink* alo	coholic drink*
Burrito salad bowl © 657 kcal Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies Add: Chicken breast (187 kcal) 1.97 Five-bean chilli 🖉 © (119 kcal) 1.97	8.62	10.15
Grilled halloumi-style cheese & roasted vegetable salad V 🐲 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	8.62	10.15
Chicken & maple-cured bacon salad Choose: Grilled chicken breast @ (1977) kcal Southern-fried chicken breast strips (1977) 461 kcal	9.47	11.00
Mediterranean salad ② S SS 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese ♥ (396 kcal) 1.97 Tuna mayo (307 kcal) 1.06 Roasted vegetables ② (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97	8.35	9.88
Pasta alfredo ♥ 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	8.90	10.43
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	9.47	11.00
Adults need around 2000 kcal a day.§		