wetherspoon hotels

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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

V Vegetarian Vegan 5% 5% fat or less 500 Dish under 500 Calories

Adults need around 2000 kcal a day.§

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	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.92
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.75	Mushroom Benedict ♥ 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce. rocket	5.92
Small breakfast (337) 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	5.19	Miner's Benedict 939 kcal	5.92
Add: Two slices of black pudding (355 kcal) 1.51		Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Large vegetarian breakfast ♥ 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.43	American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ♥ № 554 kcal	5.57 4.88
Vegetarian breakfast ♥ 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.75	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. ₩ 322 kcal Two pancakes, maple-flavour syrup. ₩ 277 kcal	4.13 3.83
Small vegetarian breakfast (V) (555) 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.19	Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast	4.36
Vegan breakfast ⊘ 786 kcal	5.36	Beans on toast 🗸 🚳 566 kcal. Buttered white bloomer toast	3.77
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Small beans on toast ♥ ॐ ॐ 251 kcal Buttered white bloomer toast	2.62
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.19	Two slices of toast with jam or marmalade V 656 496 kcal White bloomer bread	2.58
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages,	7.43	Fresh fruit	3.77
four pancakes, maple-flavour syrup Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	5.57	Porridge \$\infty\$ \$\infty\$ \$\infty\$ 252 kcal (plain) Add: Banana \$\to\$ (101 kcal) 62p; Maple-flavour syrup \$\to\$ (125 kcal) 34p Strawberries \$\tilde{0}\$ (14 kcal) 62p; Blueberries \$\tilde{0}\$ (17 kcal) 62p Honey \$\infty\$ (91 kcal) 34p	2.09

Breakfast extras

Add any of the following:					
Two slices of black pudding 355 kcal	1.51	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms @ 91 kcal	93p
Sausage 168 kcal	1.05	Two scrambled eggs V 136 kcal	1.63	Two grilled tomato halves 🥥 16 kcal	52p
Quorn [™] sausage ⊘ 116 kcal	1.05	Fried egg 🤍 56 kcal	93p	Slice of toast V 191 kcal	1.13
Baked beans @ 126 kcal	93p	Poached egg V 63 kcal	93p		
Two rashers of back bacon 90 kgal	1 57	Hash brown @ 82 kgal	/.6n		

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.36
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.36
Quorn [™] sausage butty V 609 kcal	4.36
Two Quorn sausages, buttered white bloomer bread	

Breakfast muffin deal

Includes tea. coffee or hot chocolate. Free refills

includes lea, confee of not chocolate. Pree ren	ЦЭ
Egg & cheese muffin © 349 kcal Fried egg, American-style cheese, in an English muffin	3.77
Egg & bacon muffin 398 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.23
Egg & sausage muffin 333 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.23
Egg & Quorn™ sausage muffin ♥ (555) 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.23
Breakfast muffin 6565 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.47
Smashed avocado muffin @ ॐ ∰ 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
Add: Hash brown 🥑 (82 kcal) 46p	

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

Tea, coffee and hot chocolate-

HOT CHOCOLATE - ALL DAY EVERY DAY -

LAVATIA (A) (A)

Flat white **9**92 kcal Cappuccino 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee **2**4 kcal (Oat milk available @ 4 kcal) Hot chocolate V 169 kcal Tea Tetley with semi-skimmed milk V 14 kcal (Oat milk available @ 4 kcal)

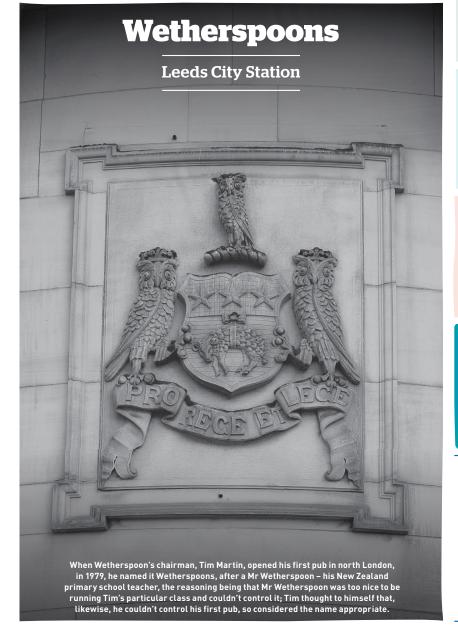
Decaffeinated tea and coffee available.

Walkers shortbread V 151 kcal 71p Stem ginger biscuit V 123 kcal 71p Belgian chocolate biscuit 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. 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 quidance 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 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, 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

for the facts drinkaware.co.uk ∽ jdwetherspoon.com \supset

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



Breakfast

8am - 12 noon

Free refills

Traditional breakfast

Tea. coffee and hot chocolate

£1.56

Burger meals INCLUDES A DRINK

Featuring 3oz American burger soft drink* alcoholic drink*

£6.04

£7.57

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small ham, egg and chips alcoholic drink* £8.20

£6.67

Curry Club[®]

INCLUDES A DRINK* Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink* alcoholic drink*

£8.49

£10.02

INCLUDES A DRINK* • 🚛

Choose from over 150 drinks

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.





Food hygiene rating

We have been awarded the maximum food hygiene rating



100% UK and Irish beef

Sourced from farms in the UK and Ireland. 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.



Alliance-certified farms.

The Tetley tea we serve also comes from Rainforest Alliance-certified farms

we serve is from Rainforest

The freshly ground 100%

Arabica Lavazza coffee



Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.



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







Small plates Any 3 for £17.75	
8" pizzas on a freshly baked sourdough base.	
Margherita ♥ (%%) 470 kcal Mozzarella, basil	6.61
Pepperoni ► 578 kcal Mozzarella, pepperoni	7.20
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	7.20
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.20
Roasted vegetable ♥ 515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.20
Vegan roasted vegetable @ 39 (353 kcal Mushroom, roasted pepper, courgette, onion, basil	7.20
Spicy meat feast 618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.80
11" garlic pizza bread 👽 772 kcal	5.57
Nachos / / / № 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	6.31
Bowl of chips @ 964 kcal	4.23
Bowl of chips with curry sauce 1082 kcal	5.86
Cheesy chips ♥ 1256 kcal	5.41
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.31
Tomato & basil soup ♥ ፡፡ \$341 kcal White bloomer bread	5.98
With any of the small plates below, choose one dip: Sweet chilli	
Halloumi-style fries V 555 396 kcal	5.75
Chicken bites (506) 298 kcal. Ten battered chicken breast pieces	6.31
Southern-fried chicken strips / 333 459 kcal. Five chicken breast strips	6.31
Chicken wings 804 kcal. Ten spicy chicken wings	6.75
Quorn™ nuggets @ 😘 331 kcal. Eight coated pieces	6.03

Deli Deals INCLUDES A DRINK

8" pizzas on a freshly baked sourdough base.

Choose any 8" pizza from the small plates section.

Tuna mayo and Cheddar cheese 599 kcal

Cheddar cheese and tomato V 532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal BBQ chicken, bacon and Cheddar cheese 572 kcal

Quorn[™] **nuggets 1** 534 kcal. Tomato, cucumber, salsa Southern-fried chicken

and smoky chipotle mayo FFF 639 kcal

Cold chicken and sweet chilli sauce **FF** 38 514 kcal

Fried halloumi-style cheese and sweet chilli sauce // 38 kcal Tomato, cucumber

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.

soft drink* Tuna mayo 621 kcal 7.43 Coleslaw V 578 kcal each Cheese V 531 kcal alcoholic drink* 8.96 Baked beans @ 501 kcal

Five-bean chilli / @ 5% 500 431 kcal

Roasted vegetables @ 53 555 402 kcal

Burgers INCLUDES A DRINK: Beef burgers made	e from 100% British bee
Beef burgers One 3oz beef patty.	Gourmet burg
Covered with a small moution of china (220 least in clouded in Colonies heless)	0 1 11 11

alcoholic drink*

9.83

each

soft drink* 8.88

each **3.59**

2.14

each **1.97**

alcoholic drink* 10.41

8.30

each

American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard soft drink* alcoholic drink* 6.04 7.57 Classic beef burger 676 kcal each each

Iceberg lettuce, tomato, red onion Skinny beef burger (500) 369 kcal

Iceberg lettuce, tomato, red onion, with a side salad, instead of chips American cheese burger 729 kcal soft drink* 6.61 alcoholic drink* 8.14

American-style cheese, red onion, gherkin, ketchup, American-style mustard

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

Double American burger 1137 kcal soft drink* Red onion, gherkin, ketchup, American-style mustard Double classic beef burger 1118 kcal Iceberg lettuce, tomato, red onion

Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard

Just-a-burger

Served on its own, without chips or a drink. American burger 5555 366 kcal Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger / 459 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 174 kcal

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 1.50 Crunchy chicken strip # 92 kcal

3oz beef patty 169 kcal

Fried halloumi-style cheese V 446 kcal Fried buttermilk chicken 473 kcal

Breaded vegetable patty 257 kcal BEYOND MEAT patty @ 184 kcal

Chicken Includes A DRINK •

Chicken baskets

Chicken wing basket Eight wings, coleslaw, Naga chilli dip Choose: Spicy rice 1120 kcal Chips 1515 kcal

Side salad 999 kcal Boneless basket /

soft drink*

6.27

alcoholic drink*

7.80

each

each

Three southern-fried chicken strips, five chicken breast bites,

coleslaw, BBQ sauce soft drink* Choose: Spicy rice 849 kcal 9.25 Chips 1243 kcal Side salad 720 kcal alcoholic drink Chicken bites basket 10.78

Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice 🚳 739 kcal

Chips 1133 kcal Side salad 618 kcal

Southern-fried chicken strips basket / 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 🌮 💟 Eight coated pieces, coleslaw, sweet chilli sauce

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

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

Heatwave burger **FFF** 2039 kcal

Fried buttermilk chicken, Naga chilli mayo, American-style cheese, hash brown,

topped with a spicy chicken wing

Ultimate burger 1661 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, soft drink*

signature burger sauce, gherkin Tennessee burger

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze alcoholic drink Choose: Beef (two 3oz beef patties) 1565 kcal Fried buttermilk chicken 1702 kcal

BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 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* 11.96 Three 3oz beef patties, American-style cheese, alcoholic drink* 13.49 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* 6.04 Two southern-fried chicken strips, iceberg lettuce, mayonnaise alcoholic drink* 7.57

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

Fried buttermilk chicken burger 1254 kcal soft drink* 8.30 Breaded whole chicken breast fillet alcoholic drink* 9.83

Meat-free burgers

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

Fried halloumi-style cheese burger 128 kcal Sweet chilli sauce

Breaded vegetable burger V 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese

Bevond Burger[™] @ 834 kcal BEYOND MEAT plant-based patty

Curries includes a drink

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

soft drink* Katsu chicken curry 826 kcal 9.31 Sliced whole breaded chicken breast fillet each Katsu grilled chicken curry 68 541 kcal alcoholic drink* Sliced grilled chicken breast 10.84 Katsu Quorn[™] nugget curry @ 685 kcal each Eight coated pieces

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

soft drink* 10.43 Mangalorean roasted cauliflower each & spinach curry **FF** @ 5867 kcal Chicken tikka masala 1190 kcal alcoholic drink* 11.96 Chicken jalfrezi PPP 599 935 kcal each Beef Madras /// 1043 kcal

Change your plain naan to a garlic naan (V) (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

Choose: Basmati pilau rice 🚳 575 kcal; Chips 977 kcal Simple beef Madras Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal

gers

10.51

each

12.04

each

soft drink*

8.30

each

alcoholic drink*

9.83

each

alcoholic drink*

9.71

each

On a freshly baked sourdough base. soft drink* alcoholic drink* Margherita V 939 kcal 9.25 Mozzarella hasil Pepperoni **//** 1157 kcal Mozzarella nenneroni Ham and mushroom 1012 kcal Mozzarella ham mushroom rocket soft drink* alcoholic drink* BBQ chicken 1103 kcal 10.43 11.96 Mozzarella, BBQ sauce, chicken breast, red onion, rocket each each Roasted vegetable V 1029 kcal

11" pizzas includes a drink •

Mozzarella, mushroom, roasted pepper, courgette, onion, basil Vegan roasted vegetable @ 52 705 kcal Mushroom, roasted pepper, courgette, onion, basil

10.78

each **1.53**

8.20

10.44

11.84

11.84

alcoholic drink

9.37

10.31

10.31

soft drink*

8.91

Spicy meat feast **FFF** 1220 kcal 11.60 13.13 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Additional toppings Red onion 7 10 kcal

Pepperoni // 109 kcal; Roasted vegetables @ 135 kcal

Sliced chillies PPPP @ 3 kcal; Mushroom @ 6 kcal each 88p Garlic & herb dip @ 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal each **1.15** Chicken breast 94 kcal; Maple-cured bacon 91 kcal

Small pub classics INCLUDES A DRINK soft drink* Small Wiltshire cured ham. 7.20 8.73

egg and chips (500) 455 kcal One slice of Wiltshire cured ham, fried egg Small all-day brunch 666 kcal 7.49 9.02 Sausage, bacon, fried egg, baked beans, chips Small vegetarian all-day brunch V 680 kcal 7.49 9.02

Afternoon deal

Steak & kidney pudding

Two Quorn sausages, fried egg, baked beans, chips

soft drink* | alcoholic drink' Mon - Fri, 2pm - 5pm 6.67

Pub classics includes a drink soft drink* alcoholic drink*

Peas, onion & red wine gravy Choose: Chips 1223 kcal Mashed potato 907 kcal Bangers and mash 950 kcal 8.91 10.44 Three Lincolnshire sausages, peas, onion & red wine gravy 10.44 **Vegetarian bangers and mash** 793 kcal 8.91 Three Quorn sausages, peas, onion & red wine gravy Wiltshire cured ham, 8.32 9.85 eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs

Sausages, chips and beans 1170 kcal 8.32 9.85 Three Lincolnshire sausages Vegan sausages, chips and beans @ 1013 kcal 8.32 9.85 Three Quorn sausages Five-bean chilli / @ 590 kcal 8.91 10.44 Rice, tortilla chips

Two sausages, bacon, two fried eggs, baked beans, chips soft drink* Add: Two slices of black pudding (355 kcal) 1.51 8.18 each **Vegetarian all-day brunch V** 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips

All-day brunch 1213 kcal

Afternoon deal

Mon - Fri, 2pm - 5pm 7.84

Salads and pastas INCLU	DES A DRI	INK' •↓
	soft drink* al	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	9.18	10.71
Chicken & maple-cured bacon salad Choose: Grilled chicken breast \$279 kcal Southern-fried chicken breast strips \$60 461 kcal	10.03	11.56
Mediterranean salad	8.90	10.43
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	9.47	11.00
British beef & pancetta lasagne	10.03	11.56

Sides and extras

Choose: Side salad 780 kcal; Chips 1295 kcal

Bowl of chips @ 964 kcal	(Add: Spicy seas	oning 🥏 (8	kcal) 34p)	4.23
Small bowl of chips @ 6	02 kcal			2.48
Five chicken wings	7 402 kcal			3.34
Peas 🥏 130 kcal				94p
Side salad 🥝 87 kcal				2.29
Mediterranean side sal	ad 🕖 198 kcal			3.22
Roasted vegetables 🥑	135 kcal			1.53
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

8" 461 kcal 4.98

Desserts

With cheese W

1.82 Vanilla ice cream V 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce 1.82 Cookie crunch (V) (500) 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce Mini warm chocolate brownie V 635 kcal 2.98 Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich (V) (1880) 435 kcal 2.98 Salted caramel filling, toffee sauce, vanilla ice cream Mini American-style pancakes V 500 412 kcal 4.13 Two pancakes, maple-flavour syrup, vanilla ice cream 4.56 Fresh fruit V 5% (500) 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream

Warm chocolate fudge cake V 913 kcal 5.33 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

5.62 British Bramley apple crumble V Vanilla ice cream 830 kcal or custard 694 kcal American-style pancakes V 38 689 kcal 5.57 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 (74 kcal) **42p**; Banana (101 kcal) **62p**

Strawberries (a) (14 kcal) 62p; Blueberries (a) (17 kcal) 62p

Adults need around 2000 kcal a day.§

11" 922 kcal **6.44**