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 2.99 NEW Five chicken breast bites 161 kcal Eight Whitby breaded scampi 464 kcal 4.99 Grilled halloumi-style cheese V 447 kcal 1.97 Mediterranean side salad @ 198 kcal 3.22 Sliced chillies FFFF @ 3 kcal 88n Mushy peas V 248 kcal 94p Peas @ 133 kcal Side salad @ 91 kcal 2.29 **Coleslaw 399** kcal **1.40** Chicken gravy 50 kcal 94p Roasted vegetables 135 kcal 1.53 Onion rings @ Six 269 kcal **Twelve** 538 kcal **3.50** Garlic pizza bread 🚺 **8**" 386 kcal 4.40 **11**" 772 kcal **5.57** With cheese V **8**" 473 kcal 4.98 11" 922 kcal 6.44

5.62

Desserts NEW Chocolate & salted caramel torte 5.33 Chocolate biscuit base, chocolate & salted caramel filling Vanilla ice cream V 746 kcal or coconut ice cream 701 kcal NEW Salted caramel sticky toffee pudding V 4.99 Vanilla ice cream 877 kcal or custard 741 kcal Millionaire's shortbread W 609 kcal 2.17 Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce Vanilla ice cream (V) \$334 kcal 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 600 412 kcal 3.54 Two pancakes, maple-flavour syrup, vanilla ice cream 4.56 Fresh fruit V 58 555 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream Warm chocolate fudge cake V 909 kcal. Vanilla ice cream 5.33 5.33 Warm chocolate brownie 736 kcal Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich V 727 kcal 5.33 Salted caramel filling, toffee sauce, vanilla ice cream

Four pancakes, maple-flavour syrup, vanilla ice cream Add: Custard V (134 kcal) 1.23; Vanilla ice cream scoop V (135 kcal) 94p Belgian chocolate sauce (61 kcal) 42p; Toffee sauce (66 kcal) 42p Banana (110 kcal) 62p; Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p

While we have procedures for segregating

kitchen and har service may involve shared

preparation within meals and drinks,

preparation/cooking areas. If you have

any specific food/drinks allergen needs

please inform us when ordering; we will

meal safely, although cannot guarantee

allergen communications. Swapping

items may result in changes to allergens

completely allergen-free environments or

products. Staff cannot offer specific advice

or recommendations beyond our published

take reasonable steps to prepare your

Vanilla ice cream V 673 kcal, coconut ice cream 6 628 kcal or custard 5 537 kcal

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 ustomer information screen to filter menus by specific dietary requirements,

British Bramley apple crumble

American-style pancakes V 38 689 kcal

- Exclude those dishes containing certain
- See full lists of ingredients.
- Set Calorie and carbohydrate limits List only yegan or yegetarian dishes.

DIETARY SYMBOLS

= Very mild = Mild = Medium hot = Very hot = Extremely hot Vegetarian Vegan 5% fat or less 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.§

BREAKFAST

8am - 12 noon

DALARI	T
Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans,	6.59
three hash browns, mushroom, two slices of toast Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	4.99
Small breakfast 335 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	4.45
Add: Black pudding (178 kcal) 75p	
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45
Large vegetarian breakfast ♥ 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59
Vegetarian breakfast ♥ 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99
Small vegetarian breakfast 👽 🚳 \varpi 291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato Vegan breakfast @ 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom,	4.61
tomato, slice of toast, vegan spread American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages,	6.85
four pancakes, maple-flavour syrup Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	4.99
Porridge V 🚳 📆 252 kcal (plain) Add: Banana 🕢 (110 kcal) 62p; Maple-flavour syrup 🕢 (125 kcal) 34p Strawberries 🕢 (27 kcal) 62p; Blueberries 🕢 (17 kcal) 62p	2.09
Honey (91 kcal) 34p; Sliced apple (46 kcal) 62p NEW Shakshuka (50 547 kcal Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta	5.14
Add: Grilled halloumi-style cheese (447 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52	
NEW Fiesta brunch ≠ ♥ 659 kcal Poached egg, toast, quacamole, pico de gallo,	3.88
grilled halloumi-style cheese, mushroom, salsa Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham,	5.14
Hollandaise sauce, rocket Mushroom Benedict	5.14
Hollandaise sauce, rocket Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding,	5.14
Hollandaise sauce, rocket NEW Hash brown basket © 555 410 kcal	1.99
American-style pancakes NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. V 🚳 708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. 👽 🚳 554 kcal	4.99 4.30
Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 322 kcal	3.54 3.25
Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast Beans on toast ♥ ॐ 566 kcal. Buttered white bloomer toast	3.77
Vegan option available with vegan spread @ \$\circ\$ 550 kcal Small beans on toast \$\circ\$ \$\circ\$ 550 kcal \$\circ\$ 550 kcal \$\circ\$ \$\circ\$ \$\circ\$ 550 kcal	2.62
Buttered white bloomer toast Two slices of toast with jam or marmalade V 524 kcal	2.47
White bloomer bread Fresh fruit ®	3.66
Apple, banana, blueberries, strawberries NEW Fresh fruit and yoghurt 334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	

Breakfast extras

Add any of the following:			
Black pudding 178 kcal	75p	Hash brown 🕢 82 kcal	46p
Lincolnshire sausage 168 kcal	1.05	Vegan sausage 🕢 82 kcal	1.05
Slice of toast V 225 kcal	1.13	Baked beans @ 126 kcal	93p
Fried egg V 56 kcal	93p	Poached egg V 63 kcal	93p
Two scrambled eggs V 136 kcal			1.63
Two rashers of back bacon 131 kcal		1.57	
Four rashers of maple-cured bacon 91 kcal			1.52
Two mushrooms @ 100 kcal			93p
Two grilled tomato halves @ 16	kcal		52p
Grilled halloumi-style cheese	V 447 kc	al	1.97

Breakfast butties and wraps

.88
.88
.88
.36
.36

Prophisci muffin doal

breakiast muiiin deal	
Includes tea, coffee or hot chocolate. Free refills	
Egg & cheese muffin ♥ 300 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin (555) 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.77
Egg & vegetarian sausage muffin (v) 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 365 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffir	4.0 1
Smashed avocado muffin ② ॐ ॐ 271 kcal Guacamole, pico de gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ♥ (63 kcal) 93p Grilled halloumi-style cheese ♥ (447 kcal) 1.97	4.01
Add: Hash brown @ (82 kcal) 46p	

-Tea. coffee and hot chocolate -



LAVATIA (ARABICA) (SO)



Mocha 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal White coffee 24 kcal Hot chocolate 169 kcal Tea

Flat white **9** 92 kcal

Latte V 113 kcal

Cappuccino 102 kcal

with semi-skimmed milk **V** 14 kcal Dairy alternative: oat sachet @ 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

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 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

for the facts drinkaware.co.uk idwetherspoon.com ≥

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

The Watchman

New Malden

The former police station has been a landmark here since the early 1890s. Built to

police the fast-developing town, it opened in 1892, complete with a covered parade ground, cells and a prisoner-measuring rack. The local headquarters, however, were in nearby Kingston, where the first police station had been built in 1825. Known as

'the Watch House', it provided a meeting place for the borough's watchmen and was

abandoned when the area became part of the Metropolitan Police District in 1840.

Table service

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

the maximum

of 5 in our pub.

Irish beef

farm to fork.

We have been awarded

food hygiene rating

100% UK and

From farms in the UK

and Ireland, prime beef

steaks matured for 28

days. Traceable from

FOOD HYGIENE RATING

0 1 2 3 4 5

100% -

Breakfast

8am - 12 noon

£4.99

Tea. coffee and hot chocolate Free refills

£1.56

Traditional

breakfast

Deli Deals INCLUDES A DRINK •

Featuring NEW small southern-fried chicken wrap just-a-wrap, without a drink

£3.08

soft drink* £4.11

£5.64

alcoholic drink*

Burger meals INCLUDES A DRINK •

Featuring 3oz American burger soft drink* alcoholic drink*

£5.44

£6.97

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm Featuring small freshly battered fish and chips soft drink*

£6.09

£7.62

Steak Club

INCLUDES A DRINK'

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin alcoholic drink* £11.20

£9.67

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

The cod and haddock we serve come from fisheries which have

iustainable fish

to the MSC's standard for

Free-range eggs

goodfoodtalks

The spoken menu app for the visually impaired

opening menus for everybody

100% of the eggs we use are

free range. All shell eggs are

quality mark and are RSPCA

certified with the British Lion

assured, ensuring the highest

standards of animal welfare.

been independently certified

well-managed and sustainable

Coffee
The freshly ground 100% Arabica Lavazza coffee^{tt} we serve is from Rainforest Alliance-certified farms

£9.44

Award-winning children's menu

Best children's meals (first place) Independently run 'secret diner' survey

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'.

wetherspoon hotels

Book direct for the best rates



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

mall platos Any 2 for d4 02

Small plates Any 3 for £14.93	
8" pizzas. Sourdough base — proved, stretched, topped and freshly baked to or	der.
Margherita V 67 kcal. Mozzarella, basil	5.91
Pepperoni FF 575 kcal. Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 555 kcal. Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable V 514 kcal	6.51
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	
Roasted vegetable and vegan cheeze @ 3 (55) 416 kcal	6.51
Mushroom, roasted pepper, courgette, onion, basil	7.00
Spicy meat feast /// 615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
Mozzaretta, nam, pepperoni, cincken breast, suceu cintues, rocket	
MAW Char-grilled halloumi-style cheese V 514 kcal	4.96
Rocket, roasted pepper, courgette, onion, salsa	
11" garlic pizza bread V 772 kcal	5.57
Nachos /// V 695 kcal	5.81
Cheese, guacamole, salsa, sour cream, sliced chillies	4.23
Bowl of chips ⊚ 964 kcal Bowl of chips with curry sauce ⊚ 1082 kcal	5.58
Cheesy chips V 1256 kcal	5.41
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup V 50 500 374 kcal. White bloomer bread	4.23
Vegan option available with vegan spread \$\infty\$ \$\inft	4.23
	• • • • • • •
With any of the small plates below, choose one dip:	ا ما ۱
Naga chilli // 136 kcal; Jack Daniel's® Tennessee Honey glaze V 87 kcal	u kcal
Chipotle mayo VV \ \times 150 kcal; Blue cheese \ 270 kcal; BBQ sauce \@ 83 kcal	
Halloumi-style fries V 556 396 kcal	4.96
Chicken bites 500 322 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips 500 459 kcal. Five chicken breast strips	
Chicken wings / / 813 kcal. Ten spicy chicken wings	6.75
Quorn™ nuggets @ 331 kcal. Eight coated pieces	5.19
33 3 4	

Deli Deals INCLUDES A DRINK

All wraps and paninis are freshly made to order.

10 Wiapo II Sinanci Wiap and Illing.	
Small Korean fried chicken 384 kcal	
Iceberg lettuce, cucumber, coriander, Korean-style sauce	

Small brunch wrap 559 kcal just-a-wrap, Fried egg, bacon, Lincolnshire sausage, Cheddar cheese vithout a drink Small vegetarian brunch wrap V 545 kcal 3.08 Fried egg, two vegan sausages, Cheddar cheese each Small shawarma chicken **FFF** 502 kcal soft drink* Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, 4.11 tomato, onion, rocket, fresh mint each

Small Quorn™ nuggets @ 555 310 kcal Salad leaves, tomato, cucumber, salsa alcoholic drink* 5.64 Small southern-fried chicken FFF (500) 399 kcal Salad leaves, smoky chipotle mayo

Small cold chicken breast **FF** 58 587 277 kcal Salad leaves, sweet chilli sauce

Small fried halloumi-style cheese // V 500 391 kcal Salad leaves, sweet chilli sauce, tomato, cucumbo

Add: Small side salad @ (46 kcal); Small portion of chips @ (329 kcal) 1.03 each

NEW Korean fried chicken 618 kcal Iceberg lettuce, cucumber, coriander, Korean-style sauce

Shawarma chicken ******** 719 kcal. Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

Southern-fried chicken * 609** kcal. Salad leaves, smoky chipotle mayo Fried halloumi-style cheese 707 kcal

soft drink* Salad leaves, sweet chilli sauce, tomato, cucumbe 5.70 **Quorn**[™] **nuggets** Ø № 508 kcal. Tomato, cucumber, salsa

alcoholic drink* NEW Roasted vegetable and vegan cheeze @ 480 kcal 7.23 Tuna mayo and Cheddar cheese 590 kcal each

each

Cheddar cheese and tomato V 527 kcal Wiltshire cured ham and Cheddar cheese 508 kcal BBQ chicken, bacon and Cheddar cheese 586 kcal

8" pizzas on a freshly baked sourdough base Choose any 8" pizza from the small plates section.

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

Burgers Includes A DRINK . • Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.

Chicken burgers

Breaded whole chicken breast fillet

Beyond Burger[™] **1**043 kcal

Served on its own, without chips or a drink.

Meat-free burgers

mature Cheddar cheese

Sweet chilli sauce

Just-a-burger

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

Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce

NEW Korean crunchy chicken strip burger 712 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Crunchy chicken strip burger **₱** 776 kcal

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

Fried buttermilk chicken burger 1255 kcal

Char-grilled chicken breast burger 970 kcal

Char-grilled chicken breast, with a side salad, instead of chips

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

Breaded vegetable burger V 1039 kcal

Lentils, carrot, onion, sweetcorn, mushroom, mozzarella,

BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce

Fried halloumi-style cheese burger // V 1118 kcal

NEW Korean crunchy chicken strip burger 52 383 kcal

Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce

Skinny chicken burger 58 588 394 kcal

DOLL BOLLO LA	joi o illuuo	With Iot
Beef burgers One 3oz beef patty.		
Served with a small portion of chips (329 kcal, included in Calories below).	soft dr	
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard	5.44 each	
Classic beef burger 677 kcal	alcoholic	
Iceberg lettuce, tomato, red onion	6.9	
Skinny beef burger 375 kcal	eac	-
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips		
	oft drink*	
American-style cheese, red onion, gherkin, ketchup, alcoho American-style mustard	lic drink*	7.57
· · · · · · · · · · · · · · · · · · ·		
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).	soft dr	
Double American burger 1138 kcal	7.7 eac	-
Red onion, gherkin, ketchup, American-style mustard	alcoholic	
Double classic beef burger 1119 kcal	9.2	6
Iceberg lettuce, tomato, red onion	eac	h
	oft drink*	8.30
American-style cheese, red onion, gherkin, ketchup, alcoho American-style mustard	lic drink*	9.83
American style mustaru		

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, signature burger sauce, gherkin

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; Fried buttermilk chicken 1703 kcal **BBQ** burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal alcoholic drink* Char-grilled chicken breast 1494 kcal; Fried buttermilk chicken 1780 kcal

Heatwave burger Naga chilli mavo. American-style cheese, hash brown.

topped with a spicy chicken wing Choose: Char-grilled chicken breast 1722 kcal; Fried buttermilk 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, maple-cured bacon, alcoholic drink* 12.91 red onion, gherkin, ketchup, American-style mustard

CULTURES INCLUDES A DRINK ...

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

Mangalorean roasted cauliflower & spinach curry **//** @ 529 927 kcal

Chicken tikka masala // 1190 kcal Chicken jalfrezi FFF 32 935 kcal

Beef Madras /// 1043 kcal

soft drink* 9.84 each

alcoholic drink* 11.37 each

soft drink* alcoholic drink*

9.15

each

alcoholic drink*

10.26

each

7.62

soft drink*

8.73

each

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 52 568 kcal; Chips 970 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

Add: One vegetable samosa and two onion bhaiis (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 Sliced char-grilled chicken breast

Katsu Quorn™ nugget curry @ 686 kcal

Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet

Eight coated pieces

Adults need around 2000 kcal a day.§

soft drink*

11.46

American burger 367 kcal Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger / (500) 447 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 173 kcal 2.14 2.14 Maple-cured bacon with American-style cheese 160 kcal 1.52 Cheddar cheese
82 kcal 1.52 American-style cheese V 69 kcal 1.52 NEW Vegan cheeze @ 57 kcal 1.52 Maple-cured bacon 91 kgal 1.50 Crunchy chicken strip / 92 kcal

soft drink*

5.44

each

alcoholic drink*

6.97

each

soft drink*

7.73

each

alcoholic drink*

9.26

soft drink*

7.73 each

alcoholic drink

9.26

each

3.36

each

soft drink*

10.83

each

alcoholic drink

12.36

each

soft drink*

8.68

each

alcoholic drink

10.21

each

Add: Chicken

gravy (50 kcal)

94p

3oz beef patty 168 kcal; Char-grilled chicken breast 187 kcal Fried buttermilk chicken 473 kcal; Breaded vegetable patty 257 kcal Fried halloumi-style cheese V 298 kcal each **1.97**

CITIC KEIT INCLUDES A DRINK ...

BEYOND MEAT patty @ 184 kcal

NEW Sticky Korean fried chicken bowl 961 kcal soft drink* 8.68 Chicken strips, chicken breast bites. alcoholic drink* 10.21 chips tossed in a Korean-style sauce, coriander, sliced chillies

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 dip 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 Chicken baskets

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 wing basket FFF Eight wings, coleslaw, Naga chilli dip

Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal

Choose: Side salad 623 kcal; Spicy rice 5 763 kcal; Chips 1157 kcal

Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce

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 🏴 🔻 Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal 11"DIZZAS INCLUDES A DRINK • Sourdough base - proved, stretched, topped and freshly baked to order. soft drink* alcoholic drink* Margherita V 934 kcal. Mozzarella, basil 8.68 10.21 Pepperoni // 1151 kcal Mozzarella, pepperoni soft drink* Ham and mushroom 1011 kcal 9.84 Mozzarella ham mushroom rocket each BBQ chicken 1097 kcal Mozzarella RBO sauce chicken breast redinion rocket alcoholic drink* Roasted vegetable V 1028 kcal 11.37 Mozzarella, mushroom, roasted pepper, courgette, onion, basil Roasted vegetable and vegan cheeze @ 829 kcal Mushroom, roasted pepper, courgette, onion, basil Spicy meat feast **FFF** 1214 kcal 11.02 12.55 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket **Additional toppings** Red onion @ 10 kcal: Sliced chillies ##### @ 3 kcal: Mushroom @ 4 kcal each 88p Garlic & herb dip @ 180 kcal; Mozzarella V 150 kcal; Ham 71 kcal

Small pub classics includes a drink of

each 1.15

each 1.53

6.91

6.09

8.44

7.62

		,
Small freshly battered cod and chips Peas 681 kcal or mushy peas 739 kcal	soft drink* 7.84	alcoholic drink 9.37
Small Whitby breaded scampi hips, peas 629 kcal or mushy peas 686 kcal. our Whitby breaded scampi	7.84	9.37
Add: Two slices of bread ♥ (404 kcal) 1.34 Chip shop-style curry sauce ⊘ (118 kcal) 1.46		
Small Wiltshire cured ham, egg and chips (555) 455 kcal One slice of Wiltshire cured ham, fried egg	6.61	8.14
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 75 p	6.91	8.44

Afternoon deal

Two vegan sausages, fried egg, baked beans, chips

Chicken breast 94 kcal; Maple-cured bacon 91 kcal

Pepperoni **FF** 109 kcal; Roasted vegetables **3** 90 kcal

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

Small vegetarian all-day brunch (2) 611 kcal

Pub classics includes a drink

alcoholic drink* soft drink* Freshly battered cod and chips 🥏 10.08 11.61 Peas 1240 kcal or mushy peas 1298 kca Whitby breaded scampi 10.08 11.61 Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi Add: Two slices of bread (404 kcal) 1.34 Chip shop-style curry sauce (a) (118 kcal) 1.46

All-day brunch 1245 kcal 9.72 11.25 Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips Add: Black pudding (178 kcal) 75p Vegetarian all-day brunch V 1023 kcal 9.72 11.25 Two fried eggs, three vegan sausages, baked beans, chips Steak & kidney pudding Peas, onion & red wine gravy 8.32 9.85 Choose: Mashed potato 963 kcal; Chips 1279 kcal Bangers and mash 894 kcal 8.32 9.85 Three Lincolnshire sausages, peas, onion & red wine gravy 9.85 Vegetarian bangers and mash

635 kcal 8.32

Three vegan sausages, peas, onion & red wine gravy Wiltshire cured ham, eggs and chips 856 kcal 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 7.73 9.26 Vegan sausages, chips and beans @ 910 kcal

NEW Chilli bean non-carne 7 @ 635 kcal 8.32 Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips

Afternoon deal

Mon - Fri, 2pm - 5pm

Three vegan sausages

soft drink* alcoholic drink 7.27 8.80

9.85

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. soft drink* 11.25 Classic 8oz sirloin steak 459 kcal 12.78 13.75 15.28 Classic 10oz rib-eye steak 717 kcal Choose: Side salad 87 kcal; Mediterranean salad 198 kcal; Jacket potato 225 kcal Mashed potato 143 kcal; Chips 602 kcal

Gourmet 8oz sirloin steak 712 kcal 13.59 15.12 16.09 17.62 Gourmet 10oz rib-eye steak 965 kcal Peas, tomato, mushroom, three onion rings, steak sauce Choose: Side salad 87 kcal; Mediterranean salad 198 kcal; Jacket potato 225 kcal

Mashed notato 143 kgal- Chins 602 kgal Add your choice of steak sauce: Creamy peppercorn sauce (74 kcal) Jack Daniel's® Tennessee Honey glaze (V) (87 kcal) 1.82 each

Below meals are served with peas, tomato and mushroom. soft drink* alcoholic drink* BBQ chicken melt 10.08 Char-orilled chicken Cheddar cheese hacon BBQ sauce Choose: Side salad 530 609 kcal; Mediterranean salad 739 kcal Jacket potato 🚳 856 kcal; Mashed potato 827 kcal; Chips 1143 kcal 5oz gammon and egg 8.73 10.26 Choose: Side salad 532 kcal: Mediterranean salad 532 kcal Jacket potato 649 kcal; Mashed potato 620 kcal; Chips 936 kcal 10oz gammon and eggs 13.42

Choose: Side salad 611 kcal: Mediterranean salad 741 kcal Jacket potato 858 kcal; Mashed potato 829 kcal; Chips 1146 kcal Mixed arill 13.42 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 15.18 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'

Ramen noodle bowl **FF** @ 58 666 kcal 6.99 8.52 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 283 kcal Southern-fried chicken breast strips (\$500) 465 kcal 9.88 Mediterranean salad @ 5334 kcal 8.35 Pearl barley, guinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese (V (447 kcal) 1.97 Tuna mayo (298 kcal) 1.06; Roasted vegetables @ (90 kcal) 1.53 Char-grilled chicken breast (187 kcal) 1.97 Grilled halloumi-style cheese 8.62 10.15 & roasted vegetable salad V 500 494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing 10.15 Burrito salad bowl V 668 kcal 8.62 Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, quacamole sliced chillies

Maple-cured bacon (91 kcal) 1.52 British beef & pancetta lasagne 9.47 11.00 Choose: Side salad 761 kcal; Chips 1295 kcal

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

Add: Char-grilled chicken breast (187 kcal) 1.97

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Fusilli pasta, creamy pecorino & regato cheese sauce, spinach

Chilli bean non-carne / (149 kcal) 1.97

Pasta alfredo V 618 kcal

sun-dried tomato, basil, rocket

soft drink* Baked beans @ 5% 555 482 kcal 6.85 each Chilli bean non-carne / @ 58 588 442 kcal Roasted vegetables @ 59 (500) 383 kcal

alcoholic drink*

8.38

soft drink* alcoholic drink*

8.90

10.43