#### **Desserts** NEW Giant profiterole W (\$33 kcal Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry NEW Salted caramel sticky toffee pudding @ 877 kcal Vanilla ice cream NEW Millionaire's shortbread V 609 kcal 2.68 Two vanilla ice cream scoops, shortbread biscuit. Belgian chocolate sauce, toffee sauce 2.33 Vanilla ice cream V (500) 334 kcal Two scoops, toffee sauce, Belgian chocolate sauce Cookie crunch V 555 364 kcal 2.33 Two vanilla ice cream scoops, chocolate cookie. Belgian chocolate sauce Mini warm chocolate brownie V 555 435 kcal 3.50 Belgian chocolate sauce, vanilla ice cream Mini warm cookie dough sandwich V 600 431 kcal 3 50 Salted caramel filling, toffee sauce, vanilla ice cream Fresh fruit V 5% 500 470 kcal 5.40 Apple, banana, blueberries, strawberries, vanilla ice cream Warm chocolate fudge cake V 909 kcal 6.14 Vanilla ice cream Warm chocolate brownie V 736 kcal Belgian chocolate sauce, vanilla ice cream Warm cookie dough sandwich V 727 kcal 6.14 Salted caramel filling, toffee sauce, vanilla ice cream British Bramley apple crumble **©** 673 kcal 6.44

Add: Vanilla ice cream scoop (135 kcal) 94p; Toffee sauce (66 kcal) 42p Belgian chocolate sauce (61 kcal) 42p; Banana (110 kcal) 62p Strawberries (27 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% 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.§

#### wetherspoonhotels Over 50 hotels in England, Ireland, Scotland and Wales

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# BREAKFAST

Buttered white bloomer toast

Add any of the following:

Lincolnshire sausage 168 kcal

Two scrambled eggs V 136 kcal

Two mushrooms @ 100 kcal

Two rashers of back bacon 131 kcal

Two grilled tomato halves @ 16 kcal

Four rashers of maple-cured bacon 91 kcal

Black pudding 178 kcal

Slice of toast 225 kcal

Fried egg V 56 kcal

Fresh fruit @ 588 (588) 200 kcal

Apple, banana, blueberries, strawberries

**Breakfast extras** 

White bloomer bread

Three eggs, buttered white bloomer toast

Small beans on toast V 59 555 252 kcal

**Beans on toast V** 50 566 kcal. Buttered white bloomer toast

NEW Vegan option available with vegan spread @ 53 (500) 460 kcal

Two slices of toast with jam or marmalade V 524 kcal

NEW Fresh fruit and yoghurt V 38 555 334 kcal

Apple, banana, blueberries, strawberries, Greek-style honey yoghurt

1.05

8am - 12 noon

4.59

4.59

4.59

5.75

5.75

5.16

5.16

5.16

5.40

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans,	8.24	Breakfast butties and wrap	)S
three hash browns, mushroom, two slices of toast <b>Traditional breakfast</b> 807 kcal	6.54	<b>Bacon butty</b> 574 kcal Three rashers of bacon, buttered white bloomer bread	4.5
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	F (0	Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	4.5
Small breakfast 555 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	5.62	<b>Vegetarian sausage butty </b> ♥ 541 kcal Two vegan sausages, buttered white bloomer bread	4.5
Add: Black pudding (178 kcal) <b>75p</b>		NEW Vegan option available with vegan spread @ 😵 😘 435 kcal	
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.62	<b>Breakfast wrap</b> 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	5.7
Large vegetarian breakfast 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	8.24	<b>Vegetarian breakfast wrap ♥</b> 735 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	5.7
<b>Vegetarian breakfast №</b> 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	6.54	Breakfast muffin deal Includes tea, coffee or hot chocolate. Free re	efills
Small vegetarian breakfast 👽 🖘 📆 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	5.62	Egg & cheese muffin ♥ (***) 249 kcal Fried egg, American-style cheese, in an English muffin	4.7
<b>Vegan breakfast  ⊘</b> 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	6.14	<b>Egg &amp; bacon muffin</b> 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	5.
Porridge (V 68) 635 252 kcal (plain)  Add: Banana (a) (110 kcal) 62p; Strawberries (a) (27 kcal) 62p	2.09	Egg & sausage muffin 6555 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	5.
Blueberries <b>⊘</b> (17 kcal) <b>62p</b> ; Honey <b>♡</b> (91 kcal) <b>34p</b> Sliced apple <b>⊘</b> (46 kcal) <b>62p</b>		<b>Egg &amp; vegetarian sausage muffin ♥</b> (555) 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	5.
<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.74	<b>Breakfast muffin</b> 333 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English m	<b>5.4</b> nuffin
Mushroom Benedict ♥ 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.74	Add: Hash brown @ (82 kcal) 46p	
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.74	Tea, coffee and hot chocol	ate
Scrambled egg on toast © 570 kcal	5.16	FREE	

4.01

2.84

2.80

4.01

5.62

1.05

93p

93p

1.63

1.57

1.52

93p

52p

# 10colate

# REFILLS

TEA, COFFEE AND **HOT CHOCOLATE** 

- ALL DAY EVERY DAY -







Flat white V 92 kcal Cappuccino V 102 kcal Latte 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee @ 6 kcal

White coffee 24 kcal Hot chocolate V 169 kcal with semi-skimmed milk V 14 kcal

Dairy alternative: oat sachet @ 4 kcal Decaffeinated tea and coffee available.

71p

1.64

SIMNOGRILINOAD >

## **Biscuits** Walkers shortbread

Belgian chocolate biscuit V 129 kcal

Stem ginger biscuit Salted caramel brownie bar V 316 kcal

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, phone. 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

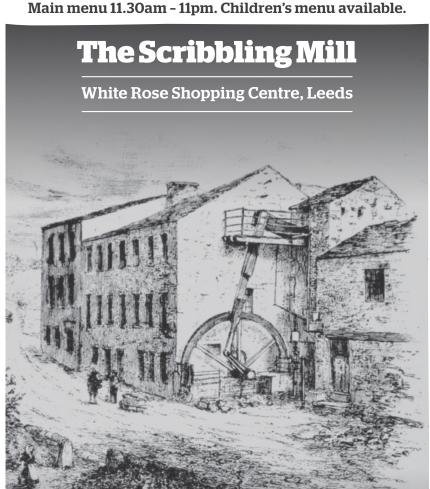
Hash brown @ 82 kcal

**Vegan sausage** 🕢 82 kcal

Baked beans @ 126 kcal

93p Poached egg V 63 kcal

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



Morley, southwest of the White Rose shopping centre, was famous for its textile industry, which is represented in the town's coat of arms. The 18th century saw the first mills, driven by water wheels. By 1790, the Crank Mill (now grade II listed) was Yorkshire's first steam-powered woollen scribbling mill, where wool was carded (combed) and prepared for spinning – one of an estimated 170 such mills in and around Leeds.

# **Breakfast**

8am - 12 noon

Traditional breakfast

£6.54

Tea, coffee and hot chocolate Free refills

£1.56

### **Deli Deals** INCLUDES A DRINK

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

£5.82

£6.85

alcoholic drink\* £8.38

# **Burger meals**

INCLUDES A DRINK

Featuring 3oz American burger soft drink\* alcoholic drink\*

£8.19

£9.72

# **Curry Club**

INCLUDES A DRINK **Thursday 11.30am - 11pm** 

Featuring the katsu curry range alcoholic drink\*

£9.78

£11.31

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



# **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



100%

# **Food hygiene**

100% UK and

From farms in the UK

and Ireland, prime beef

steaks matured for 28

days. Traceable from

Irish beef

farm to fork.

the maximum food hygiene rating of 5 in our pub.



#### iustainable fish The cod and haddock we serve

Free-range eggs

100% of the eggs we use are

free range. All shell eggs are

quality mark and are RSPCA

standards of animal welfare.

certified with the British Lion

assured, ensuring the highest

come from fisheries which have been independently certified to the MSC's standard for well-managed and sustainable



The freshly ground 100% Arabica Lavazza coffee<sup>tt</sup> we serve is from Rainforest Alliance-certified farms



# 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'.







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 £17.47	
8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.	
	5.74
1 1 d 3 1 d 1 d 2 d 3 d 1 d 1 d 1 d 1 d 1 d 1 d 1 d 1 d 1	7.33
Mozzarella, pepperoni	
Ham and mushroom 505 kcal	7.33
Mozzarella, ham, mushroom, rocket	
	7.33
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
Roasted vegetable ♥ 514 kcal  Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.33
	7.33
Mushroom, roasted pepper, courgette, onion, basil	
	7.91
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	
44"	
3 j	5.98
Nachos ♥️♥♥ № 695 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	5.54
	4.74
	5.31
	5.03
	.82
With any of the small plates below, choose one dip:	
Sweet chilli // @ 37 kcal; Sticky soy V 100 kcal; Naga chilli // / @ 136 kcal	
Jack Daniel's® Tennessee Honey glaze ♥ 87 kcal; Chipotle mayo /// ♦ 150 kcal Blue cheese ♥ 270 kcal; BBQ sauce ⊘ 83 kcal	
	5.93
Chicken bites 322 kcal. Ten battered chicken breast pieces	88.6
Southern-fried chicken strips <b>/</b> 350 459 kcal Five chicken breast strips <b>/</b> 350 459 kcal	5.65
Chicken wings  813 kcal. Ten spicy chicken wings	5.99
	.26

## Deli Deals Includes a Drink

All wraps and paninis are freshly made to order.

NEW 10" wraps A smaller wrap and filling.	
Small brunch wrap 559 kcal	
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap,
Small vegetarian brunch wrap ♥ 545 kcal Fried egg, two vegan sausages, Cheddar cheese	without a drink 5.82 each
Small shawarma chicken ### 502 kcal	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink* <b>6.85</b>

Small Quorn™ nuggets @ 555 310 kcal Salad leaves tomato cucumber salsa alcoholic drink\* 8.38 Small southern-fried chicken 7 500 399 kcal Salad leaves, smoky chipotle mayo Small fried halloumi-style cheese // 👽 🚟 391 kcal

Salad leaves, sweet chilli sauce, tomato, cucum

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

NEW Shawarma chicken 777 719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint

**Quorn™ nuggets ② ⑤** 508 kcal. Tomato, cucumber, salsa

Salad leaves, smoky chipotle mayo	soft drink*
Fried halloumi-style cheese // 207 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	<b>8.42</b> each
Paninis	alcoholic drink* <b>9.95</b>

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); Spicy rice @ (208 kcal) Chips @ (602 kcal) 1.44 each

#### Burgers includes a drink

rder. Traceable from farm to fork.

Beef burgers made with 100% British b	eef, freshl	y cooked to		
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).				
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard		1		
Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	soft drink* <b>8.19</b> each	alcoholic drink* <b>9.72</b> each		
Skinny beef burger 375 kcal lceberg lettuce, tomato, red onion, with a side salad, inste	ead of chips			
American cheese burger 730 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	can-style cheese, red onion, gherkin, ketchup, alcoholic drink* <b>10.30</b>			
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).				
<b>Double American burger</b> 1138 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink*	alcoholic drink*		
<b>Double classic beef burger</b> 1119 kcal lceberg lettuce, tomato, red onion	<b>10.44</b> each	11.97 each		
<b>Double American cheese burger</b> 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard		oft drink* 11.03 lic drink* 12.56		
Chicken burgers				

Served with a small portion of chips (329 kcal, included in the Calories below). Crunchy chicken strip burger 776 kcal soft drink\* 8.19 alcoholic drink\* 9.72 Two southern-fried chicken strips, iceberg lettuce, mayonnaise

Served with chips (602 kcal, included in Calories below) Fried buttermilk chicken burger 1255 kcal soft drink\* 10.44 Breaded whole chicken breast fillet alcoholic drink\* 11.97

Meat-free burgers

🖊 🗸 1118 kcal. Sweet chilli sauce

Served with chips (602 kcal, included in Calories below). Beyond Burger<sup>™</sup> **1043** kcal BEYOND MEAT plant-based patty,

soft drink\* alcoholic drink\* iceberg lettuce, garlic & herb sauce 10.44 11.97 each each Fried halloumi-style cheese burger

# 11" pizzas includes a drink •

Sourdough base - proved, stretched, topped and freshly baked to order.

Margherita ♥ 934 kcal. Mozzarella, basil	11.42	12.95	Lem
Pepperoni			Char- Colest
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket		soft drink*	Choos Side s Spicy
<b>BBQ chicken</b> 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket		each alcoholic drink*	Hot
Roasted vegetable ♥ 1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil		14.13 each	Char- Colest Choos
Vegan roasted vegetable @ \$3 709 kcal Mushroom, roasted pepper, courgette, onion, basil			Side s Spicy

soft drink\* alcoholic drink'

13.77

15.30

Spicy meat feast // 1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

Additional toppings	
Red onion @ 10 kcal	
Sliced chillies FFFF @ 3 kcal	
Mushroom @ 4 kcal	each <b>88p</b>
Garlic & herb dip 🕢 180 kcal	
Mozzarella V 150 kcal	

Ham 71 kcal Chicken breast 94 kcal each **1.15** Maple-cured bacon 91 kcal

Pepperoni **FF** 109 kcal Roasted vegetables @ 90 kcal each **1.53**  **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 soft drink\* Choose: Beef (two 3oz beef patties) 1567 kcal 12.65 Fried buttermilk chicken 1703 kcal each **BBQ** burger alcoholic drink\* Maple-cured bacon, Cheddar cheese, BBQ sauce 14.18 Choose: Beef (two 3oz beef patties) 1644 kcal each Fried buttermilk chicken 1780 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\* 14.10 Three 3oz beef patties, American-style cheese, alcoholic drink\* 15.63 maple-cured bacon, red onion, gherkin, ketchup,

American-style mustard Just-a-burger each 4.51 Served on its own, without chips or a drink. American burger 367 kcal Red onion, gherkin, ketchup, American-style mustard Crunchy chicken strip burger 447 kcal

Additional toppings and burger patties Maple-cured bacon with Cheddar cheese 173 kcal 2.14 Maple-cured bacon with American-style cheese 160 kcal 2.14 Cheddar cheese V 82 kcal 1.52 American-style cheese V 69 kcal 1.52 Maple-cured bacon 91 kcal 1.52 Crunchy chicken strip / 92 kcal 1.50 3oz beef patty 168 kcal

Fried buttermilk chicken 473 kcal each 1.97 Fried halloumi-style cheese V 298 kcal BEYOND MEAT patty @ 184 kcal

# INCLUDES A DRINK ...

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

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

Dari pari char grilled half chick

Peri-peri char-grilled nali chicken	
Lemon and herb	
Char-grilled in a lemon & herb glaze	soft drink*
Coleslaw, garlic & herb dip	13.59
Choose:	each
Side salad 918 kcal; Mediterranean salad 1048 kcal	alcoholic drink*
Spicy rice 1059 kcal; Chips 1453 kcal	15.12
Hot and spicy FFF	each
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; Chips 1423 kcal	

#### Chicken baskets

Boneless basket 🍠

Three southern-fried chicken strips, five chicken breast bites. coleslaw BBO sauce

Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal

Chicken bites basket

Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Side salad 623 kcal; Spicy rice 58 763 kcal; Chips 1157 kcal

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 **// v** Eight coated pieces, coleslaw, sweet chilli sauce Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal

# Small pub classics Includes A DRINK ...

Fish and chips	soft drink*	alcoholic drink*
Small freshly battered cod and chips Peas 681 kcal or mushy peas 739 kcal	10.60	12.13
Small Whitby breaded scampi Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi	10.60	12.13
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 655 455 kcal One slice of Wiltshire cured ham, fried egg	9.38	10.91
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips	9.67	11.20
Add: Black pudding (178 kcal) <b>75p</b>		
Small vegetarian all-day brunch ♥ 611 kcal Two vegan sausages, fried egg, baked beans, chips	9.67	11.20

# Pub classics includes a drink

Fish and chips	soft drink*	alcoholic drink
Freshly battered cod and chips  Peas 1240 kcal or mushy peas 1298 kcal	12.83	14.36
Whitby breaded scampi Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi	12.83	14.36
Add: Two slices of bread (404 kcal) 1.34 Chip shop-style curry sauce (118 kcal) 1.46		
<b>All-day brunch</b> 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips	12.47	14.00
Add: Black pudding (178 kcal) <b>75p</b>		
Vegetarian all-day brunch ♥ 1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	12.47	14.00
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	10.49	12.02
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	10.49	12.02
<b>Vegan sausages, chips and beans 3</b> 910 kcal Three vegan sausages	10.49	12.02
NEW Chilli bean non-carne 🗗 🕢 🚳 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	11.07	12.60

#### Jacket potatoes includes a drink |

With side salad and one filling. Extra fillings 1.30 each.

Coleslaw V 559 kcal

soft drink\*

11.42

each

alcoholic drink

each

12.95

soft drink\* Cheese V 512 kcal 9.58 each Baked beans @ 5% 555 482 kcal alcoholic drink\* Chilli bean non-carne / @ 53 (535) 442 kcal 11.11 each

Roasted vegetables @ 5% 556 383 kcal

Adults need around 2000 kcal a day.§

INCLUDES A DRINK ...

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

Mangalorean roasted cauliflower

& spinach curry // @ 59 927 kcal Chicken tikka masala // 1190 kcal

Chicken jalfrezi PPP 93 935 kcal

Beef Madras //// 1043 kcal

Change your plain naan to a garlic naan (V) (add 92 kcal) 47p

Add: One vegetable samosa and two onion bhajis // @ (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 53 542 kcal Sliced chicken breast

Katsu Quorn™ nugget curry @ 686 kcal Eight coated pieces

soft drink\* 11.49 each

soft drink\* alcoholic drink\*

14.13

each

alcoholic drink\*

13.02

each

12.60

each

Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet

## Noodles, salads and pastas INCLUDES A DRINK

1	,		
			alcoholic drink
	NEW Ramen noodle bowl  \$\mathcal{P}\$ @ \sim \text{35} \text{466 kcal}\$  Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth  Add: Chicken breast (93 kcal) 1.15  Poached egg \( \mathcal{V} \) (63 kcal) 93p	8.99	10.52
	Chicken & maple-cured bacon salad Choose: Chicken breast 355 283 kcal Southern-fried chicken breast strips 365 465 kcal	12.12	13.65
	Mediterranean salad © 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper cherry tomatoes, pumpkin seeds, basil, dressing Add: Roasted vegetables © (90 kcal) 1.53 Chicken breast (187 kcal) 1.97	10.99	12.52
	Pasta alfredo ♥ 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Chicken breast (187 kcal) 1.97 Maple-cured bacon (91 kcal) 1.52	11.55	13.08
	British beef & pancetta lasagne Choose: Side salad 761 kcal; Chips 1295 kcal	12.12	13.65

# Sides and extras

11" garlic pizza bread V 772 kcal

11" garlic pizza bread with cheese V 922 kcal

Bowl of chips @ 964 kcal (Add: Spicy seasoning @ (7 kcal) 34p)	4.74
Small bowl of chips @ 602 kcal	2.87
Five chicken wings <b>FFF</b> 407 kcal	3.34
NEW Five chicken breast bites 161 kcal	2.99
Eight Whitby breaded scampi 464 kcal	4.99
Peas 133 kcal	94p
Mushy peas ♥ 248 kcal	94p
Side salad @ 91 kcal	2.29
Mediterranean side salad 🥥 198 kcal	3.22
Roasted vegetables @ 135 kcal	1.53
Coleslaw V 399 kcal	1.40
Sliced chillies //// @ 3 kcal	88p
Six onion rings @ 269 kcal	2.33
Twelve onion rings @ 538 kcal	3.50
8" garlic pizza bread ♥ 386 kcal	5.80
8" garlic pizza bread with cheese V 473 kcal	6.38

6.38 6.98

7.85