

## Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal)	34p	4.23
Small bowl of chips	602 kcal		2.48
Five chicken wings	407 kcal		3.34
<b>NEW</b> Five chicken breast bites	161 kcal		2.99
Eight Whitby breaded scampi	464 kcal		4.99
Grilled halloumi-style cheese	447 kcal		1.97
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
Colestlaw	399 kcal		1.40
Sliced chillies	3 kcal		88p
Chicken gravy	50 kcal		94p
Onion rings	Six 269 kcal	2.33	Twelve 538 kcal
Garlic pizza bread	8* 386 kcal	4.40	11* 772 kcal
With cheese	8* 473 kcal	4.98	11* 922 kcal

## Desserts

<b>NEW</b> Salted caramel sticky toffee pudding	4.99
Vanilla ice cream	877 kcal or custard 741 kcal
<b>NEW</b> Millionaire's shortbread	409 kcal
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal
Vanilla ice cream	
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	537 kcal
Vanilla ice cream	
American-style pancakes	689 kcal
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 (66 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% = 5% fat or less UNDER 500 = Dish under 500 Calories

🐟 Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.<sup>8</sup>

# BREAKFAST

Served  
8am - 12 noon

<b>Large breakfast</b>	1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
<b>Traditional breakfast</b>	807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
<b>Small breakfast</b>	435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal) 75p		
<b>Freedom breakfast</b>	586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
<b>Large vegetarian breakfast</b>	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
<b>Vegetarian breakfast</b>	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
<b>Small vegetarian breakfast</b>	291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato		
<b>Vegan breakfast</b>	642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
<b>American breakfast</b>	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
<b>Small American breakfast</b>	629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
<b>Porridge</b>	252 kcal (plain)	2.09
Add: Banana (110 kcal) 62p	Maple-flavour syrup (125 kcal) 34p	
Strawberries (27 kcal) 62p	Blueberries (17 kcal) 62p	
Honey (91 kcal) 34p	Sliced apple (46 kcal) 62p	

## Breakfast extras

Add any of the following:				
Black pudding	178 kcal	75p	Two rashers of back bacon	131 kcal
Lincolnshire sausage	168 kcal	1.05	Four rashers of maple-cured bacon	91 kcal
Vegan sausage	82 kcal	1.05	Two scrambled eggs	136 kcal
Slice of toast	225 kcal	1.13	Fried egg	56 kcal
Hash brown	82 kcal	46p	Poached egg	63 kcal

## Breakfast butties and wraps

<b>Bacon butty</b>	574 kcal	3.88
Three rashers of bacon, buttered white bloomer bread		
<b>Sausage butty</b>	714 kcal	3.88
Two Lincolnshire sausages, buttered white bloomer bread		
<b>Vegetarian sausage butty</b>	541 kcal	3.88
Two vegan sausages, buttered white bloomer bread		
<b>NEW</b> Vegan option available with vegan spread	435 kcal	

## Breakfast muffin deal

<b>Includes tea, coffee or hot chocolate. Free refills*</b>		
<b>Egg &amp; cheese muffin</b>	249 kcal	3.31
Fried egg, American-style cheese, in an English muffin		
<b>Egg &amp; bacon muffin</b>	314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
<b>Egg &amp; sausage muffin</b>	417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
<b>Egg &amp; vegetarian sausage muffin</b>	330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin		
<b>Breakfast muffin</b>	482 kcal	4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
<b>Smashed avocado muffin</b>	271 kcal	4.01
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		
Add: Hash brown (82 kcal) 46p		

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. 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. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdetherspoon.com  
 \*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. \*Non-refundable advance purchase rates, available to book direct on our website, app and on 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 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).

<b>NEW</b> Fiesta brunch	659 kcal	3.88
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
<b>Eggs Benedict</b>	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
<b>Mushroom Benedict</b>	638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
<b>Miner's Benedict</b>	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
<b>American-style pancakes</b>		
<b>NEW</b> Four pancakes, banana, strawberries, blueberries, maple-flavour syrup	708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup	645 kcal	4.99
Four pancakes, maple-flavour syrup	554 kcal	4.30
<b>Small American-style pancakes</b>		
Two pancakes, maple-cured bacon, maple-flavour syrup	322 kcal	3.54
Two pancakes, maple-flavour syrup	277 kcal	3.25
<b>Scrambled egg on toast</b>	570 kcal	3.77
Three eggs, buttered white bloomer toast		
<b>Beans on toast</b>	566 kcal	3.66
Buttered white bloomer toast		
<b>NEW</b> Vegan option available with vegan spread	460 kcal	2.62
<b>Small beans on toast</b>	252 kcal	2.62
Buttered white bloomer toast		
<b>Two slices of toast with jam or marmalade</b>	524 kcal	2.47
White bloomer bread		
<b>Fresh fruit</b>	200 kcal	3.66
Apple, banana, blueberries, strawberries		
<b>NEW</b> Fresh fruit and yoghurt	334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

<b>Breakfast wrap</b>	724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
<b>Vegetarian breakfast wrap</b>	735 kcal	4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

## Tea, coffee and hot chocolate

<b>FREE REFILLS*</b>	
<b>TEA, COFFEE AND HOT CHOCOLATE</b>	
— ALL DAY EVERY DAY —	
<b>LAVAZZA</b>	
<b>100% ARABICA BEANS</b>	
<b>100% RASPBERRY</b>	
<b>100% CREAM</b>	
<b>£1.56</b> each	
<b>Biscuits</b>	
<b>Walkers shortbread</b>	151 kcal 71p
<b>Stem ginger biscuit</b>	123 kcal 71p
<b>Belgian chocolate biscuit</b>	129 kcal 71p
<b>Salted caramel brownie bar</b>	316 kcal 1.64

for the facts  
drinkaware.co.uk

jdetherspoon.com

STD

# FOOD

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



## The Regal

Gloucester

Originally the Regal cinema, this building's construction began in 1939, but was halted by the outbreak of war, then completed when building restrictions were lifted in 1956. Renamed the ABC (in 1963) and then the Cannon (in 1988), the cinema closed two years later.



## 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 rating

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



### 100% UK and Irish beef

From farms in the UK and Ireland, prime beef steaks, matured for 28 days. 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 standard for well-managed and sustainable fisheries.



### 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.



### Coffee

The freshly ground 100% Arabica Lavazza coffee\* we serve is from Rainforest Alliance-certified farms.



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

Book direct for the best rates\*  
at jdetherspoon.com, on our app or by phone.

UNLIMITED  
FREE Wi-Fi

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

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



## Small plates | Any 3 for £14.93

**8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.**

<b>Margherita</b> <span>🍷</span> <span>🍷</span> 467 kcal. Mozzarella, basil	<b>5.91</b>
<b>Pepperoni</b> <span>🍷</span> <span>🍷</span> 575 kcal. Mozzarella, pepperoni	<b>6.51</b>
<b>Ham and mushroom</b> 505 kcal. Mozzarella, ham, mushroom, rocket	<b>6.51</b>
<b>BBQ chicken</b> 555 kcal	<b>6.51</b>
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
<b>Roasted vegetable</b> <span>🍷</span> 514 kcal	<b>6.51</b>
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	
<b>Vegan roasted vegetable</b> <span>🍷</span> <span>🍷</span> 355 kcal	<b>6.51</b>
Mushroom, roasted pepper, courgette, onion, basil	
<b>Spicy meat feast</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 615 kcal	<b>7.09</b>
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	

<b>NEW Char-grilled halloumi-style cheese</b> <span>🍷</span> 514 kcal	<b>4.96</b>
Rocket, roasted pepper, courgette, onion, salsa	
<b>11" garlic pizza bread</b> <span>🍷</span> 772 kcal	<b>5.57</b>
<b>Nachos</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> 695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	<b>5.81</b>
<b>Bowl of chips</b> <span>🍷</span> 964 kcal	<b>4.23</b>
<b>Bowl of chips with curry sauce</b> <span>🍷</span> 1082 kcal	<b>5.58</b>
<b>Cheesy chips</b> <span>🍷</span> 1256 kcal	<b>5.41</b>
<b>Loaded chips</b> 1303 kcal. Cheese, maple-cured bacon, sour cream	<b>6.03</b>
<b>Tomato &amp; basil soup</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 374 kcal. White bloomer bread	<b>4.23</b>

**NEW** Vegan option available with vegan spread 🍷 🍷 🍷 🍷 285 kcal

With any of the small plates below, choose one dip:

Sweet chilli <span>🍷</span> <span>🍷</span> 37 kcal; Sticky soy <span>🍷</span> 100 kcal; Naga chilli <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> 136 kcal	
Jack Daniel's® Tennessee Honey glaze <span>🍷</span> 87 kcal; Chipotle mayo <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> 150 kcal	
Blue cheese <span>🍷</span> 270 kcal; BBQ sauce <span>🍷</span> 83 kcal	
<b>Halloumi-style fries</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 396 kcal	<b>4.96</b>
<b>Chicken bites</b> <span>🍷</span> <span>🍷</span> 322 kcal. Ten battered chicken breast pieces	<b>6.09</b>
<b>Southern-fried chicken strips</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 459 kcal. Five chicken breast strips	<b>6.09</b>
<b>Chicken wings</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 813 kcal. Ten spicy chicken wings	<b>6.75</b>
<b>Quorn™ nuggets</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 331 kcal. Eight coated pieces	<b>5.19</b>

## Deli Deals INCLUDES A DRINK

All wraps and paninis are freshly made to order.

<b>NEW 10" wraps</b> A smaller wrap and filling.	
<b>Small brunch wrap</b> 559 kcal	
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink
<b>Small vegetarian brunch wrap</b> <span>🍷</span> 545 kcal	<b>3.08</b> each
Fried egg, two vegan sausages, Cheddar cheese	
<b>Small shawarma chicken</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 502 kcal	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink*
<b>Small Quorn™ nuggets</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 310 kcal	<b>4.11</b> each
Salad leaves, tomato, cucumber, salsa	
<b>Small southern-fried chicken</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 399 kcal	
Salad leaves, smoky chipotle mayo	alcoholic drink*
<b>Small cold chicken breast</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 277 kcal	<b>5.64</b> each
Salad leaves, sweet chilli sauce	
<b>Small fried halloumi-style cheese</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 391 kcal	
Salad leaves, sweet chilli sauce, tomato, cucumber	
<b>Add: Small side salad</b> <span>🍷</span> (46 kcal); <b>Small portion of chips</b> <span>🍷</span> (329 kcal)	<b>1.03</b> each

### 12" wraps

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

<b>Quorn™ nuggets</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 508 kcal. Tomato, cucumber, salsa	
<b>Southern-fried chicken</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 609 kcal	
Salad leaves, smoky chipotle mayo	soft drink*
<b>Cold chicken breast</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 479 kcal	<b>5.70</b> each
Salad leaves, sweet chilli sauce	
<b>Fried halloumi-style cheese</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 707 kcal	
Salad leaves, sweet chilli sauce, tomato, cucumber	alcoholic drink*
	<b>7.23</b> each

### Paninis

**Tuna mayo and Cheddar cheese** 590 kcal  
**Cheddar cheese and tomato** 🍷 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

Adults need around 2000 kcal a day.<sup>9</sup>

## Burgers INCLUDES A DRINK

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.

<b>Beef burgers</b> One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).	
<b>American burger</b> 696 kcal	
Red onion, gherkin, ketchup, American-style mustard	soft drink*
<b>Classic beef burger</b> 677 kcal	<b>5.44</b> each
Iceberg lettuce, tomato, red onion	alcoholic drink*
<b>Skinny beef burger</b> <span>🍷</span> 375 kcal	<b>6.97</b> each
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips	

<b>American cheese burger</b> 730 kcal	soft drink*	<b>6.04</b>
American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoholic drink*	<b>7.57</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*
<b>Double classic beef burger</b> 1119 kcal	<b>7.73</b> each
Iceberg lettuce, tomato, red onion	alcoholic drink*
	<b>9.26</b> each

<b>Double American cheese burger</b> 1207 kcal	soft drink*	<b>8.30</b>
American-style cheese, red onion, gherkin, ketchup, American-style mustard	alcoholic drink*	<b>9.83</b>

### Chicken burgers

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

**Crunchy chicken strip burger** 🍷 776 kcal

Two southern-fried chicken strips, iceberg lettuce, mayonnaise

soft drink\* **5.44**

alcoholic drink\* **6.97**

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

**Fried buttermilk chicken burger** 1255 kcal

Breaded whole chicken breast fillet

soft drink\* **7.73**

alcoholic drink\* **9.26**

**Char-grilled chicken breast burger** 970 kcal

**Skinny chicken burger** 🍷 🍷 394 kcal

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

### Meat-free burgers

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

<b>Beyond Burger™</b> <span>🍷</span> 1043 kcal	
<span>🌱</span> BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink*
<b>Breaded vegetable burger</b> <span>🍷</span> 1039 kcal	<b>7.73</b> each
Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	alcoholic drink*
	<b>9.26</b> each

**Fried halloumi-style cheese burger** 🍷 🍷 🍷 1118 kcal. Sweet chilli sauce

### Just-a-burger

Served on its own, without chips or a drink.

<b>American burger</b> <span>🍷</span> <span>🍷</span> 367 kcal	
Red onion, gherkin, ketchup, American-style mustard	soft drink*
<b>Crunchy chicken strip burger</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 447 kcal	<b>7.73</b> each
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink*
	<b>9.26</b> each

## Curries INCLUDES A DRINK

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

<b>Mangalorean roasted cauliflower &amp; spinach curry</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 927 kcal	
<b>Chicken tikka masala</b> <span>🍷</span> <span>🍷</span> 1190 kcal	
<b>Chicken jalfrezi</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 935 kcal	
<b>Beef Madras</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> 1043 kcal	
<b>Change your plain naan to a garlic naan</b> <span>🍷</span> (add 92 kcal) <b>47p</b>	each <b>3.36</b>

**Simple curries** With basmati pilau rice or chips.

<b>Simple Mangalorean roasted cauliflower &amp; spinach curry</b> <span>🍷</span> <span>🍷</span> <span>🍷</span>	
Choose: Basmati pilau rice <span>🍷</span> 568 kcal; Chips 970 kcal	
<b>Simple chicken tikka masala</b> <span>🍷</span> <span>🍷</span>	
Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	soft drink*
<b>Simple chicken jalfrezi</b> <span>🍷</span> <span>🍷</span> <span>🍷</span>	<b>7.62</b> each
Choose: Basmati pilau rice <span>🍷</span> 575 kcal; Chips 977 kcal	alcoholic drink*
	<b>9.15</b> each
<b>Simple beef Madras</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span>	
Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal	
<b>Add: One vegetable samosa and two onion bhajis</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> (293 kcal) <b>1.76</b>	
Two plain poppadums <span>🍷</span> (86 kcal) <b>47p</b>	

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

<b>Katsu grilled chicken curry</b> <span>🍷</span> 542 kcal	
Sliced char-grilled chicken breast	soft drink*
<b>Katsu Quorn™ nugget curry</b> <span>🍷</span> 686 kcal	<b>8.73</b> each
Eight coated pieces	alcoholic drink*
	<b>10.26</b> each
<b>Katsu chicken curry</b> 828 kcal	
Sliced whole breaded chicken breast fillet	

### Gourmet burgers

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

<b>Ultimate burger</b> 1656 kcal	
Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	soft drink*
	<b>9.93</b> each

<b>Tennessee burger</b>	
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze	soft drink*
<b>Choose: Beef</b> (two 3oz beef patties) 1567 kcal	<b>9.93</b> each
<b>Char-grilled chicken breast</b> 1417 kcal	
<b>Fried buttermilk chicken</b> 1703 kcal	

### BBQ burger

Maple-cured bacon, Cheddar cheese, BBQ sauce	soft drink*
<b>Choose: Beef</b> (two 3oz beef patties) 1644 kcal	<b>11.46</b> each
<b>Char-grilled chicken breast</b> 1494 kcal	
<b>Fried buttermilk chicken</b> 1780 kcal	

### Heatwave burger

Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing

<b>Choose: Char-grilled chicken breast</b> 1722 kcal	soft drink*	<b>11.38</b>
<b>Fried buttermilk chicken</b> 2007 kcal	alcoholic drink*	<b>12.91</b>

<b>Fiesta burger</b> <span>🍷</span> 1380 kcal	
<span>🌱</span> BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion	soft drink*
<b>Triple American cheese &amp; bacon burger</b> 1770 kcal	<b>11.38</b>
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	alcoholic drink*
	<b>12.91</b>

### Additional toppings and burger patties

<b>Maple-cured bacon with Cheddar cheese</b> 173 kcal	<b>2.14</b>
<b>Maple-cured bacon with American-style cheese</b> 160 kcal	<b>2.14</b>
<b>Cheddar cheese</b> <span>🍷</span> 82 kcal	<b>1.52</b>
<b>American-style cheese</b> <span>🍷</span> 69 kcal	<b>1.52</b>
<b>Maple-cured bacon</b> 91 kcal	<b>1.52</b>
<b>Crunchy chicken strip</b> <span>🍷</span> 92 kcal	<b>1.50</b>

**3oz beef patty** 168 kcal

<b>Char-grilled chicken breast</b> 187 kcal	
<b>Fried buttermilk chicken</b> 473 kcal	each <b>1.97</b>
<b>Breaded vegetable patty</b> <span>🍷</span> 257 kcal	
<b>Fried halloumi-style cheese</b> <span>🍷</span> 298 kcal	
<span>🌱</span> BEYOND MEAT patty <span>🍷</span> 184 kcal	

## Chicken INCLUDES A DRINK

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

<b>Peri-peri char-grilled half chicken</b>	
<b>Lemon and herb</b> <span>🍷</span> Char-grilled in a lemon & herb glaze	soft drink*
Coleslaw, garlic & herb dip	<b>10.83</b> each
<b>Choose: Side salad</b> 918 kcal; <b>Mediterranean salad</b> 1048 kcal	
<b>Spicy rice</b> 1059 kcal; <b>Mashed potato</b> 1137 kcal; <b>Chips</b> 1453 kcal	
<b>Hot and spicy</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> Char-grilled in a Naga chilli & citrus glaze	alcoholic drink*
Coleslaw, Naga chilli dip	<b>12.36</b> each
<b>Choose: Side salad</b> 888 kcal; <b>Mediterranean salad</b> 1018 kcal	
<b>Spicy rice</b> 1029 kcal; <b>Mashed potato</b> 1107 kcal; <b>Chips</b> 1423 kcal	
<b>Char-grilled half chicken, mash and gravy</b> 818 kcal	
Lemon & herb chicken, peas, chicken gravy	

### Chicken baskets

<b>Chicken wing basket</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> Eight wings, coleslaw, Naga chilli dip	
<b>Choose: Side salad</b> 987 kcal; <b>Spicy rice</b> 1127 kcal; <b>Chips</b> 1522 kcal	soft drink*
<b>Boneless basket</b> <span>🍷</span>	<b>8.68</b> each
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce	alcoholic drink*
<b>Choose: Side salad</b> 720 kcal; <b>Spicy rice</b> 861 kcal; <b>Chips</b> 1255 kcal	<b>10.21</b> each
<b>Chicken bites basket</b>	
Ten battered chicken breast pieces, coleslaw, sticky soy sauce	soft drink*
<b>Choose: Side salad</b> 623 kcal; <b>Spicy rice</b> <span>🍷</span> 763 kcal; <b>Chips</b> 1157 kcal	<b>8.68</b> each
<b>Southern-fried chicken strips basket</b> <span>🍷</span>	alcoholic drink*
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze	<b>10.21</b> each
<b>Choose: Side salad</b> 748 kcal; <b>Spicy rice</b> 888 kcal; <b>Chips</b> 1282 kcal	
<b>Quorn™ 'no chicken' nuggets basket</b> <span>🍷</span> <span>🍷</span> <span>🍷</span>	
Eight coated pieces, coleslaw, sweet chilli sauce	soft drink*
<b>Choose: Side salad</b> 569 kcal; <b>Spicy rice</b> 709 kcal; <b>Chips</b> 1104 kcal	<b>8.68</b> each
<b>Add: Chicken gravy</b> (50 kcal) <b>94p</b>	

## 11" pizzas INCLUDES A DRINK

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

<b>Margherita</b> <span>🍷</span> 934 kcal. Mozzarella, basil	soft drink*	<b>8.68</b>	alcoholic drink*	<b>10.21</b>
<b>Pepperoni</b> <span>🍷</span> <span>🍷</span> 1151 kcal. Mozzarella, pepperoni				
<b>Ham and mushroom</b> 1011 kcal			soft drink*	<b>9.84</b> each
Mozzarella, ham, mushroom, rocket			alcoholic drink*	<b>11.37</b> each
<b>BBQ chicken</b> 1097 kcal				
Mozzarella, BBQ sauce, chicken breast, red onion, rocket				
<b>Roasted vegetable</b> <span>🍷</span> 1028 kcal				
Mozzarella, mushroom, roasted pepper, courgette, onion, basil				
<b>Vegan roasted vegetable</b> <span>🍷</span> <span>🍷</span> 709 kcal				
Mushroom, roasted pepper, courgette, onion, basil				

<b>Spicy meat feast</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> 1214 kcal	<b>11.02</b>	<b>12.55</b>
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		

### Additional toppings

<b>Red onion</b> <span>🍷</span> 10 kcal; <b>Sliced chillies</b> <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> <span>🍷</span> 3 kcal; <b>Mushroom</b> <span>🍷</span> 4 kcal	each <b>88p</b>
<b>Garlic &amp; herb dip</b> <span>🍷</span> 180 kcal; <b>Mozzarella</b> <span>🍷</span> 150 kcal; <b>Ham</b> 71 kcal	
<b>Chicken breast</b> 94 kcal; <b>Maple-cured bacon</b> 91 kcal	each <b>1.15</b>
<b>Pepperoni</b> <span>🍷</span> 109 kcal; <	