

SUBS

CLASSICS Monday - Friday, 12pm-4pm
Toasted sub rolls with chips (400 kcal) or dressed side salad (40 kcal).

CHICKEN & BACON SUB 8.99
Roast chicken breast, bacon, red onion, lettuce and mayo. (603 kcal)

CRISPY CHICKEN SUB 7.99
Crispy chicken strips, lettuce and mayo. (502 kcal)

IMPOSSIBLE™ BBQ SUB 8.99
Impossible™ nuggets, coleslaw and Texan BBQ sauce. (629 kcal)

SIGNATURE All day, every day.
Toasted sub rolls with onion rings*. Served with chips (400 kcal) or dressed side salad (40 kcal).

PHILLY STEAK SUB 12.29
Rump steak, peppers & onions, Cheddar & Emmental melt, Texan BBQ sauce and crispy onions. (925 kcal)

NACHO CHEESE CHICKEN SUB 10.29
Crispy fried chicken, bacon, lettuce, mayo and nacho cheese sauce. (1394 kcal)

HEALTHY SWAPS WHY NOT SWAP YOUR CHIPS (400 kcal) FOR A DRESSED SALAD (40 kcal) OR A BUTTERED JACKET POTATO (295 kcal)

RICE BOWLS

HIGHER IN PROTEIN
ROAST CHICKEN BREAST RICE BOWL

RICE BOWL M
With basmati rice, lettuce, cucumber and sweet chilli slaw.

CHOOSE YOUR PROTEIN

GRILLED SALMON FILLET* (597 kcal) 10.49

ROAST CHICKEN BREAST (416 kcal) 9.49

HALLOUMI STRIPS (865 kcal) 9.99

CHOOSE YOUR SAUCE

SWEET CHILLI SAUCE (82 kcal)

FRENCH DRESSING (38 kcal)

GARLIC & HERB RANCH SAUCE (266 kcal)

Adults need around 2,000 kcal a day.

YOUR FAVOURITES, FOR LESS.

GRILL MONDAY **£10**
MINI MIXED GRILL (1071 kcal)
8oz* RUMP STEAK (1008 kcal)
Supplement 16oz* RUMP STEAK (1438 kcal)
Supplement FULL MONTY MIXED GRILL (1565 kcal)

MIX IT UP TUESDAY **£10**
MAIN + 2 SIDES + SAUCE OR SEASONING
Supplement 8oz* RUMP STEAK (430 kcal)
Supplement GRILLED SALMON FILLET* (359 kcal)

GURRY & DRINK WEDNESDAY **£8**
CHICKEN TIKKA MASALA (632 kcal)
CHICKEN JALFREZI (587 kcal)
CHICKEN KORMA (584 kcal)
CHICKPEA & SWEET POTATO (503 kcal)
Vegetable Samosa and Onion Bhaji (460 kcal) 3.00
Naan Bread (384 kcal) 2.00
Poppadoms and Mango Chutney (126 kcal) 1.50
£8 offer includes soft drinks only. Supplement Alcoholic Drinks

BIG PLATE SPECIALS THURSDAY **£10**

BURGER FRIDAY **£1**
BUY ONE BURGER, GET ONE FOR £1.
Excludes Burger Sizzler Combo. Cheapest burger for £1.

LOOK FOR THESE SYMBOLS:

- Suitable for vegetarians
- Suitable for vegans
- Contains nuts
- Hot
- High in Protein

Our pistachio flavour sauce does not contain nuts
May contain bones and/or shell
Weight before cooking
Scampi made from more than one whole tail
Onion rings are made from chopped and reformed onions

Full allergen information on the ingredients in the food we serve is available on request. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross-contamination. We do not include 'may contain' information. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptions do not list all ingredients. Please advise the team of any dietary requirements before ordering.

Suitable for vegetarians Suitable for vegans Dish contains nuts High in Protein Fish, poultry and shellfish dishes may contain bones and/or shell. Scampi may contain one or more whole tail per piece. Onion rings are made from chopped and reformed onions. All stated weights are approximate before cooking. Our pistachio flavour sauce does not contain nuts. Dishes may contain alcohol. Nutritional information is correct at the time of print. If your advertised choice is unavailable a suitable alternative of an equivalent price may be offered at the manager's discretion. Photography is for illustrative purposes only.

All daily deals are not available for use in conjunction with any other offers and discounts including but not limited to Blue Light Card, Defence Discount Service and AA discount. Monday - Grill Monday includes four dishes from Grills section on Mondays only, subject to availability. 16oz* Rump Steak is available in the Grill Monday promotion with an E5 supplement. Full Monty Mixed Grill is available in the Grill Monday promotion with a £2 supplement. Tuesday - Mix It Up Tuesday. Any Mix It Up combination included in the deal. 8oz* Rump Steak and Grilled Salmon Fillet* is available in the Mix It Up promotion with a £1 supplement. Wednesday - Curry and Drink Wednesday. Choose a curry and a deal drink for £8 all day every Wednesday. All deal drinks are subject to change, availability and may vary from pub to pub. Please check with a team member for full range included. If your advertised choice is unavailable, a suitable alternative of an equivalent price may be offered at the manager's discretion. Must be ordered in the same transaction. Alcoholic drinks include a £2 supplement. Thursday - Big Plate Specials Thursday. Choose any Big Plate dish for £10 all day every Thursday. Friday - Burger Friday. Buy one burger, get one for £1. Buy one burger and get a second burger for £1. Excludes Burger Sizzler Combo, cheapest burger will be £1. Burgers must be ordered in the same transaction. Monday - Friday - Two Classics for a set price, available on selected dishes Monday to Friday, dishes must be ordered in the same transaction. Lunch menu - dishes within the 'Subs Classics' category are available Monday-Friday between 12 and 4pm only. Signature Subs are available all day, every day. For every Rice Bowl, Ultimate Candymania, Chicken & Bacon Sub, Impossible™ nuggets starter, Impossible™ Burger, and Chicken Parmigiana sold £0.30 plus VAT will be paid to Macmillan Cancer Support*, a registered charity in England and Wales (261017), in Scotland (SC039907) and in the Isle of Man (604). Also operating in Northern Ireland. *Paid to Macmillan Cancer Support Trading Limited, a wholly owned subsidiary of Macmillan Cancer Support, to which it gives all its profits. All cash and credit or debit card tips are paid in full to our team members. We accept cash, Visa, MasterCard and Maestro, Greene King Brewing and Retailing Limited, Westgate Brewery, Bury St Edmunds, Suffolk, IP33 1QT.

PUDS



WHITE CHOCOLATE & RASPBERRY CHEESECAKE

WHITE CHOCOLATE & RASPBERRY CHEESECAKE 6.29
Vanilla cheesecake served with white chocolate flavour sauce, raspberry coulis and strawberries. With vanilla flavour ice cream. (632 kcal)

COOKIE DOUGH CHEESECAKE 6.29
Vanilla cheesecake topped with cookie dough pieces, with chocolate and white chocolate flavour sauces. With vanilla flavour ice cream. (724 kcal)

STICKY TOFFEE PUDDING 6.29
With custard. (933 kcal)

CHOCOLATE FUDGE CAKE 5.99
A signature chocolate and caramel fudge cake, drizzled with chocolate flavour sauce (582 kcal), served warm with vanilla flavour ice cream (97 kcal) or custard (87 kcal).

APPLE CRUMBLE 5.79
Served warm with custard. (465 kcal)
Vegan option available (544 kcal)

LAVA COOKIE 6.29
Warm chocolate chip cookie with chocolate flavour sauce and vanilla flavour ice cream. (623 kcal)
Vegan option available (707 kcal)

LEMON MERINGUE PIE 6.49
With vanilla flavour ice cream and raspberry coulis. (488 kcal)

PISTACHIO & CHOCOLATE WAFFLES 6.49
Belgian waffles topped with vanilla flavour ice cream, fluffy cream, pistachio flavour sauce, chocolate flavour sauce and crumbled chocolate flake. (962 kcal)

WHITE CHOCOLATE & RASPBERRY WAFFLES 6.49
Belgian waffles topped with vanilla flavour ice cream, fluffy cream, white chocolate flavour sauce, raspberry coulis and strawberries. (887 kcal)

TRIPLE CHOCOLATE BROWNIE 6.49
Served warm. Drizzled in chocolate flavour sauce with vanilla flavour ice cream. (655 kcal)

SHARERS

CHOCOLATE PROFITEROLE SHARER 7.49
Profiteroles layered with chocolate and vanilla flavour ice creams, chocolate flavour sauce and fluffy cream. (1170 kcal, serves 2)

ULTIMATE CANDYMANIA 7.49
Chocolate and vanilla flavour ice cream with cookie dough pieces, rainbow candy-coated chocolate, chocolate flakes, fluffy cream, wafer straws, and chocolate and white chocolate flavour sauces. (1499 kcal, serves 2)

TEAM FAVE



PISTACHIO & CHOCOLATE WAFFLES

ICE CREAM 3.49
With a wafer straw (8 kcal).

CHOOSE 3 SCOOPS

VANILLA FLAVOUR ICE CREAM (97 kcal, per scoop)

CHOCOLATE FLAVOUR ICE CREAM (113 kcal, per scoop)

STRAWBERRY FLAVOUR FROZEN YOGHURT (88 kcal, per scoop)

ADD A SAUCE

CHOCOLATE FLAVOUR SAUCE (55 kcal)

STRAWBERRY FLAVOUR SAUCE (63 kcal)

RASPBERRY COULIS (32 kcal)



ICE CREAM

WHAT ABOUT A LATTE OR CAPPUCINO?

You'll find them all on the drinks menu or tap the app.

MACMILLAN CANCER SUPPORT

Each time you buy a M dish we'll donate 30p + VAT on your behalf to Macmillan Cancer Support. Thanks for helping us help those living with cancer.



SIT. TAP. TUCK IN. WHY NOT ORDER THROUGH THE APP?



SIT TAP TUCK IN



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SIT TAP TUCK IN



SAY YES!

H HUNGRY HORSE

