

SUBS

- CLASSICS

Monday - Friday,
12pm-4pm

Toasted sub rolls with chips (400 kcal)
or dressed side salad (40 kcal).
- CHICKEN & BACON SUB

Roast chicken breast, bacon, red onion, lettuce
and mayo. (603 kcal)

7.99
- CRISPY CHICKEN SUB

Crispy chicken strips, lettuce and mayo. (502 kcal)

6.99
- IMPOSSIBLE™ BBQ SUB

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

7.99

- 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

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

11.49
- NACHO CHEESE CHICKEN SUB

Crispy fried chicken, bacon, lettuce, mayo
and nacho cheese sauce. (1394 kcal)

9.49

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

With basmati rice, lettuce, cucumber and sweet chilli slaw.

CHOOSE YOUR PROTEIN

GRILLED SALMON FILLET* (597 kcal) 9.29

ROAST CHICKEN BREAST (416 kcal) 8.29

HALLOUMI STRIPS (865 kcal) 8.79

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

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

£10

MIX IT UP TUESDAY

MAIN + 2 SIDES
+ SAUCE OR SEASONING
Supplement 8oz* RUMP STEAK (430 kcal)
Supplement GRILLED SALMON FILLET* (359 kcal)

£10

GURRY & DRINK
WEDNESDAY

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

£8

BIG PLATE SPECIALS THURSDAY

£10

BURGER FRIDAY

BUY ONE BURGER, GET ONE FOR £1.

Excludes Burger Sizzler Combo. Cheapest burger for £1.

THE SMOKY RANCHER

£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 an E2 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 an E1 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

5.69

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

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

STICKY TOFFEE PUDDING
With custard. (933 kcal)

CHOCOLATE FUDGE CAKE
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
Served warm with custard. (465 kcal)
Vegan option available

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

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

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

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

SHARERS

CHOCOLATE PROFITEROLE SHARER
Profiteroles layered with chocolate and vanilla flavour ice creams, chocolate flavour sauce and fluffy cream. (1170 kcal, serves 2) 7.29

ULTIMATE CANDYMANIA
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) 7.29

TEAM FAVE

PISTACHIO & CHOCOLATE WAFFLES

ICE CREAM

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
CAPPUCCINO?

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

MACMILLAN
CANCER SUPPORT

Each time you buy a 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?

FOOD

SAY YES!

CK2138/6372

STARTERS

CRISPY KING PRAWNS[†] Tail-on prawns with a sweet chilli dip. (544 kcal)	5.99	CHEESY GARLIC BREAD  (411 kcal)	3.99
HALLOUMI STRIPS  Served with a sweet chilli dip. (552 kcal)	5.69	GARLIC BREAD  (278 kcal)	3.49
GARLIC BREADED MUSHROOMS  With a garlic & herb ranch dip. (726 kcal)	5.29		
Vegan option available  (589 kcal)			

SHARERS

ULTIMATE BIG COMBO Chicken wings, crispy chicken strips, chicken nuggets, onion rings ^o , garlic bread and nachos. With Texan BBQ sauce, salsa and mayo.	10.99	NACHOS   Topped with nacho cheese sauce, salsa, sour cream, guacamole and jalapeños. (1068 kcal, serves 2)	7.29
ONION RING^o HORSESHOE STACKER  Our signature stacker. With Texan BBQ sauce, sour cream and salsa. (1416 kcal, serves 2)	5.99	ADD> Crispy Chicken Strips Drizzled in garlic & herb ranch sauce (523 kcal)	9.99
		ADD> Halloumi Strips  Drizzled in sweet chilli sauce. (396 kcal)	9.99



IMPOSSIBLE™ NUGGETS

WINGS & THINGS

3 FOR £13.50

MIX & MATCH YOUR FAVOURITES

CHICKEN WINGS (498 kcal)	5.69
CRISPY CHICKEN STRIPS (450 kcal)	5.69
BATTERED CHICKEN BALLS (654 kcal)	5.69
IMPOSSIBLE™ NUGGETS   (412 kcal)	5.69

PICK A SAUCE OR SEASONING

KOREAN BBQ SAUCE  (125 kcal)	
TEXAN BBQ SAUCE  (90 kcal)	
PERI PERI SAUCE   (26 kcal)	
SWEET CHILLI SAUCE  (82 kcal)	
GARLIC & HERB RANCH SAUCE  (266 kcal)	
BUFFALO SAUCE   (71 kcal)	
SWEET & SOUR SAUCE  (93 kcal)	
SALT & PEPPER SEASONING  (16 kcal)	



CRISPY CHICKEN STRIPS NACHOS

MIX IT UP

MAIN + 2 SIDES + SAUCE OR SEASONING

MIX & MATCH FOR £12.69

1 PICK ONE MAIN

SOUTHERN-FRIED CHICKEN SKEWERS (753 kcal)	IMPOSSIBLE™ NUGGETS  (470 kcal)
GRILLED CHICKEN BREAST SKEWERS (378 kcal)	HALLOUMI FRIES  (627 kcal)
SOUTHERN-FRIED CHICKEN SKEWER & GRILLED CHICKEN BREAST SKEWER (566 kcal)	8oz* RUMP STEAK   (430 kcal)
CRISPY CHICKEN STRIPS (514 kcal)	GRILLED SALMON FILLET[†] (359 kcal)
BATTERED CHICKEN BALLS (748 kcal)	14oz* GRILLED GAMMON (370 kcal)



SOUTHERN-FRIED CHICKEN SKEWER & GRILLED CHICKEN BREAST SKEWER

ADD EXTRA PROTEIN	SOUTHERN-FRIED CHICKEN SKEWER (377 kcal)	3.00	BATTERED CHICKEN BALLS (374 kcal)	3.00
	GRILLED CHICKEN SKEWER (189 kcal)	3.00	IMPOSSIBLE™ NUGGETS  (235 kcal)	3.00
	CRISPY CHICKEN STRIPS (257 kcal)	3.00	HALLOUMI FRIES  (314 kcal)	3.00

2 ADD 2 SIDES

BUTTERED JACKET POTATO  (295 kcal)	CORN ON THE COB  (65 kcal)
CHIPS  (400 kcal)	BASMATI RICE  (187 kcal)
SWEET POTATO FRIES  (491 kcal)	DRESSED GARDEN SALAD  (40 kcal)
ONION RINGS^o  (238 kcal)	TORTILLA WRAPS  (333 kcal)
COLESLAW  (99 kcal)	

Add an extra side for £1.00

3 ADD A SAUCE OR SEASONING

SWEET CHILLI SAUCE  (82 kcal)	GARLIC & HERB RANCH SAUCE  (266 kcal)
TEXAN BBQ SAUCE  (90 kcal)	BUFFALO SAUCE   (71 kcal)
KOREAN BBQ SAUCE  (125 kcal)	SWEET & SOUR SAUCE  (93 kcal)
PERI PERI SAUCE   (26 kcal)	SALT & PEPPER SEASONING  (16 kcal)

Add a Sauce or Seasoning for £1.00

BURGERS

Served in a toasted, seeded bun with mayo, red onion, lettuce, onion rings^o and chips.

SIGNATURE BURGERS

THE TRIPLE STACK Double bacon cheeseburger topped with crispy fried chicken and nacho cheese sauce. (2044 kcal)	13.99
KOREAN BBQ CHICKEN Double crispy fried chicken drizzled in Korean BBQ sauce with sweet chilli slaw. With salt & pepper chips. (1655 kcal)	11.49
THE SMOKEHOUSE HASH Double beef burger with Cheddar & Emmental melt, hash browns and Texan BBQ sauce, with crispy onions. (2064 kcal)	13.99
THE BUFFALO RANCH  Double crispy fried chicken drizzled in Buffalo ranch sauce with ranch slaw, halloumi fries and garlic & herb ranch sauce. (2126 kcal)	13.79



KOREAN BBQ CHICKEN

TEAM FAVE THE SMOKY RANCHER Double crispy fried chicken topped with melted cheese, smothered in Texan BBQ and garlic & herb ranch sauces, with crispy onions. (2001 kcal)	12.29
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DOUBLE UP ANY CLASSIC BURGER

SOMETHING EXTRA	CHICKEN WINGS (284 kcal)	3.00
	ONION RINGS^o  (297 kcal)	2.00
	MAC 'N' CHEESE  (299 kcal)	2.00
	HALLOUMI FRIES  (235 kcal)	2.00

CLASSIC BURGERS

	Single	Double
CHICKEN & BACON MELT Roast chicken breast, topped with melted cheese and bacon. (1102 kcal 1280 kcal)	9.99	11.99
IMPOSSIBLE™ BURGER   (985 kcal 1198 kcal)	10.79	12.79
CLASSIC CRISPY CHICKEN (1157 kcal 1544 kcal)	9.79	11.79
BACON CHEESEBURGER (1229 kcal 1535 kcal)	9.49	11.49
CHEESEBURGER (1118 kcal 1423 kcal)	8.99	10.99
CHEESY IMPOSSIBLE™ MELT  Impossible™ burger patty with Cheddar & Emmental melt, Korean BBQ sauce and crispy onions. (1297 kcal 1510 kcal)	11.79	13.79

CLASSICS

HEALTHY  SWAPS

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

SCAMPI & CHIPS[†] Wholetail scampi** and chips (922 kcal), served with your choice of peas (60 kcal) or mushy peas (111 kcal).	8.79	FISH & CHIPS[†] Hand-battered fish and chips (956 kcal) with your choice of peas (60 kcal) or mushy peas (111 kcal).	9.29
ADD> Bread & Butter (417 kcal)	1.29	ADD> Bread & Butter (417 kcal)	1.29
STEAK & ALE PIE Tender pieces of steak in a rich ale gravy, encased in shortcrust pastry, with peas (835 kcal) and your choice of chips (400 kcal) or mashed potato (252 kcal).	9.29	CHICKEN NEW YORKER  Roast chicken breast topped with bacon, melted cheese and Texan BBQ sauce. With chips, onion rings ^o and peas. (1026 kcal)	9.29
•£1 Supplement in Classics deal		BEEF LASAGNE With a dressed side salad. (512 kcal)	8.99
		ADD> Garlic Bread (139 kcal)	1.50
		CHICKEN & BACON SALAD  Lettuce, tomatoes, red onion, cucumber and crunchy fish, topped with roast chicken breast and bacon. (356 kcal)	7.79
		ADD> Sweet chilli sauce (82 kcal)	1.50
		French dressing (38 kcal)	1.50
		Garlic & herb ranch sauce (266 kcal)	1.50
		MAC 'N' CHEESE  With a dressed side salad. (571 kcal)	8.29
		ADD> Garlic Bread  (139 kcal)	1.50
		CHICKPEA & SWEET POTATO CURRY  With basmati rice, a poppadom and mango chutney. (503 kcal)	8.99
		ADD> Vegetable Samosa and Onion Bhaji 3.00 with a yoghurt & mint sauce. (460 kcal)	



FISH & CHIPS

GRILLS & SIZZLERS

28 DAY AGED

HOT AND DELICIOUS, OUR RUMP STEAKS ARE AGED LONGER FOR A FULLER FLAVOUR AND TENDERNESS.

SIZZLERS

BURGER SIZZLER COMBO Bacon cheeseburger, chicken wings and a rump steak with Texan BBQ sauce and chips. (1843 kcal)	14.99
8oz* SMOTHERED STEAK SIZZLER Rump steak topped with flat mushrooms, melted cheese, and peppercorn sauce. With chips, onion rings ^o and peas. Served on our sizzling skillet of peppers & onions. (1220 kcal)	13.99
SALMON SIZZLER[†] Grilled salmon fillet with corn on the cob and sweet chilli sauce. Served on our sizzling skillet of peppers & onions (576 kcal). Choose from basmati rice (187 kcal) or sweet potato fries (491 kcal).	13.29
CHICKEN SIZZLER  Grilled chicken breast skewers with corn on the cob and sweet chilli sauce. Served on our sizzling skillet of peppers & onions (576 kcal). Choose from basmati rice (187 kcal) or sweet potato fries (491 kcal).	12.29

GRILLS

FULL MONTY MIXED GRILL Rump steak, pork sausages, roast chicken breast and gammon steak with a free-range fried egg and grilled pineapple. With chips, onion rings ^o and peas. (1565 kcal)	14.99
MINI MIXED GRILL  Pork sausage, roast chicken breast and gammon steak with a free-range fried egg and grilled pineapple. With chips and peas. (1071 kcal)	10.99
16oz* RUMP STEAK Served with chips, onion rings ^o and peas. (1438 kcal)	16.49
8oz* RUMP STEAK  Served with chips, onion rings ^o and peas. (1008 kcal)	11.49
14oz* GRILLED GAMMON Topped with a free-range fried egg and grilled pineapple. With chips and peas. (1029 kcal)	11.99
7oz* GRILLED GAMMON  Topped with a free-range fried egg and grilled pineapple. With chips and peas. (844 kcal)	8.99



SALMON SIZZLER

FAJITAS

Served on our sizzling skillet of peppers & onions. Served with tortilla wraps, cheese, salsa, guacamole, sour cream and tortilla chips. Choose from:	
8oz* RUMP STEAK (1346 kcal)	14.29
SEASONED CHICKEN (1213 kcal)	12.29
HALLOUMI STRIPS  (1578 kcal)	12.29

SOMETHING EXTRA

SAUCES		TOPPERS	
CHEDDAR & EMMENTAL MELT  (177 kcal)	2.00	FREE-RANGE FRIED EGGS  (272 kcal)	1.50
PEPPERCORN SAUCE  (42 kcal)	1.50	GARLIC BREADED MUSHROOMS  (228 kcal)	2.00
GARLIC & MUSHROOM SAUCE (126 kcal)	1.50	CRISPY TAIL-ON KING PRAWNS[†] (274 kcal)	3.00
BEEF DRIPPING GRAVY (53 kcal)	1.50	SCAMPI** [†] (231 kcal)	2.50
SWEET & SOUR SAUCE  (93 kcal)	1.50	ONION RING^o HORSESHOE STACKER  (1416 kcal, serves 2)	5.99

BIG PLATE SPECIALS



CHICKEN PARMIGIANA

TEAM FAVE CHICKEN PARMIGIANA  Breaded chicken schnitzel topped with a tomato sauce and Cheddar & Emmental melt. With coleslaw, dressed side salad (957 kcal) and your choice of a buttered jacket potato (295 kcal) or chips (400 kcal).	12.49
CRACKIN' KATSU CURRY Breaded chicken schnitzel smothered in katsu curry sauce, basmati rice, salt & pepper chips and prawn crackers (plus a little extra sauce for dipping!). (1609 kcal)	12.79

THE LOADED NEW YORKER A larger portion of chicken breast, topped with bacon, melted cheese and Texan BBQ sauce. Served with chips, onion rings ^o , peas and coleslaw. (1522 kcal)	12.29
LET'S GET BATTERED[†] Hand-battered fish, wholetail scampi** and a battered pork sausage with chips. (1393 kcal)	13.29
Peas (60 kcal) or mushy peas (111 kcal).	
CHOOSE Gravy (24 kcal) or katsu curry sauce (141 kcal).	
White (259 kcal) or brown (231 kcal) bread and butter.	
KING-SIZED KEBAB Flatbread loaded with grilled chicken breast pieces, lettuce, sweet chilli slaw, tomatoes and yoghurt & mint sauce. With chips, corn on the cob, onion rings ^o and sweet chilli sauce. (1656 kcal)	13.49
ADD> Crispy Tail-on King Prawns[†] (274 kcal)	3.00
CHINESE FEAST Battered chicken balls served with salt & pepper chips and basmati rice topped with peppers & onions, prawn crackers and sweet & sour sauce. (1525 kcal)	12.99
ADD> Crispy Tail-on King Prawns[†] (274 kcal)	3.00
CHICKEN TIKKA MASALA PLATTER With basmati rice, naan bread, a poppadom, vegetable samosa, onion bhaji, mango chutney and yoghurt & mint sauce. (1514 kcal)	12.99
CHICKPEA & SWEET POTATO CURRY PLATTER  With basmati rice, naan bread, a poppadom, vegetable samosa, onion bhaji, mango chutney and yoghurt & mint sauce. (1385 kcal)	12.99
ADD> Chips  (400 kcal)	3.49

LOADED CHIPS



SWEET & SOUR CHICKEN

TEAM FAVE CHICKEN NEW YORKER Chips loaded with crispy chicken strips, melted cheese, Texan BBQ sauce and bacon. (1194 kcal)	6.49
KATSU CHICKEN Salt & pepper chips loaded with crispy chicken strips, peppers & onions and katsu curry sauce. (981 kcal)	6.49
SWEET & SOUR CHICKEN Salt & pepper chips loaded with battered chicken balls, peppers & onions and sweet & sour sauce. (909 kcal)	6.49

SIDES

SALT & PEPPER CHIPS  (416 kcal)	3.99
CHEESY CHIPS  (533 kcal)	3.99
CHIPS  (400 kcal)	3.49
SWEET POTATO FRIES  (491 kcal)	3.99
BUTTERED JACKET POTATO  (295 kcal)	2.99
ONION RINGS^o  (297 kcal)	2.79
MAC 'N' CHEESE  (299 kcal)	3.79
DRESSED SIDE SALAD  (40 kcal)	2.99
COLESLAW  (49 kcal)	1.49
BREAD & BUTTER  Brown Bread (362 kcal) White Bread (417 kcal)	1.29



CHIPS

Adults need around 2,000 kcal a day.

HEALTHY  SWAPS

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

DOUBLE UP YOUR CHIPS ON ANY MEAL

(plus 400 kcal)

+£1