

NUTRITIONAL INFO

Our nutritional information is intended to be as accurate as possible, however due to the handmade nature of many of our dishes, exact results may vary slightly. All figures should be used as a guide only and recipes are subject to change, we therefore recommend checking for any updates each time you visit us.

DISH	PER SERVING							
SMALL PLATES	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breadsticks & Olives <small>BASED ON 2 SHARING</small>	302	17.3	2.2	31.5	1.8	2.4	4.9	1.2
House Soup	294	9.5	5.5	41.3	6.7	8.6	6.0	3.2
Edamame Beans	225	10.9	1.4	16.6	4.6	12.6	23.3	6.5
Pork Belly Bites	640	44.2	16.8	21.6	16.4	1.3	38.7	3
Vegan Chicken	338	26.4	2.3	13.8	2.2	9.2	16.5	0.9
Buttermilk Chicken Wings	784	43.9	11.9	35.9	11.8	1.8	62.2	1.3
Pretzel & Dip	381	10.1	5.3	60.6	0.7	1.5	11.7	3.8
Beer Cheese Platter <small>BASED ON 2 SHARING</small>	548	27.7	11.1	54.3	7.6	6.1	18.6	1.4
Beer Nachos	684	49.6	18.6	42.8	3.2	8.5	16.3	2.6
Beer Nachos Sharing <small>BASED ON 2 SHARING</small>	691	50.1	18.8	43.2	3.2	8.6	16.5	2.7
Crispy Calamari	501	40.6	4.1	25.7	0.8	1.9	8.9	3.1
Halloumi Fries	582	42.3	18.2	22.6	4.0	0.9	27.6	3.6
Zucchini Fries	299	1.5	0.4	65.3	16.8	3.3	6.3	0.8
1/2 Ribs	567	36.4	14.1	9.4	7.8	0.4	51.0	1.1
Camembert <small>BASED ON 2 SHARING</small>	376	26.7	15.8	8.8	1.8	0.9	25.1	1.8

SANDWICHES	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Chicken BLT	615	33.4	5.7	23.2	5.2	1.4	55.7	2
Croque Monsieur	412	21.0	10.3	30.3	4.6	2.2	23.9	3.9
Croque Madame	461	24.7	11.4	30.5	4.7	2.2	27.3	4.1
Fish Finger Sandwich	440	24.7	2.4	42.4	9.2	2.7	12.0	2.2
Halloumi Sandwich	727	38.2	19.5	56.2	7	5.5	40.7	4.7
BURGERS	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Cheeseburger	1061	53.2	17.2	102.0	19.7	9.4	44.2	3.4
Buttermilk Chicken Burger	1179	67.2	10.2	104.9	13.7	9.5	39.5	3.2
Halloumi Burger	1017	56.8	24.3	86.1	11.7	9.5	41.0	4.7
Beyond Meat Burger	867	43.9	6.6	90.1	10.3	8.7	28.4	2
BBQ Pulled Pork Burger	1178	60.7	20.1	106.2	20.4	10.1	52.5	4
Buffalo Chicken Burger	1173	65.6	10.6	106.4	9.7	9.8	41.2	5.7
Chicken & Avocado	875	33.4	7.1	82.2	8.6	8.9	61.6	1.3

LUNCH MAINS	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Beer Can Chicken 1/4 <small>WITHOUT SIDES</small>	255	7.3	2.0	31.7	26.3	1.4	16.2	1.9
Beer Can Chicken 1/2 <small>WITHOUT SIDES</small>	392	14.9	4.1	32.7	27.1	1.4	32.2	2.1
Beer Can Chicken Whole <small>WITHOUT SIDES</small>	668	30.5	8.5	33.5	27.8	1.4	65.0	2.4
Fish & Chips	917	44.7	14.5	88.1	9.2	9.7	41.9	4.2
Halloumi & Chips	909	45.1	19.7	88.0	9.1	8.8	38.9	5.7
Cajun Chicken Salad	316	4.8	1.2	11.4	11.2	2.6	57.1	0.5
Calun Salmon Salad	412	22.6	4.3	11.0	10.8	2.5	41.1	0.5
Cajun Vegan Chicken Salad	203	4.1	0.6	21.4	14.7	8.7	21.9	1.4
Mac & Cheese	872	47.1	28.0	71.5	1.9	3.4	39.3	4.1
8oz Sirloin	848	43.0	13.8	60.5	3.2	7.0	56.4	0.39
Roast Salmon	614	28.4	3.2	34.1	7.0	9.5	52.6	0.4
Gammon, Egg & Chips	801	36.7	8.2	58.5	1.5	6.1	60.6	6.1
Steak, Mushroom & Stout Pie	786	38.2	16.0	86.3	5.1	7.3	26.0	3.3
Whole Ribs	1158	76.4	29.6	9.8	8.2	0.4	106.8	1.9
BBQ Platter <small>WITHOUT SIDES, BASED ON TWO SHARING</small>	1014	65.7	21.9	18.1	14.6	0.9	87.7	2.4
Butternut Wellington	388	13.7	4.5	51.6	7.7	3.9	15.0	2.6

SIDES	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Sweet Potato Fries	327	16.1	2.1	64.0	23.2	10.3	3.9	0.7
Fries	363	12.1	0.8	58.5	1.5	6.1	6.5	0.01
Chunky Fries	312	11.2	0.7	57.4	1.4	5.8	6.5	0.01
Corn on the Cob	145	9.9	5.2	10.2	2.8	5.7	4.1	0.01
Onion Rings	118	0.4	0.1	26.3	8.5	3.6	2.4	0.6
Buttered Mushrooms	187	18.0	11.2	5.1	3.3	1.7	2.9	0.05
Mac & Cheese	366	22.4	13.6	21	0	0.9	19.6	2.1
House Rice	175	1.0	0.2	37.9	0.0	0.9	4.2	0.02
House Slaw	259	24.4	2.5	8.6	8.6	1.8	1.2	1.1
House Salad	90	8.1	1.2	2.4	2.1	1.6	2	0.05
Beer Cheese Sauce	237	18.7	11.7	4.1	1.3	0.1	12.2	0.8
Broccoli	69	5.2	0.8	2.5	1.5	2.7	3.1	0.01

DESSERTS	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Chocolate Fondue <small>BASED ON TWO SHARING</small>	1145	72.7	39.3	107.6	60.4	16.9	15.5	0.9
Sticky Toffee Pudding	346	13.4	8.4	52.2	45.4	0.7	3.0	0.18
Chocolate & Orange Brownie	380	12.0	6.8	63.4	43.1	1.2	4.6	0.43
Lemon Mess	789	63.2	35.7	42.9	32.2	3.2	4.6	0.3
Cherry Bakewell Cheesecake	583	50.0	30.1	27.5	18.5	1.7	5.2	0.3
Brewers Sundae	872	71.8	43.8	48.4	37.4	5.0	7.9	0.29

ROASTS	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Beef Roast	621	20.0	5.5	54.9	7.0	8.5	56.5	1.1
Pork Roast	838	47.4	14.7	54.9	7.0	8.5	49.3	1.2
Chicken Roast	749	22.4	7.6	45.2	5.8	7	61.4	1.1
Veggie Roast	653	21.9	6.0	96.5	11.4	8.5	17.9	2.3
Cauliflower Cheese	440	32.1	19.7	9.4	4.3	2.1	26.7	1.5
3 Meat Roast	1129	56.6	17.1	54.9	7.0	8.5	101.0	1.5

BREAKFAST MENU

DISHES	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
English Breakfast	654	38.3	10.3	45.2	6.4	4.7	28.4	3.9
Veggie Breakfast	428	21.2	4.1	44.1	5.8	7.6	12.2	1.9
Granola	718	36.9	10.7	76.4	36.1	11.7	21.0	0.2
Eggs Benedict	617	56.2	30.9	10.9	1.2	0.7	17.6	2.6
Eggs Florentine	481	44.6	25.8	11.8	1.3	1.7	9.7	1.3
Brunch Burger	1023	69.7	27.3	38.7	6.3	4	60.3	4.1
Pancakes	414	12.8	3.5	68.5	36.8	4.6	8.9	0.2
Avocado on Toast	346	21.2	5.0	27.9	3.0	3.8	6.6	1
Bacon Croll	504	34.8	15.9	25.2	3.4	1.6	21.6	2.9
Sausage Croll	516	36.1	16.4	26.4	4.0	2.0	20.6	1.6
Mushroom & Spinach	350	23.3	10.6	28.1	3.8	3.1	7.2	0.5
Kids Pancakes	276	9	2.4	44.4	23.1	2.7	6.2	0.1
Kids Scrambled Egg	197	8.2	2.2	16.3	2.3	2.2	14.9	0.8

KIDS MENU

DISHES	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Beef Burger	850	42.6	13.4	77.8	10	7.1	39.1	2.7
Fish Finger	577	33.4	3.2	56	3.4	5.3	14.3	0.9
BBQ Chicken Wings	812	44.7	8.3	61.2	11.9	3.4	42.4	1
Steak & Chips	568	18.2	3.3	62.7	3.8	8.3	39.7	0.2
Halloumi Fries	762	44.2	16.8	61.5	4.8	4.8	30.2	3.1
Chicken Wrap	432	20.5	9.8	21.1	12.3	2.5	41.2	1.6
Mac & Cheese	576	28.2	16.8	53.2	2.3	2.2	22.0	2.6
Ice Cream Pot	135	7.0	4.2	13.9	13.8	1.9	3.2	0.1
Mini Doughnuts	346	11.4	5	58.4	38.4	0	3	0.9