

# PROPER GOOD FOOD

Do you have any allergies? Please inform a team member of any allergies before placing your order even if you have eaten the dish before, as ingredients can change, and menus do not list all ingredients. Full allergen information is available, on request. Whilst all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination.

## SMALL PLATES

### BUILD YOUR OWN BOARD

3 for 10.99 or less 5 for 14.49 or less

- SCAMPI† 6.79**  
With tartare sauce. 336 kcal
- SIX CHICKEN WINGS 6.79**  
Tossed in Frank's® RedHot sauce. 241 kcal
- MINI NACHOS V 5.99**  
Topped with grated cheese, jalapeños, salsa and sour cream. 389 kcal
- GARLIC BREAD V 3.49**  
378 kcal
- CHEESY GARLIC BREAD V 3.99**  
567 kcal
- TEN BEER-BATTERED ONION RINGS V 3.79**  
661 kcal
- BEER-BATTERED MOZZARELLA & JALAPEÑO STICKS 6.79**  
With tomato salsa. 441 kcal
- BREADED MUSHROOMS V 6.79**  
With mayo. 589 kcal

- BAKED QUORN™ NUGGETS V 6.79**  
Tossed in char siu sauce, with sesame seeds and spring onion. 353 kcal
- SOUTHERN-FRIED CHICKEN GOUJONS 6.79**  
With a sticky BBQ dip. 409 kcal
- HUNTER'S CHIPS 6.29**  
Topped with grated cheese, chicken, bacon and sticky BBQ sauce. 614 kcal
- CUMBERLAND SAUSAGE BITES 6.79**  
Tossed in sticky BBQ sauce, with sesame seeds and spring onion. 708 kcal
- QUORN™ SAUSAGE BITES V 6.79**  
Grilled and tossed in sticky BBQ sauce, with sesame seeds and spring onion. 588 kcal

## SHARERS

- MAC 'N' CHEESE & BACON LOADED CHIPS 7.79**  
Double portion of chips topped with grated cheese, macaroni cheese, streaky bacon, sticky BBQ sauce and spring onion  
Recommended for 2 people. 1286 kcal

- SPICY NDUJA PORK LOADED CHIPS 7.79**  
Double portion of chips topped with grated cheese, spicy nduja (en-doo-ya) pork, sour cream, spring onion and jalapeños  
Recommended for 2 people. 1233 kcal

Upgrade your chips WAFFLE FRIES V +155 kcal £1 EXTRA

- FOOT-LONG TOPPED ONION RINGS V 7.79**  
Twenty beer-battered onion rings topped with grated cheese, sticky BBQ sauce, Frank's® RedHot sauce, sour cream and spring onion  
Recommended for 2 people. 1599 kcal
- FOOT-LONG NACHOS V 9.29**  
Topped with grated cheese, jalapeños, salsa, guacamole, sour cream and spring onion  
Recommended for 2 people. 1092 kcal

- FOOT-LONG SPICY NDUJA PORK NACHOS 9.29**  
Topped with spicy nduja (en-doo-ya) pork, grated cheese, jalapeños, salsa, sour cream and spring onion  
Recommended for 2 people. 1348 kcal
- FOOT-LONG JACKFRUIT NACHOS V 9.29**  
Topped with lightly spiced BBQ jackfruit, jalapeños, salsa, guacamole, vegan mayo and spring onion  
Recommended for 2 people. 1069 kcal

## WINGS

Choose from chicken or cauliflower wings V and your choice of sauce below

10 FOR 7.49 | 20 FOR 10.99 | 30 FOR 14.99

Chicken 10: 393 kcal | 20: 786 kcal | 30: 1178 kcal  
Cauliflower 10: 1010 kcal | 20: 2019 kcal | 30: 3029 kcal

- Classic sticky BBQ V**  
10: +43 kcal | 20: +85 kcal | 30: +128 kcal
- American hot Buffalo and crispy onion V**  
10: +70 kcal | 20: +140 kcal | 30: +210 kcal
- Reggae Reggae Jerk BBQ Sauce™ with mango, lime and spring onion V**  
10: +53 kcal | 20: +105 kcal | 30: +158 kcal

- Char siu sauce topped with sesame seeds and spring onion V**  
10: +114 kcal | 20: +227 kcal | 30: +341 kcal
- Korean BBQ topped with sesame seeds and spring onion V**  
10: +80 kcal | 20: +160 kcal | 30: +241 kcal

## BURGER AND DRINK \*\*

### Step 1 CHOOSE YOUR PATTY

All of our burgers are served in a soft glazed bun with iceberg lettuce, chopped onion and gherkin, served with chips (unless stated otherwise)

- SEASONED BEEF BURGER**  
With a burger cheese slice and burger sauce
- COATED CHICKEN BURGER**  
With a burger cheese slice and mayo
- PLANT-BASED BURGER V**  
A grilled plant-based burger topped with a Violife slice and vegan mayo  
Served with chips V Served with topped nachos V

### Step 2 CHOOSE YOUR SIZE

- DOUBLE 9.79**  
Seasoned beef 1050 kcal  
Coated chicken 1060 kcal  
Plant-based V 1081 kcal  
Plant-based V 1078 kcal
- TRIPLE 10.79**  
Seasoned beef 1292 kcal  
Coated chicken 1291 kcal  
Plant-based V 1332 kcal  
Plant-based V 1329 kcal
- QUAD 11.79**  
Seasoned beef 1533 kcal  
Coated chicken 1521 kcal  
Plant-based V 1584 kcal  
Plant-based V 1581 kcal

Upgrade your chips WAFFLE FRIES V +77 kcal 50P EXTRA

### Step 3 ADD YOUR TOPPING

- Mac 'n' cheese, sticky BBQ sauce and spring onion V +189 kcal
- Spicy nduja (en-doo-ya) pork with jalapeños and spring onion +170 kcal
- American hot Buffalo sauce and crispy onion V +126 kcal
- Lightly spiced Korean BBQ sauce with Monster Munch™ and spring onion V +105 kcal
- Reggae Reggae Jerk BBQ Sauce™ with mango and spring onion V +60 kcal
- Classic bacon +73 kcal

### Step 4 CHOOSE YOUR DRINK \*\*

Choose a soft drink\* or upgrade to an alcoholic drink from just 1.00\*\* extra. See Meal-Deal Drinks on the reverse of this menu for drinks choices.

## EXTRAS ONLY 99P EACH

- Streaky bacon +37 kcal | Burger cheese slice V +41 kcal | Violife slice V +57 kcal | Fried free-range egg V +104 kcal | Mushrooms V +51 kcal

Why not add some onion rings V +31 kcal for only 2.49

## Grills

All of our grills are served with chips, half a grilled tomato, peas and beer-battered onion rings (unless stated otherwise)

- SMALL RUMP STEAK 10.49**  
776 kcal
- 10oz RUMP STEAK 14.49**  
959 kcal

- SMOTHERED 10oz RUMP STEAK 15.99**  
Topped with button mushrooms, melted cheese and peppercorn sauce (contains brandy). 1197 kcal

- GRILLED 10oz GAMMON STEAK 10.99**  
Topped with a fried free-range egg and grilled pineapple. 1142 kcal

### TOPPERS

- PEPPERCORN SAUCE**  
Contains brandy. +61 kcal 1.49
- SCAMPI† +137 kcal 1.99**
- FRIED FREE-RANGE EGG +104 kcal 99P**
- FIVE BEER-BATTERED ONION RINGS +331 kcal 2.49**

## ALL-DAY BREKKIE 9.49

Two sausages, two rashers of bacon, two fried free-range eggs, baked beans, hash browns, button mushrooms, grilled tomato, toast and butter. 1231 kcal

## VEGGIE ALL-DAY BREKKIE V 9.49

Two Quorn™ sausages, two free-range fried eggs, baked beans, hash brown, button mushrooms, grilled tomato, toast and butter. 1018 kcal

## PROPER LUNCH

Available until 4pm

### MELT, CHIPS AND SOFT DRINK\* 8.49

- MEATBALL SUB MELT**  
Filled with pork meatballs in tomato salsa, sautéed onion and melted cheese. 944 kcal
- BEEF SUB MELT**  
With beef in gravy with melted cheese, sautéed onion and sticky BBQ sauce. 773 kcal

- LIGHTLY SPICED BBQ JACKFRUIT SUB MELT V**  
With vegan mayo, a Violife slice, char siu sauce, sautéed onion and lettuce. 917 kcal  
Swap your chips to topped nachos V +163 kcal

### SUB OR WRAP, CHIPS AND SOFT DRINK\* 7.99

- CHEESE, TOMATO SALSA & SAUTÉED ONION V**  
With mayo, mixed leaves and sliced tomato  
Sub 821 kcal. Wrap 757 kcal
- FISH' FINGER**  
With tartare sauce and mixed leaves  
Sub 823 kcal. Wrap 758 kcal

- SOUTHERN-FRIED BBQ CHICKEN**  
With melted cheese and mixed leaves  
Sub 780 kcal. Wrap 715 kcal
- THE CLUB SUB**  
Chicken breast with bacon, tomato, lettuce, mayo, grated cheese and crispy onion. 1033 kcal

Upgrade your chips WAFFLE FRIES V +18 kcal 50P EXTRA

### JACKET AND SOFT DRINK\* 7.99

With butter 532 kcal  
When served without butter V +28 kcal  
Choose any two fillings:  
cheese V +158 kcal;  
cheese and bacon +231 kcal;  
baked beans V +78 kcal; lightly spiced BBQ jackfruit V +80 kcal;  
Violife slice V +57 kcal

### CLUB SANDWICH, CHIPS AND SOFT DRINK\* 8.49

Chicken breast with bacon, tomato, lettuce, mayo, grated cheese and crispy onion, served in toasted bread. 1333 kcal

### CHOOSE A SOFT DRINK

\*16oz glass of Coca Zero 2 kcal, Diet Coke 1 kcal, Coca-Cola 155 kcal or Schweppes lemonade 70 kcal; 330ml bottle of Strathmore water 0 kcal; 275ml bottle of Appletiser 129 kcal; regular coffee or a pot of tea (ask a team member to see options and calorie information).  
A sugar-tax surcharge, per drink, will apply for standard Coca-Cola.

### UPGRADE TO AN ALCOHOLIC DRINK FROM 1.00 EXTRA\*\*

\*\*Pint of Doom Bar or alternative cask ale under 4.3% ABV, John Smith's, Guinness, Carlsberg or Strongbow; 175ml glass of house wine (red, white or rosé); 25ml spirit and mixer – choose from Smirnoff Red Label, Jack Daniel's, Gordon's London Dry, Three Barrels, Havana 3-Year-Old or Bell's (mixers: Diet Coke, Coke Zero, Coca-Cola, Schweppes lemonade, Canada Dry, Schweppes ginger beer, Schweppes tonic or Schweppes slimline tonic. A sugar-tax surcharge, per drink, will apply for standard Coca-Cola).

### Why not treat yourself? GO PREMIUM FOR 1.50 EXTRA\*\*

\*\*Pint of San Miguel, Stella Artois, Brewdog Pale Ale or Strongbow Dark Fruit; 250ml glass of house wine (red, white or rosé); 25ml spirit and mixer – choose from Tanqueray, Hendrick's, Gordon's flavours, Absolut, Ketel One, Belvedere, Sailor Jerry, Havana Spiced or Johnnie Walker Red Label (mixers: Diet Coke, Coke Zero, Coca-Cola, Schweppes lemonade, Canada Dry, Schweppes ginger beer, Schweppes tonic or Schweppes slimline tonic. A sugar-tax surcharge, per drink, will apply for standard Coca-Cola).

All deal drinks are subject to change, and availability may vary from pub to pub. If your advertised choice is unavailable a suitable alternative of an equivalent price may be offered at the manager's discretion.

## PUB CLASSICS

### USUAL SUSPECTS

- CUMBERLAND SAUSAGES & MASH 8.49**  
With peas and onion gravy. 796 kcal  
Swap Cumberland sausages for Quorn™ sausages V 724 kcal  
Add two extra Cumberland +264 kcal or Quorn™ V +216 kcal sausages 1.00
- BEEF YORKIE WRAP 9.99**  
A giant Yorkshire pudding wrapped up with sliced beef in gravy, served with chips and peas. 903 kcal
- MAC 'N' CHEESE V 8.49**  
Served with a dressed mixed salad. 713 kcal  
Add pork meatballs, sautéed onion and salsa +185 kcal or lightly spiced BBQ jackfruit V +80 kcal 1.99 each
- TOPPED FOOT-LONG MAC 'N' CHEESE 13.49**  
Topped with southern-fried crispy chicken and bacon, drizzled with sticky BBQ sauce and served with chips, peas and beer-battered onion rings. 2178 kcal

- LASAGNE 8.99**  
Beef and pork mince with smoked bacon in a rich red wine and tomato sauce, served with a dressed mixed salad garnish and garlic bread. 668 kcal
- DESIGN YOUR OWN SALAD V 10.49**  
A salad of tomato, red onion, cucumber and spring onion drizzled with French dressing. 52 kcal  
Choose a topping:  
Southern-fried chicken goujons +269 kcal;  
Chicken and bacon +321 kcal;  
Baked Quorn™ nuggets V +272 kcal
- BEAN & ROOT COTTAGE PIE V 9.49**  
Filled with green lentils, sweet potato, carrot and swede in a tomato sauce, topped with crushed new potatoes and served with vegetables and a jug of gravy. 418 kcal

### CHICKEN SHACK

- BBQ CHICKEN, BACON & CHEESE MELT 9.49**  
With chips, half a grilled tomato and peas. 895 kcal  
Double up your BBQ chicken, bacon and cheese +434 kcal 1.50
- KATSU CHICKEN 9.49**  
Crispy breaded chicken escalope, served with rice, peas, curry sauce and spring onion. 935 kcal  
Swap rice for chips +129 kcal

- TRIPLE CHICKEN FOOT-LONG COMBO 13.49**  
Southern-fried chicken goujons, crispy chicken wings and chicken skewers with your choice of sauce, served with a set combo of sides, including mac 'n' cheese, chips and garlic bread. 1607 kcal  
Choose your sauce: Frank's® RedHot +10 kcal; char siu +130 kcal; Reggae Reggae Jerk BBQ Sauce™ +55 kcal; classic sticky BBQ +68 kcal; Korean BBQ sauce +77 kcal

Upgrade your chips WAFFLE FRIES V +77 kcal 50P EXTRA

## THE CHIPPY

- BREADED SCAMPI† 8.79**  
With chips, tartare sauce and peas. 890 kcal  
Swap to mushy peas +36 kcal
- HAND-BATTERED COD & CHIPS† 9.49**  
With tartare sauce and peas. 1195 kcal  
Swap to mushy peas +36 kcal
- UPGRADE TO OUR CHIP SHOP PLATTER† 2.00 extra**  
Your favourite cod and chips, served with a battered sausage, chip shop curry sauce, tartare sauce, peas and bread and butter. +587 kcal  
Swap to mushy peas +36 kcal
- SMALL FISH & CHIPS† 7.99**  
With tartare sauce and peas. 915 kcal  
Swap to mushy peas +36 kcal  
Add bread and butter +187 kcal 99p

## CURRY HOUSE

- CHICKEN TIKKA MASALA 8.99**  
With rice, naan bread, poppadum and mango chutney. 823 kcal  
Swap rice for chips +129 kcal
- PLANT-BASED RED THAI CURRY V 8.99**  
Plant-based soya protein pieces in a rich and vibrant Thai style coconut red curry sauce with diced onion and red pepper, served with rice, poppadums and spring onion. 700 kcal  
When served without poppadums V 529 kcal  
Add naan bread V +109 kcal 99p

## PIES

- BEEF & ALE PIE 9.49**  
A slice of pie served with mash, peas and gravy. 844 kcal  
Swap mash for chips +119 kcal
- FAKE STEAK PIE V 9.49**  
Soya mince with ale gravy and shortcrust vegan pastry, served with mash, peas and a jug of gravy. 805 kcal  
Swap mash for chips +119 kcal  
When served with a jacket potato V 979 kcal

- STEAK, MUSHROOM & IRISH STOUT PIE 11.49**  
Beef steak, mushrooms & onions in Irish stout & ale gravy, encased in pastry and served with mash, mixed veg and gravy. 1382 kcal  
Swap mash for chips +119 kcal
- HUNTER'S CHICKEN PIE 11.49**  
Chicken, bacon, melted cheese and BBQ sauce all in a pie, served with mash, mixed veg and gravy. 1208 kcal  
Swap mash for chips +119 kcal

## EXTRAS

- CHIPS V 373 kcal 2.79
- WAFFLE FRIES V 450 kcal 3.29
- MASHED POTATO V 254 kcal 2.79
- DRESSED SIDE SALAD V 26 kcal 2.99
- GARLIC BREAD V 378 kcal 3.49
- CHEESY GARLIC BREAD V 567 kcal 3.99

- TEN BEER-BATTERED ONION RINGS V 661 kcal 3.79
- BREAD AND BUTTER V 187 kcal 99P
- PLAIN JACKET POTATO WITH BUTTER V 532 kcal 3.79
- BATTERED SAUSAGE 269 kcal 99P
- NAAN V 109 kcal 99P

## Desserts from 2.49 each

- FOOT-LONG COOKIE DOUGH SUNDAE SHARER 6.49**  
Ten scoops of vanilla ice cream, loaded with chocolate chip cookie dough pieces, marshmallows and Smarties – plus Belgian hot chocolate sauce for you to pour on.  
Recommended for 2 people. 2194 kcal
- JAMMIE D CHEESECAKE V 3.29**  
With vanilla ice cream. 435 kcal
- CHOCOLATE FUDGE CAKE V 3.29**  
With vanilla ice cream. 782 kcal
- COOKIE DOUGH SUNDAE 3.49**  
Three scoops of vanilla ice cream, loaded with chocolate chip cookie dough pieces, marshmallows, sticky toffee pudding chunks, Smarties and Belgian chocolate sauce. 831 kcal

- PROFITEROLES V 3.29**  
Choux pastry with a creamy filling and a vanilla flavoured coating, with pieces of cookie crumb, topped with Belgian chocolate sauce. 414 kcal
- APPLE CUSTARD PIE V 3.29**  
A pastry case filled with non-dairy custard and soft apple slices with a crumble topping, served with non-dairy custard. 534 kcal
- STICKY TOFFEE PUD V 3.29**  
With non-dairy custard. 465 kcal
- VANILLA ICE CREAM V 2.49**  
394 kcal
- VANILLA NON-DAIRY ICED DESSERT V 2.49**  
405 kcal

Meal-Deal Drinks