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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Desserts</b>					
Sticky Toffee Pudding - 1 Serving		625Kcal	WHEAT EGGS MILK	HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS	VEGETARIAN
Vegan Salted Caramel Cake - 100g		0Kcal	WHEAT SOYA	HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS EGGS MILK	VEGETARIAN VEGAN
American Pancakes - 1 Serving		645Kcal	WHEAT EGGS MILK SOYA		VEGETARIAN
Treacle Sponge Pudding - 1 Serving		515Kcal	WHEAT EGGS MILK	HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS	VEGETARIAN
Lemon Tart - 1 Serving		549Kcal	EGGS MILK	HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS	VEGETARIAN
Alabama Chocolate Fudge Cake - 1 Serving		667Kcal	WHEAT EGGS MILK SOYA	HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS PEANUTS	VEGETARIAN
Vegan Cherry & Chocolate Cake - 1 Serving		822Kcal	WHEAT SOYA	HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS EGGS MILK	VEGETARIAN VEGAN
Bramley Apple Pie - 1 Serving		587Kcal	WHEAT MILK	OATS, BARLEY HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS EGGS	VEGETARIAN VEGAN
Lemon Meringue Pie - 1 Serving		552Kcal	WHEAT EGGS MILK	HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS PEANUTS	VEGETARIAN

Belgian Waffle - 1 Serving	706Kcal	 WHEAT  EGGS  MILK  SOYA		 VEGETARIAN
	Profiteroles - 1 Serving	477Kcal	 EGGS  MILK  SOYA	 WHEAT
<b>Sundaes &amp; Ice Cream</b>				
Strawberry Dream Sundae - 1 Serving	914Kcal	 WHEAT  EGGS  MILK  SOYA		 VEGETARIAN
	Chocolate Dream Sundae - 1 Serving	925Kcal	 WHEAT  EGGS  MILK  SOYA	
Toffee Dream Sundae - 1 Serving	927Kcal	 WHEAT  EGGS  MILK  SOYA		 VEGETARIAN
	Midnight Rider - 1 Serving	2248Kcal	 WHEAT  EGGS  MILK  SOYA	 HAZELNUTS,  PEANUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS
<b>Lazy Grazin</b>				
Potato Skins - 1 Serving	531Kcal	 MILK		
Southern Fried Chicken Strips - 1 Serving	440Kcal	 WHEAT  CELERY		
		 MUSTARD		
Meat Balls - 1 Serving	387Kcal	 WHEAT  SULPHITES		
Salt & Pepper Shredded Chicken - 1 Serving	456Kcal	 WHEAT		
Mac & Cheese Bites - 1 Serving	341Kcal	 WHEAT  MILK  SOYA	 EGGS  MUSTARD	








Jalapeno Cream Cheese Bites - 1 Serving	392Kcal	 WHEAT  SOYA  MILK		 VEGETARIAN
Tangy BBQ Wings - 1 Serving	360Kcal			
Cauliflower Wings - 1 Serving	284Kcal	 WHEAT  MUSTARD	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS	 VEGETARIAN
Brie Wedges - 1 Serving	443Kcal	 WHEAT  MILK	 EGGS  MUSTARD  SOYA	 VEGETARIAN
Hot n Spicy Chicken Bites - 1 Serving	GBP4.25 401Kcal	 WHEAT	 PEANUTS  EGGS  MILK  CRUSTACEANS  CELERY  MUSTARD  SOYA  SULPHITES	
Cheesos - 1 Serving	528Kcal	 WHEAT  SOYA  MILK	 EGGS  MUSTARD	 VEGETARIAN
Halloumi Fries - 1 Serving	493Kcal	 WHEAT  SOYA  MILK		 VEGETARIAN
<b>Sharers</b>				
Nacho's - 1 Serving	841Kcal	 MILK		 VEGETARIAN
Nacho's Chilli - 1 Serving	1013Kcal	 MILK		
Nacho's Veggie Chilli - 1 Serving	1053Kcal	 MILK	 HAZELNUTS, PECANS, ALMONDS, CASHEWS	 VEGETARIAN
<b>Fajitas</b>				
Fajitas Steak - 1 Serving	1366Kcal	 WHEAT  MILK		
Fajitas Chicken - 1 Serving	1294Kcal	 WHEAT  MILK		

































Fajitas Combo - 1 Serving	1330Kcal	 WHEAT  MILK	
Fajitas Halloumi - 1 Serving	1428Kcal	 WHEAT  MILK  SOYA	 VEGETARIAN






























### Salads







Chicken & Bacon Salad - 1 Serving	650Kcal	 WHEAT  MUSTARD	 SESAME
Fillet Steak Salad - 1 Serving	460Kcal	 WHEAT  MUSTARD	 SESAME
Jumbo Shrimp Salad - 1 Serving	484Kcal	 WHEAT, BARLEY  CRUSTACEANS  MUSTARD  SULPHITES	 FISH  MOLLUSCS  SESAME  SOYA
Cauliflower Wings Salad - 1 Serving	409Kcal	 WHEAT  MUSTARD	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  SESAME  VEGETARIAN  VEGAN
Piri Piri Chicken Salad - 1 Serving	252Kcal	 WHEAT  MUSTARD	 SESAME

### King Henry's Steaks







































Rump Steak 6oz - 1 Serving	722Kcal		 GLUTEN
Rump Steak 10oz - 1 Serving	920Kcal		 GLUTEN
Sirloin Steak 8oz - 1 Serving	1110Kcal		 GLUTEN
Sirloin Steak 12oz - 1 Serving	1110Kcal		 GLUTEN
Fillet 8oz - 1 Serving	821Kcal		 GLUTEN
Bistro 8oz - 1 Serving	821Kcal		 GLUTEN
Bistro 12oz - 1 Serving	1020Kcal		 GLUTEN

Surf & Steer - 1 Serving	146Kcal	 WHEAT  CRUSTACEANS		
<b>Meals for a King</b>				
Superman Mixed Grill - 1 Serving	2373Kcal	 WHEAT  EGGS  MILK  CELERY  SOYA  SULPHITES		
Mighty Man Mixed Grill - 1 Serving	2953Kcal	 WHEAT, BARLEY  EGGS  MILK  CELERY  SOYA  SULPHITES		
Gammon 16oz no egg or pineapple - 1 Serving	1023Kcal		 GLUTEN	
Gammon 16oz with Pineapple - 1 Serving	1087Kcal		 GLUTEN	
Gammon 16oz with Egg - 1 Serving	1103Kcal	 EGGS	 GLUTEN	
King Henry VII - 1 Serving	1768Kcal		 GLUTEN	
The Murphy - 1 Serving	3170Kcal		 GLUTEN	
Mary Rose - 1 Serving	1873Kcal		 GLUTEN	
The Titanic - 1 Serving	2962Kcal		 GLUTEN	
<b>Sides</b>				
Garlic Bread - 1 Serving	327Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN
Cheesy Garlic Bread - 1 Serving	651Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN
Mushrooms - 1 Serving	25Kcal			 VEGETARIAN  VEGAN

































Onion Rings - 1 Serving	565Kcal	 WHEAT, BARLEY		 VEGETARIAN  VEGAN	
Chips - 1 Serving	530Kcal			 VEGETARIAN  VEGAN	
Cheesy Chips - 1 Serving	733Kcal	 MILK			
Curly Fries - 1 Serving	294Kcal	 WHEAT	 SOYA	 VEGETARIAN  VEGAN	
Sweet Potato Fries - 1 Serving	506Kcal			 VEGETARIAN  VEGAN	
Three Tortillas Side - 1 Serving	377Kcal	 WHEAT		 VEGETARIAN  VEGAN	
Corn on the Cob - 1 Serving	108Kcal	 MILK			
New Potatoes Side - 1 Serving	184Kcal			 VEGETARIAN	
Coleslaw - 1 Serving	69Kcal	 EGGS		 VEGETARIAN	
Naan Bread - 1 Serving	358Kcal	 WHEAT		 VEGETARIAN	
Poppadom - 1 Serving	37Kcal			 VEGETARIAN	
Bread & Butter - 1 Serving	295Kcal	 WHEAT	 MILK	 BARLEY	 VEGETARIAN
Pepper Sauce - 1 Serving	125Kcal	 WHEAT, BARLEY	 MILK		
		 SOYA			

Stilton Sauce - 1 Serving	90Kcal	 WHEAT  MILK	 VEGETARIAN
Mushroom & White Wine Sauce - 1 Serving	229Kcal	 WHEAT  MILK  SULPHITES	









**Royal Burgers**

Yankee Burger - 1 Serving	1029Kcal	 WHEAT, RYE  MUSTARD  SULPHITES	 SESAME
Southern Fried Chicken Burger - 1 Serving	939Kcal	 WHEAT, RYE  MUSTARD	 SESAME
White House Burger - 1 Serving	1213Kcal	 WHEAT, RYE  MILK  MUSTARD  SULPHITES	 SESAME
Chicago Burger - 1 Serving	1365Kcal	 WHEAT, RYE  MILK  MUSTARD  SULPHITES	 SESAME
Tudor Tower Burger - 1 Serving	1618Kcal	 WHEAT, BARLEY, RYE  MUSTARD  SULPHITES  SOYA	 SESAME
Blue Moon Burger - 1 Serving	1135Kcal	 WHEAT, RYE  MILK  MUSTARD  SULPHITES	 SESAME
Mac & Cheese Burger - 1 Serving	1431Kcal	 WHEAT, BARLEY, RYE  MILK  MUSTARD  SULPHITES	 SESAME  SOYA
The Dirty Burger - 1 Serving	1277Kcal	 WHEAT, RYE  MILK  MUSTARD  SULPHITES	 SESAME

**Vegetarian and Vegan**

Vegetable Lasagne - 1 Serving	1070Kcal	 WHEAT  EGGS  MILK  MUSTARD  SOYA	 VEGETARIAN
Moving Mountains Burger - 1 Serving	1052Kcal	 OATS, WHEAT, BARLEY, RYE  MUSTARD  SOYA  PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  SESAME	 VEGETARIAN  VEGAN
Broccoli and Cream Cheese Bake - 1 Serving	753Kcal	 WHEAT  MILK  MUSTARD  BARLEY, RYE  HAZELNUTS, ALMONDS, PISTACHIOS  EGGS  CELERY  SESAME  SOYA	 VEGETARIAN
Macaroni Cheese - 1 Serving	881Kcal	 WHEAT  MILK  MUSTARD  SOYA	 VEGETARIAN
Red Thai Vegetable Curry - 1 Serving	578Kcal		 VEGETARIAN  VEGAN
Vegan Three Bean Smoky Chilli - 1 Serving	463Kcal		 VEGETARIAN  VEGAN


















**Trad - Fish - Pasta -Chicken**
































Braised Beef With Large Flat Mushroom - 1 Serving	1103Kcal	 WHEAT, BARLEY  MILK  SOYA  SULPHITES	
Gammon 8oz no egg or pineapple - 1 Serving	858Kcal		 GLUTEN
Gammon 8oz with Pineapple - 1 Serving	907Kcal		 GLUTEN
Gammon 8oz with Egg - 1 Serving	966Kcal	 EGGS	 GLUTEN
















All Day Breakfast - 1 Serving	1574Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES  BARLEY		
Steak & Ale Pie - 1 Serving	857Kcal	 WHEAT, BARLEY  SOYA		
Cottage Pie - 1 Serving	494Kcal	 BARLEY  MILK  FISH  SULPHITES		
Cumberland Sausages & Mash - 100g	0Kcal	 WHEAT, BARLEY  MILK  SOYA  SULPHITES		
Minted Lamb Chops - 1 Serving	2324Kcal	 WHEAT  SOYA		
Peppered Pork Chops - 1 Serving	932Kcal	 WHEAT  CELERY		
Ham, Egg & Chips - 1 Serving	GBP7.25 772Kcal	 EGGS		
Beef Chilli Traditional - 1 Serving	597Kcal	 MILK		

### Fish and Seafood

Moby Dick - 1 Serving	1950Kcal	 WHEAT  EGGS  FISH  MUSTARD  MILK  SOYA		
Fish & Chips - 1 Serving	1226Kcal	 WHEAT  EGGS  FISH  MUSTARD  MILK  SOYA		
Homemade Fish Pie - 1 Serving	1193Kcal	 WHEAT  MILK  FISH  CRUSTACEANS  SULPHITES		

Scampi - 1 Serving	928Kcal	 WHEAT  EGGS  CRUSTACEANS  MUSTARD		
	Salmon Fillet - 1 Serving	617Kcal	 FISH	
<b>Pasta</b>				
Lasagne - 1 Serving	749Kcal	 WHEAT  EGGS  MILK  CELERY  MUSTARD	 SESAME  SOYA	
	Go Large Lasagne - 1 Serving	1360Kcal	 WHEAT  EGGS  MILK  CELERY  MUSTARD	 SESAME  SOYA
	Tagliatelle Carbonara - 1 Serving	798Kcal	 WHEAT  EGGS  MILK	
<b>Chicken</b>				
Chicken Melt - 1 Serving	1149Kcal	 WHEAT, BARLEY  CELERY  MILK  SOYA		
Mexican Chicken Melt - 1 Serving	911Kcal	 MILK		
Chicken Tikka - 1 Serving	852Kcal	 MILK		
Pan Fried Chicken - 1 Serving	808Kcal			
Espetada in Piri Piri Sauce with Rice - 1 Serving	353Kcal			
Middlesbrough Parmo - 1 Serving	2748Kcal	 WHEAT  EGGS  MILK		

Taste of the South - 1 Serving	2008Kcal	 WHEAT, BARLEY  CELERY  SOYA  MILK  MUSTARD	 SULPHITES	
Cajun Chicken - 1 Serving	850Kcal	 WHEAT  CELERY	 BARLEY  MILK  MUSTARD  SOYA  SULPHITES	