

# FOOD

---




Please order your food at the bar.

## LIGHT BITES

MIX AND MATCH ANY 3 OF OUR LIGHT BITES

### LOADED MANOMASA NACHOS 323 kcal

Manomasa Manchego & Green Olive Tortilla Chips loaded with nacho cheese sauce, chunky salsa, guacamole, sour cream and fresh green chillis.

Add pulled beef <sup>398 kcal</sup> 

### LOADED WINGS 400 kcal

Three chicken wings loaded with chunky salsa, guacamole, sour cream, fresh green chillis and crumbled Manomasa Manchego & Green Olive Tortilla Chips.

### LIME & CORIANDER POPPADOMS 206 kcal

Lime and Coriander Poppadoms, with a mango chutney dipping sauce.

### SOUTHERN-FRIED CHICKEN 420 kcal

Three crispy Southern-Fried fillets served with BBQ sauce.

### MEATBALLS ARRABBIATA 264 kcal

Eight mini beef meatballs, in a garlic chilli Arrabbiata sauce.

### GARLIC FLATBREAD 367 kcal

Middle Eastern-style, hand-stretched flatbread with garlic and herb butter.  
Add mozzarella <sup>500 kcal</sup>

### OLIVES & FLATBREAD 445 kcal

Mixed pitted Greek olives with oregano served with a Middle Eastern-style, hand-stretched flatbread.

### FALAFEL 491 kcal

Four falafel bites with vegan garlic mayo and guacamole.

### CHICKEN SKEWERS 256 kcal

Two Chimichurri chicken skewers with a sour cream dip.

### SCAMPI BITES 355 kcal

Scampi bites with a tartare sauce dip.

### BAKED WAFFLE FRIES 311 kcal

Baked waffle fries served with BBQ sauce.

## PIZZAS

Our 12" authentic stone-baked pizzas are freshly-made to an Italian recipe and cooked to order in our stone ovens.

### MARGHERITA 1073 kcal

Melted mozzarella on a rich tomato sauce.

### PEPPERONI 1290 kcal

Melted mozzarella and smoky pepperoni on a rich tomato sauce.

### VEGGIE 1222 kcal

Melted mozzarella, mushrooms, chunky roasted chargrilled cherry tomatoes, aubergine, courgette, red and yellow pepper, and olives with oregano on a rich tomato sauce.

### BBQ CHICKEN 1182 kcal

Tender chicken breast, mixed peppers and melted mozzarella on a rich tomato sauce topped with BBQ sauce.

### MEAT FEAST 1324 kcal

Melted mozzarella, smoky pepperoni, tender chicken breast and crispy bacon on a rich tomato sauce.

### NDUJA 1441 kcal

Melted mozzarella, Nduja (n-du-ya!) spicy sausage, sweet red pimento peppers and PEPPADEW® piquante peppers on a rich tomato sauce with sweet chilli jam.









### SPICY CHIPOTLE PULLED BEEF 1247 kcal

Melted mozzarella, pulled beef, PEPPADEW® piquante peppers and fresh green chillies on a rich tomato sauce mixed with a warming chipotle sauce.

### FLATBREAD PIZZA 498 kcal

Melted mozzarella, mushrooms, chunky roasted chargrilled cherry tomatoes, aubergine, courgette, red and yellow pepper, and olives with oregano on a rich tomato sauce on a 9" hand-stretched, Middle-Eastern style flatbread base. Served with a side of salad.

## SAUCES


BBQ   87 kcal, lemon & herb piri piri   91 kcal,  
Frank's® RedHot   11 kcal, Vegan garlic mayo   211 kcal.

## MAINS

A selection of our favourite dishes.

### KERALAN CAULIFLOWER CURRY 754 kcal

Chunky cauliflower and red pepper in a spicy, creamy curry sauce. Served with white rice and a flame-baked naan.

Without the bread  646 kcal

### PUNJABI CHICKEN TIKKA MASALA 478 kcal

Tender chicken served in a mild curry sauce. Served with white rice and a flame-baked naan.

Without the bread  370 kcal

### CUBAN SALAD FLATBREAD 566 kcal


4 falafel bites on a bed of mixed salad in a chimichurri sauce, served on a Middle Eastern-style hand-stretched flatbread.

### CHICKEN SKEWERS OR FALAFEL WITH WHOLEFOOD SALAD

Three chicken skewers (plain <sup>528 kcal</sup> or lemon & herb piri piri <sup>543 kcal</sup>) or falafel <sup>483 kcal</sup> served on a bed of wholefood salad with quinoa and brown rice with kale, soya beans, red onion and salad with a lemon & herb piri piri dressing.

### PASTA ARRABBIATA 512 kcal

Rigatoni with PEPPADEW® piquante peppers and sliced mixed peppers in a garlic tomato chilli sauce served with Grana Padano shavings.

Add Nduja (n-du-ya!) spicy sausage <sup>762 kcal</sup> 

### STEAK & ALE PIE AND MASH <sup>1076 kcal</sup>

Chunky British beef in a rich ale gravy encased in shortcrust pastry, served with buttery mash, garden peas and gravy.

### SIZZLING CHICKEN 601 kcal

A sizzling butterfly chicken breast served with thick-cut chips, corn on the cob and dressed slaw. Upgrade to Baked Waffle Fries <sup>604 kcal</sup>

### CLUB SANDWICH 759 kcal

A hand-stretched flatbread with chicken, bacon, lettuce, tomato and garlic mayo, served with thick-cut chips. Upgrade to Baked Waffle Fries <sup>762 kcal</sup>

## BURGERS

Our burgers are served in a toasted brioche bun with lettuce and tomato, a pickled gherkin and thick-cut chips.

### NEW RECIPE < CHEESE BURGER 941 kcal

Two beef burgers with American cheese and burger sauce.  
*Upgrade to Baked Waffle Fries* 944 kcal

### NEW SOUTHERN-FRIED CHICKEN BURGER 854 kcal

Chicken breast fillets in a delicious Southern-Fried coating. Served with vegan garlic mayonnaise or heat it up with Frank's® RedHot Sauce 897 kcal.  
*Upgrade to Baked Waffle Fries* 857 kcal

### SPINACH & FALAFEL BURGER 869 kcal

A delicately-spiced, Middle Eastern-style burger made from a blend of chickpeas, onion and spinach, served in a vegan bun with chunky salsa and vegan garlic mayo.  
*Upgrade to Baked Waffle Fries* 872 kcal

### MAKE IT YOUR OWN:

Add Bacon 41 kcal, Onion rings 255 kcal, American Cheese 4 kcal  
Add Beef burger 169 kcal, Southern fried chicken fillet 103 kcal, Vegan burger 193 kcal

## SIDES

The perfect addition.

### THICK-CUT CHIPS 308 kcal

### GARLIC FLATBREAD 367 kcal

Middle Eastern-style, hand-stretched flatbread with garlic and herb butter.  
Add mozzarella 500 kcal

### GIANT BEER-BATTERED ONION RINGS 383 kcal

### CORN ON THE COB 126 kcal

### HOUSE SALAD 59 kcal

### WHOLEFOOD SALAD 207 kcal

# TRY OUR MEAL DEAL

## A main & side or dessert

◆ These dishes are available as part of our Meal Deal for an additional supplement.

## DESSERTS

A sweet treat.

### STICKY TOFFEE PUDDING 72 kcal

Warm toffee sponge in a toffee sauce with caramel fudge pieces.  
*Choose from; cream 837 kcal, custard 892 kcal or ice cream 910 kcal.*

### PANCAKE STACK 272 kcal

Three American-style pancakes served with forest fruits, vanilla ice cream and a Biscoff crumb.

### CHOCOLATE FUDGE CAKE 72 kcal

Sticky layers of warm chocolate cake sandwiched with fudge.  
*Choose from; cream 430 kcal, custard 601 kcal or ice cream 503 kcal.*

### KNICKERBOCKER GLORY 500 kcal

Layers of vanilla ice cream, strawberry sauce and bananas, topped with cream, a Biscoff crumb and cherries.

### SELECTION OF ICE CREAMS OR SORBET 72 kcal

*Choose three scoops of your choice with or without strawberry or chocolate sauce* 72 kcal

Vanilla ice cream 233 kcal,

Dairy free vanilla ice cream 273 kcal,

Chocolate ice cream 185 kcal,

Reese's Peanut Butter ice cream 331 kcal,

Alphonso Mango sorbet 146 kcal

KIDS MENU AVAILABLE, JUST ASK ONE OF OUR TEAM.

Our allergen guide contains a list of all of the dishes from our menu. Go to [www.travelodge.co.uk/about/allergen-information](http://www.travelodge.co.uk/about/allergen-information) for more information. We ask our customers with specific food allergens and other intolerances to use this guide to assist them with choosing dishes from our menu. Before you order your food, please ask for our allergen guide, our staff cannot offer specific advice or recommendations beyond our published allergen guide. Ingredients can occasionally be substituted at short notice so please review the allergy information on the website at the time of your visit and ask your server when you arrive. All of our products may contain traces of nuts and/or dairy. made with gluten free ingredients. made with vegetarian/vegan ingredients, however some of our cooking methods may affect this. Dishes and ingredients subject to change, we may occasionally sell out of some of the more popular dishes. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at the time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. Adults need around 2000 calories a day. Vegetarian, Vegan, Gluten Free, Spicy, Under 600 calories. The meal deal includes a main and a side or dessert. Make it your own burgers are not included as part of the meal deal.