DAILY DEALS

50% OFF **BURGERS** ON MONDAY

50% OFF PIZZA **ON TUESDAY**

ANY BURGER 8.99 **ON WEDNESDAY**

ANY PIZZA 8.99 **ON THURSDAY**

BOTTLE OF PROSECCO 10.99 **ON FRIDAY & SATURDAY**

Terms and Conditions Apply. Monday Deal is not valid on Bank Holidays. All pizza deals include any 12" pizza of your choice, but sorry, not Mega pizzas.

BEAT THE

ORDER AND PAY STRAIGH FROM YOUR

MAB13425~121672 STH LN24 2025 Midweek Main Menu PB4.indd 1-4



OUR **DESSERTS**

INDULGE YOUR SWEET SIDE WITH OUR DELICIOUS DESSERTS. GO ON, YOU KNOW YOU WANT TO -AND WE WON'T TELL. PROMISE.

CHOCOLATE FUDGE CAKE (V) Served warm with fluffy cream. 711kcal 5.79

HOME-BAKED CHOCOLATE BROWNIE (V) Baked with cookie dough pieces and served with Belgian chocolate sauce and vanilla ice cream. Finished with a sprinkle of Oreo® cookie crumb. 810kcal **5.99**

APPLE PIE (V) Served with custard. 374kcal 5.49 A vegan serve is also available (VE) 432kcal HOME-BAKED STICKY TOFFEE PUDDING (V)

pudding drizzled with toffee sauce and served with piping hot custard and mint garnish. 913kcal **5.79**

CARAMELISED BISCUIT & SALTED CARAMEL CHOUXNUT (V)

Indulge in a caramelised biscuit chouxnut filled with salted caramel ice cream and drizzles of salted caramel sauce. 312kcal 6.29

WARM CHOCOLATE COOKIE AND ICE CREAM (V)

Deliciousness in a dish. Our home-baked chocolate cookie served warm with a scoop of vanilla ice cream and drizzles of chocolate sauce 1003kcal **4.99**

OYSTER SHELL WITH ICE CREAM (V)

A delicate wafer oyster shell dipped in coconut flakes and filled with a scoop of salted caramel ice cream. 363kcal 5.49

BUILD YOUR OWN ICE CREAM SUNDAE

CHOOSE THREE OR TWO SCOOPS OF ICE CREAM PLUS A TOPPING AND SAUCE. 3 SCOOPS 6.49 2 SCOOPS 4.99

ICE CREAMS

VANILLA (V) 234kcal CHOCOLATE (V) 252kcal

STRAWBERRY (V) 210kcal

COOKIES & CREAM (V) 245kcal

SALTED CARAMEL (V) 260kcal

PLUS TWO SPECIAL FLAVOURS - ASK OUR TEAM!

SAUCES

LEMON (V) 28kcal

TOFFEE (V) 27kcal

CHOCOLATE (V) 26kcal STRAWBERRY (V) 23kcal

MINI MARSHMALLOWS 17kcal OREO® COOKIE CRUMB (V) 48kcal

COOKIE DOUGH PIECES (V) 43kcal

TOPPINGS

SALTED CARAMEL

POPCORN (V) 15kcal

ADD MAGIC ICE (VE) 117kcal +50p

ADD A MILK CHOCOLATE (V)
259kcal OR TRIPLE CHOCOLATE (V)
COOKIE 371kcal +99p

BUBBLE WAFFLE SUNDAES

Freshly made in a special honeycomb mould for crispy edges and soft, chewy "bubbles".

XXX COOKIE WAFFLE SUNDAE (V)

Lavers of cookies & cream ice cream, chocolate chip cookie, cookie dough and Oreo® biscuit. topped with fluffy cream and drizzled with chocolate sauce. 1250kcal 6.29

ROCKY ROAD WAFFLE SUNDAE

Our twist on a favourite. Layers of chocolate ice cream, chocolate brownie cubes, Munchies, chocolate covered pretzels and Belgian chocolate sauce topped with fluffy cream and decorated with mini chocolate balls and marshmallows. 1236kcal 6.29

SALTED CARAMEL WAFFLE SUNDAE (V)

A scrumptious combo of vanilla ice cream. salted caramel flavoured profiteroles, mini Rolos and salted caramel popcorn with fluffy cream and drizzles of toffee sauce. 1712kcal 6.29

VERY BERRY WAFFLE SUNDAE (V)

Layers of strawberry ice cream and frosted berry meringue roulade topped with fluffy cream and drizzles of strawberry sauce. 1000kcal 6.29



Also find us on

The Need to Know Bits: - Photography is for illustrative purposes only. All items are subject to availability. Our team appreciate recognition for good service and you can be sure that tips are kept by the people who serve you. OREO* is a registered trademark of Mondelez International, Inc. Calories are correct at the time of going to print. Live nutrition information is available online.

HOT DRINKS OAT AND SOYA NON-DAIRY ALTERNATIVES
ARE ALSO AVAILABLE **BEAT THE** ESPRESSO 9kcal 2.39 HOT CHOCOLATE 260kcal 2.89 AMERICANO 60kcal 2.39 TEA 27kcal 2.39 **SCAN THE CODE** CAPPUCINO 93kcal 2.89 FLAVOURED TEAS 1kcal 2.39 **TO ORDER AND** FLAT WHITE 84kcal 2.89 **PAY STRAIGHT ENJOY A SWEET TREAT** LATTE 108kcal 2.89 **FROM YOUR** Complement your hot drink with either chocolate brownie (V) 332kcal 4.49; FLAVOURED LATTE 173kcal 3.39 **TABLE** a milk chocolate cookie (V) 259kcal or a triple chocolate cookie (V) 371kcal ADD A SHOT OF SYRUP Choose from Caramel 63kcal, Vanilla 67kcal or Gingerbread 67kcal **50p** ICED LATTE 82kcal 2.89 LAVATIA





Adults need around 2000 kcals a day

OUR SET MENU

ENJOY 3 COURSES FOR

LEAST 20% ON NORMAL MENU **PRICES**

AVAILABLE ALL DAY MONDAY TO FRIDAY FROM 11.30AM (EXCLUDING BANK HOLIDAYS)

OUR STARTERS

BEER BATTERED SALT & PEPPER MUSHROOMS* (V) 227kcal with your choice of blue cheese 71kcal,

sour cream 57kcal or garlic mayo dip. 140kcal

TOMATO SOUP (V) Served with homemade tomato & mozzarella

pizza pin wheels. 440kcal

OUR MAINS

TRADITIONAL CARVERY Your choice of roasts from the carvery then help yourself to steamed and roasted vegetables and garlic dough sticks and a garlic dip. 1285kcal potatoes, sauces and gravy, 1534kcal

Enjoy five pigs in blankets for +2.50 379kcal

GO LARGE

PIZZAS

(VE), 932kcal

HAWAIIAN

wrong. 1264kcal

PEPPERONI

of pepperoni. 1371kcal

MARGHERITA (V)

Add extra meat, a pork sausage and an extra Yorkshire pudding to your meal. 411kcal +2.00

GAMMON, EGGS AND CHIPS Hand carved gammon slices topped with two fried eggs and served with chips and garden peas, 2418kcal

Topped with mozzarella and a generous helping

Nice and simple with a sprinkle of oregano.

934kcal. Make it vegan - Swap your cheese for

vegan melting mature (made with coconut oil)

Topped with pieces of sliced ham & pineapple,

A tomato base loaded with sweetcorn, peppers

red onions and mushrooms then finished with

a sprinkling of oregano, 1020kcal. A vegan serve

you either love it - or think it's completely

VEGGIE SUPREME (V)

is also available (VE). 1017kcal

OUR DESSERTS

HOME-BAKED STICKY

TOFFEE PUDDING (V)

HOME-BAKED

flavours in the main menu.

Served with custard. 374kcal

APPLE PIE (V)

crumb. 810kcal

drizzled with toffee sauce and served with

piping hot custard and mint garnish. 913kcal

CHOCOLATE BROWNIE (V)

Baked with cookie dough pieces and served

with Belgian chocolate sauce and vanilla ice

Choose 2 scoops of your favourite flavour plus

a sauce and topping. Please see our ice cream

A vegan serve is also available (VE) 432kcai

DAIRY ICE CREAM (V)

cream. Finished with a sprinkle of Oreo® cookie

HOMEMADE TOMATO & MOZZARELLA PIZZA PIN WHEELS (V)

Made with our fresh dough and served with a garlic dip - exceedingly more-ish 641kcal. Why not add a topping too. Choose from: Fajita Pulled Chicken 66kcal, BBQ Pulled Pork 188kcal or Barbacoa Spicy Beef 165kcal +1.50

As each carvery plate is different, calorie information for carvery items and accompaniments can be found at the carvery and gravy station.

MAC "N" CHEESE (V) Deliciously cheesy and served with homemade

CAMEMBERT & ROOT VEGETABLE BAKE (V) Root vegetables, apricots and cranberries with a melt in the middle French Camembert centre. Topped with an oat & sunflower seed

crumble. 1674kcal PLANT BASED CHICKEN

BREAST (VE) A plant based chicken breast made with plant protein. *1347kcal*

SIMPLY CHICKEN BURGER

Nice and simple A plain chicken breast on

Southern fried chicken breasts resting on

lettuce and red onion slices with fries. 1060kcal

SIMPLY CRISPY

CHICKEN BURGER

lettuce and red onion with freshly cooked fries

BURGERS All our burgers are served in a toasted brioche style bun with burger sauce

1206kcal

PLANT BASED

OR 2 COURSES FOR

WHITBY WHOLETAIL SCAMPI Pieces of breaded Whithy wholetail scampi with chips 827kcal, your choice of garden

peas +191kcal or mushy peas +74kcal, a lemon wedge and tartare sauce.

GARLIC PIZZA FLATBREAD (V)

Made with our own fresh dough. 513kcal

CRISPY FRIED CHICKEN

Crispy fried chicken breast pieces 245kcal

served with your choice of FRANK'S RedHot®

Chilli +22kcal: BBQ +72kcal or Garlic Mayo dip

HAND BATTERED FISH Coated in batter and then fried to golden perfection and served with freshly cooked chips and tartare sauce. 985kcal Add your choice of garden peas +191kcal or mushy peas +74kcal.

PORK SAUSAGES hree seasoned pork sausages, great with our mash! 1856kcal

SIMPLY CHEESEBURGER

CHICKEN BURGER (VE)

Just what it says. Two juicy burgers resting on

lettuce and red onion and topped with melted

Monterey Jack cheese and served with fries.

A plant based chicken breast with lettuce and red onion, topped with thick and chunky salsa

and vegan grated melted mature (made with coconut oil). Served in a brioche style bun with

burger sauce and oven cooked wedges on

FOR

HOMEMADE TOMATO

& MOZZARELLA PIZZA PIN WHEELS (V) Made with our fresh dough and served with a garlic dip - exceedingly more-ish 641kcal 3.99. Why not add a topping too. Choose from: Fajita Pulled Chicken 66kcal, BBQ Pulled Pork 188kcal

HOT 'N' SPICY CRISPY PRAWNS

+140kcal. **3.99**

or Barbacoa Spicy Beef 165kcal +1.50

Prawns coated in crispy breadcrumbs served with a lemon wedge for drizzling and Roquito hot honey sauce for dipping, 250kcal 3.99

HALLOUMI FRIES (V) Served with Roquito® hot honey dip. 502kcal **3.99**

CRISPY FRIED CHICKEN Crispy fried chicken breast pieces 245kcal served with your choice of FRANK'S RedHot® Buffalo Wings Sauce +9kcal; Carolina Reaper Chilli +22kcal; BBQ +72kcal or Garlic Mayo dip

GARLIC PIZZA FLATBREAD (V) Made with our own fresh dough, 513kcal 3.99 With mozzarella cheese 635kcal +1.00

3.99 EACH OR PICK N MIX: 5 FOR 14.99 4 FOR 12.49. 3 FOR 9.99

BEER BATTERED SALT & PEPPER MUSHROOMS* (V) 227kcal with your choice of blue cheese 71kca

DORITOS® COOL

ORIGINAL NACHOS (V) Doritos® Cool Original tortilla chips smoth with salsa, sour cream, guacamole, jalapeño and Nacho cheese sauce. 495kcal **3.99** Add your choice of topping from: Fajita Pulled Chicken 66kcal, BBQ Pulled Pork 188kcal or Barbacoa Spicy Beef 165kcal +1.50

VEGGIE DIPPERS (VE) Four breadcrumb coated veggie fingers for dipping. Served with tomato salsa.

CHICKEN WINGS

Crispy chicken wings tossed in your choice of sauce and served with a blue cheese dressing on the side 307kcal. Choose from: FRANK'S RedHot Buffalo Wings Sauce +9kcal or Carolina Reaper Chilli sauce +22kcal. 3.99

BBQ PULLED PORK DOUGHNUT Topped with crispy fried onion bits and served with your choice of BBQ sauce or our Hot

sauce combo. 332kcal 3.99

ALL FRESHLY CARVED FOR YOU EVERY DAY. CHOOSE YOUR ROAST AND THEN HELP YOURSELF TO AS MANY VEGETABLES.

protein. 1347kcal 9.29

THE FULL WORKS Just what it says. A large carvery plus five pigs in blankets. **13.29**

TRADITIONAL CARVERY 9.29 **GO LARGE**

Add extra meat, a pork sausage and an extra Yorkshire pudding to your meal. 411kcal 2.00

MEAT FREE CARVERY 7.29 PLANT BASED CHICKEN (VE)

VEGETABLE BAKE (V) Root vegetables, apricots and cranberries with a melt in the middle French Camembert centre Topped with an oat & sunflower seed crumble.

POTATOES, SAUCES AND GRAVY AS YOU LIKE.

SMALL CARVERY Available 11.30am - 5pm, Monday to Friday. A smaller plate for the smaller appetite. Choose your favourite meat. **6.49**

CAMEMBERT & ROOT

1674kcal **9.29**

As each carvery plate is different calorie information for carvery items and accompaniment can be found at the carvery and gravy station.

ENJOY FIVE PIGS IN BLANKETS FOR 2.50 379kcal



PERFECT

All our sharers serve two people

ULTIMATE COMBO

CHICKEN WINGS

615kcal. Choose from:

+99kcal **99**p

good. 1164kcal **5.99**

DORITOS® COOL

ORIGINAL NACHOS (V)

beer! 1915kcal **7.99**

FOR SHARING

at your heart out with this tantalising combo of our Doritos® Cool Original nachos topped with salt & pepper chicken wings, chicken dippers and boneless chicken pieces. Best enjoyed with a cold

Crispy chicken wings tossed in your choice of sauce

and served with a blue cheese dressing on the side

FRANK'S RedHot* Buffalo Wings Sauce +9kcal or

Carolina Reaper Chilli sauce. Can you stand the heat?

FINGER LICKIN' CHICKEN
A generous 1lb mix of salt & pepper wings, chicken breast dippers and boneless chicken pieces served with cheesy, BBQ and garlic dips. Finger licklingly

Perfect for sharing (or not!) Crunchy Doritos* tortilla chips loaded with salsa, sour cream, guacamole,

jalapeños & Nacho cheese sauce. 953kcal 5.99 Add your choice of topping from, Fajita Pulled Chicken 132kcal, BBQ Pulled Pork 376kcal or Barbacoa Spicy Beef 327kcal +2.50

Carolina Reaper Chilli sauce +22kcal. 5.99

ADD REAPER CHILLI WINGS

ALL OUR SANDWICHES ARE MADE WITH MULTIGRAIN **FARMHOUSE BREAD**

ADD A BOWL OF TOMATO SOUP (VE) 98kcal to your sandwich for 1.00

CERTIFIED

Our turkey is

GAMMON & MUSTARD Honey and marmalade glazed gammon slices

TURKEY. STUFFING & CRANBERRY SAUCE British farm assured turkey slices with sage & onion stuffing and cranberry sauce. Served with roasties. 1008kcal 5.49

VEGGIE FINGERS (V) Crispy veggie fingers, tomato salsa and salad. with English mustard and roasties. 911kcal 5.49 Served with fries. 863kcal 5.49

> **BEEF & HORSERADISH** Slices of freshly carved roast beef with horseradish sauce. Served with roasties 933kcal **5.49**

SOUTHERN FRIED CHICKEN and mayonnaise. Served with fries. 805kcal 5.49

CHICKEN & BACON RANCH SALAD

Iceberg lettuce and chopped tomato, tossed in Ranch dressing then dressed with chicken breast slices and pieces of streaky bacon. Garnished with

FISH BAR ALL SERVED WITH FRESHLY COOKED CHIPS, LEMON WEDGE AND TARTARE SAUCE. THEN CHOOSE GARDEN PEAS +191KCAL **OR MUSHY PEAS +74KCAL**

WHITBY WHOLETAIL SCAMPI Pieces of breaded Whitby wholetail scampi. 827kcal 10.29

HAND BATTERED FISH Coated in batter and then fried to golden perfection. 985kcal 10.79

breast, pork sausage, sliced ham and pepperoni with red onions. Crimped round the edges and brushed with garlic before serving. 1507kcal 13.79 HOT HONEY PORKER Generous helpings of pulled pork, pepperoni and chorizo topped with red onion slices,

MEAT FEAST CALZONE

HOMEMADE

PIZZA

ialapeños and drizzles of chilli infused hot honey. 1428kcal 10.79 Stuffed Crust +313kcal 12.79 Mega pizza 2856kcal **17.79**

CHICKEN FAJITA Pieces of fajita spiced pulled chicken, red onion, red peppers and jalapeños topped after cooking with dollops of sour cream, guacamole and salsa.

Just yummy. 1211kcal 11.29 Stuffed Crust +313kcal 13.29

Mega pizza 2422kcal **16.79 MEZZE MEAT FEAST** A Stonehouse twist on a favourite. Mixed cured

meats, mini chorizo pieces and pepperoni slices with red onion. 1241kcal 12.79 Stuffed Crust +313kcal 14.79 Mega pizza 2482kcal 20.79

CALZONE CARVERY Enjoy the best of both worlds in this carvery meets pizza calzone. We pack all your favourite meats from the carvery into a folded dough base with mozzarella and red onions. Then, we brush with garlic, before serving with a mini jug of gravy on the side and a Yorkshire pudding o

top. 1527kcal 13.79

ADD RANCH DIP (V) 140kcal 49b

FRESHLY MADE 12" PIZZAS, TOPPED WITH PIZZA SAUCE AND MOZZARELLA (UNLESS WE SAY OTHERWISE) AND BAKED TO PERFECTION.

PEPPERONI FEAST Loaded with extra pepperoni slices.

An envelope of folded dough stuffed with chicken 1553Kcal 11.79 Mega pizza 3106kcal **19.29**

BUFFALO BLUE CHICKEN

cheese sauce and FRANK'S RedHot* Buffalo Wings Sauce topped with slices of red per red onions and ialapeños. 1282kcal 11.29 Stuffed Crust +313kcal 13.29 Mega pizza 2564kcal **16.79**

PHILLY CHEESE STEAK A tasty mix of slow cooked and smoky Barbacoa beef strips combined with dollops of Nacho cheese sauce and finished with crispy onion bits. 1339kcal 12.79 Stuffed Crust +313kcal 14.79 Mega pizza 2678kcal **20.79**

PEPPERONI Topped with mozzarella and a generous helping of pepperoni. 1371kcal 10.79 Stuffed Crust +313kcal 12.79 Mega pizza 2742kcal **16.79**



HAWAIIAN

(VE), 932kcal

Topped with pieces of sliced ham & pineapple, you either love it - or think it's completely Stuffed Crust + 313kcal 12 79 Mega pizza 2528kcal 16.79

VEGGIE SUPREME (V)

A tomato base loaded with sweetcorn, peppers, red onions and mushrooms then finished with a sprinkling of oregano. 1020kcal 10.79
Stuffed Crust +313kcal 12.79
Mega pizza 2040kcal 15.99 Make it vegan - swap your cheese for vegan melting mature (made with coconut oil) (VE). 1017kcal

Cooked pasta in a creamy cheese based sauce with spinach and cherry tomatoes topped with a crispy feta cheese crumb. Finished with sprinkles of mozzarella. MARGHERITA (V)

Nice and simple with a sprinkle of oregano 934kcal **8.79** Stuffed Crust +313kcal 10.79

Mega pizza 1868kcal 14.29 CHICKEN PARM Make it vegan - Swap your cheese for vegan melting mature (made with coconut oil) vo Southern Fried chicken fillets smothered in tomato



Make any pizza a Mega Pizza. Ideal to share with friends.

BURGERS

ALL BURGERS ARE SERVED IN A TOASTED BRIOCHE STYLE BUN WITH BURGER SAUCE AND SKIN ON FRIES (UNLESS WE SAY OTHERWISE)

THE DIRTY PHILLY BURGER One to get your teeth into. A double burger smothered with Barbacoa pulled beef and Nacho cheese sauce, with a hash brown and crispy onion bits on top. 1569kcal 11.79 Go Large **13.79**

BACON & CHEESE BURGER

Our favourite. Two luscious burgers on lettuce and red onion and topped with streaky bacon, **10.29** Go Large **12.29**

Looking to reduce meat? Then swap the burgers for a Beyond Meat® burger. 1257kcal

ABOVE & BEYOND BURGER (V) A Beyond Meat® burger topped with halloum fries and drizzled with Ranch dressing. Served in a toasted brioche style bun, with iceberg lettuce and sliced red onion then finished w two onion rings. 1759kcal 11.79 Go Large 13.79

SIMPLY CHEESEBURGER Just what is says. Two juicy burgers resting on lettuce and red onion and topped with melted Monterey Jack cheese. 1206kcal 9.29

FAJITA BURGER Two Southern fried chicken breasts layered with pulled faiita chicken, quacamole and tomato

Go Large **13.79**

Adults need around 2000 kcals a day

salsa. Amazingly tasty! 1218kcal 11.79

Go Large **11.29**

PLANT BASED

THE BEYOND BURGER® (VE) Served in a brioche style bun with lettuce and sliced red onion then topped with zingy tomato salsa and vegan grated melted mature (made with coconut oil). Served with oven cooked

wedges. 1126kcal 10.29 Go Large 12.29 CRISPY BBQ CHICKEN

Southern fried chicken breasts on a lettuce and red onion base with a streaky bacon, Monterey Jack cheese and BBQ sauce topping. 1361kcal **10.29** Go Large **12.29**

SIMPLY CHICKEN BURGER Nice and simple. A plain chicken breast on lettuce and red onion 921kcal 9.29 Go Large 11.29

Fancy it spicy? Why not swap your chicken to a Southern fried chicken breast instead 1087kcal

UPGRADE YOUR FRIES TO WEDGES FOR 99p +79kcal GO LARGE AND ADD AN EXTRA **BURGER FOR 2.00**

CHICKEN BURGER (VE) and red onion, topped with thick and chunky tomato salsa and vegan grated melted mature (made with coconut oil). Served in a brioche

style bun with oven cooked wedges on the side

920kcal **9.29** Go Large **11.29** HOT PORKER

A double beef burger layered with BBQ pulled pork, Jalapeños, mini chorizo slices and FRANK'S RedHot® Buffalo Wings Sauce then drenched in Nacho cheese sauce, 1395kcal 11.79 Go Large **13.79**



SIDES

FRANK'S CHILLI FRIES (V) Freshly cooked fries smothered in Nacho cheese sauce

jalapeños and FRANK'S RedHot" Buffalo Wings Sauce. 519kcal **3.99** PHILLY CHEESE FRIES

AL FORNO FRESH

ALL OUR OVEN BAKED DISHES COME WITH HOMEMADE GARLIC DOUGH

our favourite fresh from the oven 1396kcal 10.79

HUNTERS CHICKEN MAC 'N' CHEESE

FETA & SPINACH PASTA BAKE (V)

STICKS ON THE SIDE

BEEF LASAGNE*

MAC 'N' CHEESE (V)

Freshly cooked fries topped with Barbacoa pulled beef Nacho cheese sauce and crispy onion bits. 782kcal 3.99 **CRISPY ONION RINGS (V)**

705kcal **2.99** ROASTIES (V) 205kcal 2.49

FRIES (V) 446kcal 2.99 SIDE SALAD (V)

A bowl of crisp fresh salad with a Ranch dressing. 271kcal **3.49** SHARING SALAD (V)

A generous bowl of crisp, fresh salad drizzled with Ranch dressing. 615kcal 4.99

SAUCES FOR DIPPING Choose from:

GARLIC MAYO (V) 140kcal 49p

BLUE CHEESE (V) 71kcal 49p SOUR CREAM (V) 57kcal 49p

RANCH (V) 140kcal 49p

BBQ (VE) 72kcal 49p

ROQUITO® HOT HONEY (V) 91kcal 49p

FRANK'S REDHOT® BUFFALO WINGS SAUCE (VE) 9kcal 49p

CAROLINA REAPER CHILLI (VE) 22kcal 49p

Adults need around 2000 kcals a day

Adults need around 2000 kcals a day

MAB13425~121672 STH LN24 2025 Midweek Main Menu PB4.indd 5-8

Adults need around 2000 kcals a day

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