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 for all food & drinks, detailing the 14 legally declarable allergens contained in our dishes. 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

3 FOR 8.99 OR LESS 5 FOR 12.49 OR LESS

HUNTER'S CHIPS Topped with tender chicken, bacon, cheese and sticky BBQ sauce. 604 kcal		Y ONION BHAJI BITES ian sweet chilli sauce, spring on crisps. 264 kcal		KATSU CHIPS Topped with curry sauce, southern-fried chicken and spring onion. 592 kcal	3.99
STICKY BBO PORK MEATBALLS Smothered with maple & bourbon BBQ sauce, mature Cheddar cheese and spring onion, served with Tangy Cheese Doritos ⁹ , 569 kcal	Crunchy coated BBQ sauce. 409		sticky	6 CHICKEN OR CAULI WINGS ♥ Drizzled in your choice of sticky BBQ +26 kcal ♥ or Carolina Reaper & black garlic hot sauce topped with jalapeños +14 kcal ♥))))	4.49
TEN BEER-BATTERED ONION RINGS (2) 661 kcal	coated in bread	ra mature Cheddar and crea crumbs, served with sticky B		6 Chicken 236 kcal or Cauli Wings 606 kcal BAKED 3 BEAN CHILLI POTATO SKINS Topped with Violife Cheeze Slice with sticky BB	
SCAMPI [†] Crispy breaded scampi with tartare sauce. ³³⁶ kcal	4.49 Topped with ch	-	3.99 ur cream.	vegan mayo and spring onion. 309 kcal CHEESY GARLIC BREAD S 567 kcal	2.99
SHARERS	FOOT-LONG NA Topped with cheese guacamole, sour cre Recommended for	e, jalapeños, salsa, am and spring onion.	mac 'n' cheese, st		FFLE FOR
EXTRAS	CHIP 373 kcal 2.19	2.69	FFLE FRIES	 DRESSED SIDE SALI 23 kcal 2.29 	AD 😨
CHOOSE FROM CHIC		FLOWER WIN	IGS IN TH	E BELOW SAUCE OPTION	5
CHICKEN 10: 5.49 CHICKEN BUCKET:		CAU	LIFLOW	ER 10: 5.49 © 1010 kcal ER BUCKET: 10.99 © 2625 kcal	
	GARLIC DS AND	CAU Recommo INDIAN POPPAI SPRING STICKY CHEESE AND SP IO: +172 kca	LIFLOWN ended for 3 people SWVEET CHIL DOMS, CHILLI ONION © 10: BBO SAUCE N E, CRUSHED TA PRING ONION BUCKET: +3451	ER BUCKET: 10.99 2625 kcal LI SAUCE WITH CRUSHED & LEMON CRISPS AND 70 kcal BUCKET: +140 kcal NITH MATURE CHEDDAR INGY CHEESE DORITOS	•
CHICKEN BUCKET: Recommended for 3 people GAROLINA REAPER & BLACK HOT SAUCE WITH JALAPEÑO SPRING ONION ())))) 10: +24 kcal BUCKET: +48 kcal MAPLE & BOURBON BBO SAU WITH CRISPY COATED ONION SPRING ONION () 10: +119 kcal BUCKET: +238 kcal	GARLIC DS AND	CAU Recommo INDIAN POPPAI SPRING STICKY CHEESE AND SP IO: +172 kca	LIFLOWN ended for 3 people SWVEET CHIL DOMS, CHILLI OMION © 10: BBO SAUCE N E, CRUSHED TO PRING ONION (BUCKET: +345) C STICKY BBO	CR BUCKET: 10.99 2625 kcal CONTRACTOR CONTRACT	• With With alcoholic premium drink drink
CHICKEN BUCKET: Recommended for 3 people CAROLINA REAPER & BLACK HOT SAUCE WITH JALAPEÑO SPRING ONION ())))) D: +24 kcal BUCKET: +48 kcal MAPLE & BOURBON BBO SAU WITH CRISPY COATED ONION SPRING ONION () D: +119 kcal BUCKET: +238 kcal BURGER AND DRING ALL OF OUR BURGER	BBO MAC Double beef busices, mac in chospring onion and Upgrade to a tri Silice for an extra	CLASSI Virger with burger cheese eses, sticky BBQ sauce, burger sauce. 1385 kcal ple burger and cheese eses sticky BBQ sauce, burger sauce. 1385 kcal ple burger and cheese	LIFLOWN ended for 3 people SWVEET CHIL DOMS, CHILLI COMION © 10: BBO SAUGE N E, CRUSHED TO PRING ONION BUCKET: +3451 C STICKY BBO	CR BUCKET: 10.99 Constraints of the second secon	• Mith With alcoholic premium drink premium drink 999 / 9.49
CHICKEN BUCKET: Recommended for 3 people GAROLINA REAPER & BLACK HOT SAUCE WITH JALAPEÑO SPRING ONION O)))) D: +24 kcal BUCKET: +48 kcal MAPLE & BOURBON BBO SAU WITH CRISPY COATED ONION SPRING ONION O D: +119 kcal BUCKET: +238 kcal	Barrier 10.999 1021 kcal GARLIC DS AND Interpretender ICE I AND BBO MAC Double beef bus spring onion and Upgrade to a tri slice for an extra S S CHICKEN KA Double crispy on burger cheeses onion, spring on	CLASSI CLASSI	LIFLOWN ended for 3 people SWEET CHIL DOMS, CHILLI COMS, CHILLI COMION © 10: BBO SAUCE N CRUSHED TO PRING ONION BUCKET: +3451 C STICKY BBO	CR BUCKET: 10.99 2625 kcal LI SAUCE WITH CRUSHED & LEMON CRISPS AND 70 kcal BUCKET: +140 kcal WITH MATURE CHEDDAR MGY CHEESE DORITOS ************************************	alcoholic premium drink drink
CHICKEN BUCKET: Recommended for 3 people GAROLINA REAPER & BLACK HOT SAUGE WITH JALAPEÑO SPRING ONION •)))) D: -24 kcal BUCKET: -48 kcal MAPLE & BOURBON BBO SAU WITH CRISPY COATED ONION SPRING ONION • ID: -119 kcal BUCKET: -238 kcal BUCKER AND DECOMPANY ALL OF OUR BUCKET: -238 kcal ARE SERVED IN A SOFT GLAZED BUNN ICEBERG LETTUCE, CHOPPED ONION GHERKIN AND SERVED WITH CHIP (UNLESS STATED OTHERWISE). ALL BURGERS COME WITH A SELECT	Barrier 10.999 1021 kcal GARLIC DS AND Interference ICE I AND BBO MAC Duble baef busics, mac in ch spring onion and Upgrade to a tri slice for an extra S ED CTED CHICKEN KA Duble cribey co burger cheeses onion, spring on Upgrade to a tri slice for an extra S BBAN CHII Double grilled p slices, three bea served with chip Upgrade to a tri	CLASSI SPRING STICKY CHEESE AND SP IC: 172 ka CLASSI CLASSI Stick y BQ sauce, burger sauce. 1385 kal ple burger and cheese a + 2.49 + 242 kal SPRING STICKY CHEESE AND SP IC: 172 ka SPRING SAUCH SPRING STICKY CHEESE AND SP IC: 172 ka SU SU SU SU SU SU SU SU SU SU	LIFLOWN ended for 3 people SWEET CHIL DOMS, CHILLI CONION ♥ 10: BBO SAUCE I CRUSHED TO RING ONION ♥ BUCKET: +3451 CSTICKY BBO CSTICKY BBO CSTICKY BBO OF 9.99 / 10.49	ER BUCKET: 10.99 2625 kcal LI SAUCE WITH CRUSHED & LEMON CRISPS AND 70 kcal BUCKET: +140 kcal NITH MATURE CHEDDAR NGY CHEESE DORITOS *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** *** ** *** * 	.99 / 9.49

SWAP YOUR CHIPS TO TOPPED NACHOS 🚭 1311 kcal

ADULTS NEED AROUND 2000 KCAL A DAY

GRILLS

ALL OF OUR GRILLS ARE SERVED WITH CHIPS. HALF A GRILLED TOMATO AND PEAS



GRILLED 100Z GAMMON STEAK 849 Topped with a free-range fried egg and grilled pineapple and served with beer-battered onion rings. 1143 kcal **SMALL RUMP STEAK** 799 Served with beer-battered onion rings. 776 $_{\rm kcal}$ **100Z RUMP STEAK** 11.99 Served with beer-battered onion rings. 959 kcal

SMOTHERED 100Z RUMP STEAK 13.49 Topped with button mushrooms, melted cheese

and peppercorn sauce (contains brandy). Served with beer-battered onion rings. 1197 kcal

MIXED GRILL

A rump steak, gammon steak, chicken breast, Cumberland sausage and a fried egg. 1228 kcal

TOP IT OFF

Peppercorn sauce (contains brandy) 1.49 +61 kcal Creamy mushroom & brandy sauce 1.49 +74 kcalHunter's topper with bacon $\boldsymbol{\delta}$ cheese sauce 1.99 +273 kcal Scampi⁺ 1.99 +137 kcal Fried egg 99p +104 kcal Five beer-battered onion rings 1.99 +331 kcal 3 chicken wings in Carolina Reaper & black garlic 1.99 +127 kcal or sticky BBQ sauce +135 kcal Dirty mac 'n' cheese topped with sticky BBQ sauce and crispy onion 1.99 +364 kcal



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MAC 'N' CHEESE V 7.49

Served with a dressed mixed salad. 672 kcal



9.99

DUB CLASSICS

PUB FAVES •••••	
LASAGNE	7.99
Beef & pork mince with smoked bacon in a red wine and tomato ragù, served with a dressed mixed salad garnish ar	n d
garlic bread. 628 kcal	iu
CUMBERLAND SAUSAGES & MASH	7.49
With peas and onion gravy. 751 kcal	
Add two extra Cumberland Sausages *1.00 *264 kcal	
	3.49
Crispy breaded chicken escalope served with rice, peas, c	urry
Swap rice for chips +101 kcal Add naan bread +99p +103 kcal	
	7.99
	1 5 0
Your favourite chicken tikka masala served with rice, chips naan bread, two poppadoms, two onion bhajis	
Add two extra Cumberland sausages +1.00 +264 kcal KATSU CHICKEN Crispy breaded chicken escalope served with rice, peas, c sauce and spring onion. 962 kcal Swap rice for chips +101 kcal Add naan bread +99p +103 kcal CHICKEN TIKKA MASALA With rice, naan bread, a poppadom and mango chutney. 787 kcal Swap rice for chips +101 kcal ULTIMATE CHICKEN TIKKA MASALA Your favourite chicken tikka masala served with rice, chips	urry 7.99 1.50

FEELING FLEXI?

MAC 'N' CHEESE 📀

Served with a dressed mixed salad. 672 kcal Top your mac 'n' cheese with one of the following: **Go Cheesy On Me** +1.99 Mature Cheddar cheese, Tangy Cheese Doritos[®] and spring onion. +159 kcal

+1.99 Shroomer Has It 👽 Mushrooms, mature Cheddar cheese, maple & bourbon BBQ sauce and spring onion +169 kcal

KATSU CHICKISN'T 😨

Baked 🚥 buttermilk style fillet with curry sauce and spring onion, served with rice and peas. 671 kcal

Swap rice to chips 💙 +101 kcal Add naan bread +99p 🔍 +103 kcal

VEGGIE? VEGAN? OR JUST FANCY A MEAT FREE FEAST? WE'VE GOT YOU COVERED!

849

799

6.49

DESIGN YOUR OWN SALAD 😨

Fresh green leaves tossed with tomatoes, red onion, cucumber and spring onion and drizzled with French dressing. 45 kcal

Baked em buttermilk style fillet *188 kcal

3 BEAN CHILLI BURGER

Double grilled plant-based soya burgers with Violife cheeze slices, three bean chilli, chilli $\breve{\Delta}$ lemon crisps and vegan mayo served with topped nachos. 1311 kcal I'm included in our burger and drink deal!

ALL-DAY VEGGIE BREKKIE 🛇

Two o sausages, two fried eggs, baked beans, hash browns, button mushrooms, grilled tomato and toast & butter. 1009 kcal

CHICKEN YOUR WAY

7.49

8.49

ALL OF OUR CHICKEN

DISHES ARE SERVED WITH HALF A GRILLED TOMATO. PEAS AND CHIPS

8.99 599 kcal

CHOOSE YOUR CHICKEN:

Breaded chicken escalope +478 kcal Chicken breast +138 kcal

Baked 💴 buttermilk style fillet 🕐 +188 kcal

CHOOSE YOUR CHEESE:

Mozzarella & Cheddar 👽 +126 kcal

Mexican style hot V))) +124 kcal

ADD 3 CHICKEN WINGS FOR ONLY 1.99

Carolina Reaper & Black Garlic)))) -128 kca OR Sticky BBQ Sauce -135 kcal

CHOOSE YOUR TOPPING:

TWISTED BACON Maple δ bourbon BBQ sauce with bacon, crispy onion and spring onion. +175 kcal

BAN-GALORE

Indian sweet chilli sauce with onion bhajis, chilli δ lemon crisps and spring onion. +116 kcal

SHROOM SERVICE 💟

Creamy mushroom δ brandy sauce with spring onion. +127 kcal

CLUCKIN' HOT

Carolina Reaper δ black garlic hot sauce with jalapeños, sour cream and spring onion. +46 kcal

KEEP IT CHEESY

Mushrooms, mature Cheddar cheese, maple ξ bourbon BBQ sauce and spring onion. *169 kcal

Sticky BBQ pork meatballs and spring onion. +276 kcal

SHROOMER HAS IT

FISH

BBQ BALLER

EXTRAS

Tangy Cheese Doritos® with mature Cheddar cheese, burger sauce and spring onion. +207 kcal

TOP IT OFF WITH ANY OF THE 4 BELOW ITEMS FOR 1.99

GO CHEESY ON ME Mature Cheddar cheese, Tangy Cheese Doritos®

and spring onion. +159 kcal

CLUCKIN' HOT Carolina Reaper & black garlic hot sauce, chicken breast, jalapeños and sour cream. +101 kcal

ALL-DAY BREKKIE 649 Two sausages, two rashers of bacon, two fried eggs, baked beans, hash browns, button mushrooms, grilled tomato, toast and butter. 1220 kca

DESIGN YOUR OWN SALAD 😨

Fresh green leaves tossed with tomatoes, red onion, cucumber and spring onion and drizzled with French dressing. 45 kca

Choose a topping: Southern-fried chicken goujons +269 kcal Chicken & bacon +302 kca Baked 🚥 buttermilk style fillet +188 kcal

Add cheesy garlic bread +2.99 💟 +567 kcal

BBO CHICKEN, BACON & CHEESE MELT Served with chips, half a grilled tomato and peas. 875 kcal

DIFS .

STEAK & ALE PIE

Steak pieces in a rich ale gravy, encased in golden pastry and served with seasonal veg, mash and gravy. 1138 $_{\rm kcal}$ Swap mash for chips +119 kcal

CHICKEN, HAM & LEEK PIE

British chicken, ham hock and leek in a creamy sauce, wrapped in shortcrust pastry and served with seasonal veg, gravy and mash. 1077 kcal Swap mash for chips +119 kcal

8.49

8.49

9.49

8.49

ADULTS NEED AROUND 2000 KCAL A DAY

HAND-BATTERED COD & CHIPS⁺ With tartare sauce and peas. 1195 kcal Swap to mushy peas +9 kcal

899

UPGRADE TO OUR CHIP SHOP PLATTER⁺ +2.00 Your favourite cod and chips, served with a battered sausage,

chip shop curry sauce, tartare sauce, peas and bread & butter. 1771 kcal Swap to mushy peas +9 kcal

BREADED SCAMPI⁺ With chips, tartare sauce and peas. 890 kcal Swap to mushy peas +9 kcal

Add white bread & butter 99p +185 $_{\text{kcal}}$

Add brown bread & butter 99p +178 kcal Add chip shop curry sauce 1.49 +129 kcal 799

LOTUS BISCOFF® SUNDAE

Three scoops of vanilla ice cream loaded with Belgian chocolate sauce, Lotus Biscoff[®] crumble, marshmallows and Lotus Biscoff® sauce. 923 kcal

DESSERT

2.99

STICKY TOFFEE SPONGE PUD

With ice cream v 501 kcal

With non-dairy custard VB 465 kcal

With vanilla non-dairy iced dessert VB 532 kcal

MILLIONAIRES' PUDDLE PUDDING

Soft chocolate sponge filled with toffee sauce and topped with a biscuit crumb, served with vanilla ice cream and Belgian chocolate sauce. 718 kcal

3 5 9

COOKIE APPLE PIE

2.99

299

Soft and chewy cookie pie filled with apple compote, topped with vanilla ice cream and served with Biscoff[®] biscuit sauce. v 767 kcal Swap vanilla ice cream for vanilla non-dairy iced dessert to make ve +31 kcal

CHOCOLATE FUDGE CAKE

Served with vanilla ice cream. 766 kcal

DRINK OPTIONS

CHOOSE A SOFT DRINK*

16oz glass of Coke 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 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 (mixer choices listed below).

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PUB FAVE AND DRINK^{*} 6.99

Chicken Tikka Masala 787 kcal

Small Fish & Chipst 915 kcal

Small Rump Steak 776 kcal

GRILL AND DRINK^{*}

Small Rump Steak 9.49 776 kcal

10oz Rump Steak 13.49 959 kcal

Mixed Grill 10.99 1228 kcal

.....MONDAY

BBQ Chicken, Bacon & Cheese Melt 875 kcal

.....THURSDAY

Gammon, Egg & Chips, with peas 7.49 $_{765\,\text{kcal}}$

Grilled 10oz Gammon Steak 9.99 1143 kcal

Smothered 10oz Rump Steak 14.99 1197 kcal

Mixers: Diet Coke, Coke Zero, Coca-Cola, Schweppes lemonade, Canada Dry, Schweppes ginger beer, Schweppes tonic or

WHY NOT TREAT YOURSELF? GO PREMIUM 1.50 EXTRA" Pint of San Miguel, Stella Artois, Birra Moretti, Brewdog Pale Ale or Strongbow Dark Fruit, can of Budweiser Hard Seltzer; 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. (mixer choices listed opposite).

GR∆B YOUR MIXER

Schweppes slimeline tonic A sugar-tax surcharge, per drink, will apply for standard Coca-Cola

3.59

DAILY DEALS



BURGER AND DRINK^{*} 6.99

- Cheese & Bacon Burger 1279 kcal
- Chicken & Bacon Burger 1291 kcal
- 3 Bean Chilli Burger 1321 kcal
- Upgrade only +1.00
- Burning Hot Burger
- Chicken Katsu Burger 1409 kcal
- BBQ Mac Burger 1385 kcal

.....FRIDAY

CLASSIC AND DRINK^{*}

Hand-Battered Cod & Chips⁺ for 7.99 1195 kcal or Chip Shop Platter⁺ for +2.00 1692 kcal Cumberland Sausages & Mash 6.99 796 kcal + two extra Cumberland Sausages for +1.00+103 kcal Mac 'n' Cheese 6.99 👽 672 kcal

WEDNESDAY CHICKEN AND DRINK^{*}

BBQ Chicken, Bacon & Cheese Melt 6.99 875 kcal

.....

- Katsu Chicken 6.99 962 kral
- Katsu Chickisn't 6.99 671 kcal
- Chicken Your Way 7.49 (see m
- Chicken & Bacon Burger 6.99 1291 kcal
- Chicken Katsu Burger 7.49 1409 kcal

.....WEEKEND

PICK & MIX BOARD 10.49 OR LESS

Choose any five small plates from the main menu . to create your own sharing board (drink not included)

BUILD YOUROWN SHARING BOARD

SUB MELTS

	With soft drink	With alcoholic drink"	With premium drink
MEATBALL MELT SUB	6.29/	7.29/	7.79
With pork meatballs with tomato salsa,			
sautéed onion and cheese. 1011 kcal			

THE CLUB SUB	6.29/	7.29/	7.79
With chicken breast, bacon, tomato, lettuce, mayo, cheese and crispy onion. 998 kcal			

🥺 BUTTERMILK STYLE SUB 👁	6.29/	7.29/	7.79
With maple $\&$ bourbon BBQ sauce, vegan			
mayo, lettuce and diced gherkins. 838 kcal			
Swap your chips to topped nachos ve +155 kcal			

LUNCH AND DRINK

SUB & WRAPS

INCLUDES CHIPS

SOUTHERN-FRIED BBQ CHICKEN 6.29/ 7.29/ 7.79 With sticky BBQ sauce, cheese and lettuce

Sub 780 kcal. Wrap 796 kcal

CHEESE, SALSA & SAUTÉED ONION 👽 With mayo, lettuce and sliced tomato

Sub 810 kcal. Wrap 826 kcal FISH FINGER

With tartare sauce and lettuce Sub 823 kcal. Wrap 839 kcal

5.79/ 6.79/ 7.29

5.79/ 6.79/ 7.29



With butter 👽 516 kcal Without butter 7 424 kca

Choose any two fillings: Cheese V +158 kcal Cheese and bacon +237 kcal Baked beans 178 kcal Mushrooms, Violife cheeze slice and vegan mayo 🐨 + 148 kcal Violife cheeze 🕲 +57 kcal

DRINK D SENSIBLY

Do you have any allergies? Please inform staff of any allergies before placing your order, even if you have ordered the dish/drink before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food δ drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks.

With

Suitable for vegatarians. Suitable for vegatarians with vegatarian ingredients; however, produced in a factory which handles non-vegata ingredients, with a 'may contain' warning. Pease note that we do not operate a dedicated vegatarian-vegan kitchen area. Do you have a suit here in a 'may contain' availing the 't legally declarable allergens information is available for vegatarian-vegan ingredients; however, produced in a factory which handles non-vegata ingredients area. Dayou have a suit here in a 'may contain' warning. Pease note that we do not operate a dedicated vegatarian-vegan kitchen area. Do you have any allergies Please inform a team member of any allergies before packing your order even if you have eater the dish before, as ingredients can change, and menus do not list all ingredients. Full allergen information is available for utains, detailing the 't legally declarable allergens contained in our dishes. Whist all reasonable desps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% fee from allergens, owing to possible oross-containnation. Ingredients are based on standard product formulators, variations, and legal area to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% fee from allergens, owing to possible oross-containnation. Ingredients are based on standard product formulators, variations, and there are a subject to availability. Maragement reserves the eight to rules ease on withdrawaltange dires (withou tote), at any firms. Photographyllitasteations is for guarantee to unintentional presence of allergens to the subject to availability. Maragement reserves the eight to rules ease on the subject to availability. Maragement reserves the eight to rules ease on the subject to availability. Maragement reserves the eight to rules ease on the subject to availability. Maragement reserves the eight to rules ease on the subject to availability. Maragement reserves the eight to rules ease on the subjec

ADULTS NEED AROUND 2000 KCAL A DAY