



Off Menu – Ep 259 – Will Ospreay

Ed Gamble

Welcome to the Off Menu podcast, taking the extra hot chicken thighs of conversation, adding the spicy rice of humour, and why not throw in the macho peas of the internet. It's the Off Menu podcast, James.

James Acaster

That is Ed Gamble, my name is James Acaster, and together we own a dream restaurant, and every single week, we invite in a guest. We ask them their favourite-,

Ed Gamble

Oh dear, hang on, it's been a while since we've done one, hasn't it? So, what's happened here?

James Acaster

Starter, main course, dessert, side dish, and drink. Not in that order. And this week, our guest is Will Ospreay.

Ed Gamble

Will Ospreay.

James Acaster

I'm rusty, I'm rusty.

Ed Gamble

You're rusty, man. You wouldn't see me messing up the format like that. Will Ospreay, I mean, pretty much my favourite wrestler, I think widely considered one of the best wrestlers in the world right now, James.

James Acaster

Our first wrestler on the podcast, very exciting.

Ed Gamble

Very, very exciting, big day. He is, of course, one of the top guys at AEW, and AEW are coming to London soon, so we'll be chatting to Will a little bit about that. They're doing Wembley stadium, they're doing AEW All In on 25th August 2024. I went to All In last year, it was an insanely brilliant night, and I think I'm going back this year, and I can't wait.

James Acaster

You sent me a lot of videos.

Ed Gamble

Yes, a lot of videos.



James Acaster

Of you in the audience, you were singing along to songs.

Ed Gamble

Yes.

James Acaster

You were going, 'Yes, come on, come on.'

Ed Gamble

Yes.

James Acaster

'Come on.'

Ed Gamble

Yes, I loved it, man, and I can't wait to say, 'Come on,' again.

James Acaster

I loved how much you said, 'Come on.'

Ed Gamble

Yes.

James Acaster

I texted you it straight away.

Ed Gamble

Well, I'm just not very good at cheering along for sporty stuff.

James Acaster

Yes.

Ed Gamble

So, all I've really got is, 'Come on.'

James Acaster

It was great.

Ed Gamble

Because what-, you know.

James Acaster

I really liked it, I really liked it, and I hope you shout, 'Come on,' loads this year.



Ed Gamble

Yes, I will, I will shout, 'Come on,' and I'll be, like, 'Come on Will, my buddy, it's me, Ed, from the podcast.'

James Acaster

'We're friends now.'

Ed Gamble

'We're friends now, we're buddies, shall I get in there and help?'

James Acaster

Oh, that would be good.

Ed Gamble

I will get in there and help actually. I won't check, I'll just do it.

James Acaster

Then you can shout, 'Come on,' when you're in the ring.

Ed Gamble

Yes.

James Acaster

It may mean something different, because then it is, like, 'Come on, let's have a fight.'

Ed Gamble

'Come on, let's have a fight.'

James Acaster

So, then you're in trouble.

Ed Gamble

I did a little special Nando's intro there, James.

James Acaster

Yes, it was good, I liked that.

Ed Gamble

Because Will has a move called Cheeky Nando's.

James Acaster

That's great he's got a move called Cheeky Nando's.



Ed Gamble

Yes.

James Acaster

This is, like, every time I learn something about wrestling, I'm like, 'I should just watch wrestling,' because clearly, I'd love it.

Ed Gamble

Yes.

James Acaster

Every detail I hear about is brilliant.

Ed Gamble

Yes.

James Acaster

He's got a move called Cheeky Nando's. What is that? What is the move?

Ed Gamble

I think, from memory, it's when people are, sort of, tangled up, or hung upside down on the turnbuckle, and then he kicks them in the head.

James Acaster

Great, that is cheeky.

Ed Gamble

Yes. Very much looking forward to speaking to Will, but of course, if he says the secret ingredient which we have pre-agreed, he will be removed. Tossed over the top rope of the restaurant.

James Acaster

Yes, oh, that's a wrestling term.

Ed Gamble

Yes.

James Acaster

Yes, and this week, the secret ingredient is chops.

Ed Gamble

Chops. This is the most wrestling, food, crossover thing I could think.

James Acaster

Yes.



Ed Gamble

A chop is a horrible move where you basically slap someone's chest as hard as you can.

James Acaster

You demonstrated it on Benito, when you were pitching the secret ingredient to us.

Ed Gamble

Yes.

James Acaster

You were, like, 'Oh, it's a wrestling move,' because obviously, me and Benito were thinking about karate chops and stuff.

Ed Gamble

Yes.

James Acaster

And you were, like, 'No, it's a wrestling move,' and you said to Benito, 'Come here, I won't do it on you, I won't do it on you,' and he was so scared.

Ed Gamble

He was so scared. If I had done it on Benito, he'd be dust right now.

James Acaster

He'd be dust. We would not have a producer for this podcast.

Ed Gamble

Yes.

James Acaster

We'd be running it ourselves, because he'd be dust.

Ed Gamble

Dust in the wind.

James Acaster

Or at least his chest would be gone.

Ed Gamble

That would be horrible if Benito had no chest.

James Acaster

I imagine it. I don't know what we would put there to keep him together.



Ed Gamble

Just a floating head.

James Acaster

I guess whatever-, like, a signed chopping board, signed by himself.

Ed Gamble

Chops.

James Acaster

Yes.

Ed Gamble

And chops is food as well.

James Acaster

Yes.

Ed Gamble

So, if Will says, 'Chops,' he's gone.

James Acaster

He is gone, but hopefully that's not going to happen, because I don't want to attempt to kick out a wrestler, to be frank.

Ed Gamble

Yes, no, that's not going to happen, man. I reckon he can take you.

James Acaster

Yes, that's true.

Ed Gamble

This is the Off Menu menu of Will Ospreay.

James Acaster

Will Ospreay.

Ed Gamble

Welcome, Will, to the dream restaurant.

Will Ospreay

Thank you.



James Acaster

Welcome, Will Ospreay, to the dream restaurant. We've been expecting you for some time.

Will Ospreay

Thank you kindly, sir. You're very loud.

Ed Gamble

Yes.

James Acaster

You're used to it, right? Wrestlers are loud.

Will Ospreay

I mean, a little bit, yes.

James Acaster

Who's the loudest wrestler you've ever seen on the mic?

Will Ospreay

On the mic? I don't know, mate.

James Acaster

Talking themselves up before the match.

Will Ospreay

That is a very difficult one.

Ed Gamble

They're all pretty loud, right?

Will Ospreay

They're all pretty loud. I mean, everyone's got a bit of a loud, obnoxious attitude, I'm very much a chilled, laid out person.

Ed Gamble

Yes.

Will Ospreay

So, those loud-, mate, I've just woken up, and my voice, 7:00 in the morning, right, here we go, let's go.

James Acaster

I got you, man.



Ed Gamble

Does that extend backstage as well?

Will Ospreay

Oh, wrestling's full of, like, bright personalities and loud personalities. It's, kind of, part of the job, isn't it? You're always surrounded by these types of people.

James Acaster

You're the first wrestler we've had on the podcast, it's very exciting.

Will Ospreay

Thank you so much.

James Acaster

This is a big day for us, yes.

Will Ospreay

Thank you.

James Acaster

Ed, obsessed with wrestling.

Will Ospreay

Really?

Ed Gamble

Recent re-convert. Because I was-, I mean, like most people my age, was a big attitude era, WWE guy.

Will Ospreay

Yes, son, that's what I'm all about.

Ed Gamble

And then, sort of, fell out of it a bit, and then my wife got back into it last year, and then I was, like, 'Well, I'll start watching it with her.'

Will Ospreay

Your wife was the one that got you back into it?

Ed Gamble

Yes.

Will Ospreay

That's crazy.



Ed Gamble

100%, yes, she loves it.

Will Ospreay

Normally it's the other way round. It's normally the lad goes, 'Oh, you've got to watch this,' and then the wife likes it, and then the wife leaves you because of the wrestling. It's normally that.

Ed Gamble

No, she absolutely loves it, and then, yes, and got into AEW, so then I was-, yes.

Will Ospreay

Oh man, that makes me happy.

Ed Gamble

I was in.

Will Ospreay

Are you enjoying yourself?

Ed Gamble

Yes, loving it.

Will Ospreay

Excellent, that's what I like to hear.

Ed Gamble

Absolutely love it, yes. I think I enjoy all of it now as well, like, the actual quality of the wrestling, and then also the ridiculous story lines and all of that. I think I can enjoy every element of it, it's great.

Will Ospreay

I mean, that's the art of it now. I mean, there's so many different ways to tell stories in pro wrestling. I feel like, for years, it was just told in one way, it was just done with, like, what I call the invisible camera, where you just pretend the camera isn't there, and you do this Key Stage Three, GCSE acting, do you know what I mean? So, for me, it's just, kind of-, I spent eight years of my life over in Japan, where it was treated as a sport. So, like, from there, it was finding ways to tell stories within the wrestling. And now for AEW to, kind of, do that, it's so refreshing to have a show where it is very much a sport, but it's a wrestling show.

James Acaster

Japan, is that, like, the proper-, was Mick Foley there for a long time?

Will Ospreay

Mick Foley done, like, the death match wrestling over there. I mean, I would do it, I'd happily go do it. I tried my best at it when we was, like, backyarding round my mum's, and my mum didn't like it when I



had this roll of barbed wire coming down, and she would be all, 'What the fuck are you doing with that?' I just thought it would just be a laugh to bring it down. But no, my style was New Japan Pro-Wrestling, I was there for eight years of my life. I was there when I was 22 years old, I'm 31 now, which is weird saying that. My knees hurt all the time. But it was so cool, because it was, kind of, a culture shock for me. Being someone that-, once again, bringing up the GCSEs, failed GCSEs, I wasn't a very good workman at all. Like, I much preferred just backyard wrestling with my friends, and then all of a sudden, I was able to make a little bit of a break on the indie scene, and then thankfully, there were some agents, or there were some office members from New Japan over in this show. They brought me over, and I just haven't looked back. I applied myself there for eight years, it was a complete culture shock. Especially when you're wanting to go somewhere, and the got all these, like, weird symbols on that you've never seen before, you're like, 'What is that?'

James Acaster

Yes. That's amazing, man. When you say the indie scene, so, I went to see a wrestling match in Barton Seagrave, near Kettering, where I'm from.

Will Ospreay

Okay, wow, interesting.

James Acaster

And it was a little, like, community centre, and stuff.

Will Ospreay

Yes.

James Acaster

And one of the best nights of entertainment Kettering's ever seen, I'd say. There was a wrestler called the Spin Doctor who was a man in a white lab coat, who just used to spin round and round until he hit something. Were you doing stuff that was a bit more serious than that?

Will Ospreay

Yes, I'm not going to lie to you. I mean, the spinning round and round thing, I have quite a few arsenal moves where I can do all these cool spins, and all these cool flips, but I must say, Spin Doctor isn't very much my cup of tea there. But do you remember what the show was called, by any chance?

James Acaster

I can't remember what it was called. I remember Spin Doctor, because he span round.

Ed Gamble

Yes.

James Acaster

And because he went out during Royal Rumble, and then he had to sneak back in because he'd left his lab coat on stage. So, he had to sneak back in to retrieve his lab coat.



Will Ospreay

Honestly, this is so British wrestling now. There have been so many times I've wrestled in a venue, and I've got in the ring, trying to pretend that I'm a big tough guy, there's a projection screen right here in my eyeline, so, like, we'll be hitting the ropes, we have to duck our opponent and the fucking projection screen, do you know what I mean?

Ed Gamble

It is amazing though, but I think that's what, sort of, makes those indie shows really exciting as well, something really silly might happen as well as watching some incredible wrestling.

Will Ospreay

There are so many times I could tell you where, like, I feel like that is the backbone of what British wrestling is. It makes you a little bit of a pro wrestler, so this is one of my examples, right. I used to wrestle in a place called the Resistance Gallery, it was on Bethnal Green where I used to train, right? The day before a show happens, a fire breaks out, someone just set fire to the bins outside. The flames worked their way inside the building, we were able to extinguish all the flames, the show goes on. This place stunk of, like, smoke, and we're probably breathing in-, and everyone's still drinking, having a good time. I was wearing a wrestling mask as well, and get this, these shows, they're more of, like, a cabaret show, it's called Lucha Britannia, they're more of a cabaret show than a wrestling show. And they have, like, wrestling match, wrestling match, act, wrestling match, wrestling match, act, and then final wrestling match, right, as the main event. And the second act they brought in was a fire breather. The building's already set ablaze, do you want to do this again?

James Acaster

As the first wrestler on the podcast, we don't really know, like, if there's a strict diet for wrestlers, if there's something that you have to abide by, or is it whatever you like?

Will Ospreay

I'll be honest with you, I'm sure that there is a strict diet, I'm sure that there is a way of doing this, but it's not made its way to my lap, I've still got Uber Eats on my phone, I get myself a Creams at night. But obviously, like, a main diet for every pro wrestler, especially in this country, is definitely go and get a Nando's for yourself, mate.

James Acaster

Same as comedians.

Will Ospreay

Yes, exactly bruv.

Ed Gamble

There are a lot of parallels though, I think, like, with wrestling and comedy in terms of, whenever I see wrestlers, you can always tell they've done years of doing the ropery shows, and travelling around the country, and having to exist by going on a circuit.



Will Ospreay

And learning how to work off your audience as well.

Ed Gamble

Yes.

Will Ospreay

Sometimes, I'm sure with you guys, it will be, like, someone's heckling you, or someone's giving you a bad time. You have to judge, and you have to pivot to what this person's doing. I mean, the audience, sometimes, I can think I'm going in there as the biggest good guy in the world, but the moment I walk through the curtain, they might start booing me.

Ed Gamble

Yes.

Will Ospreay

And you have to learn how to adjust and adapt to those situations, just as comedy is. Obviously, I'm not a comedian myself, although my mum thinks I'm quite funny.

James Acaster

Yes.

Will Ospreay

In the face, anyway.

Ed Gamble

But nobody's going to be booing you at Wembley Stadium.

Will Ospreay

I hope not.

Ed Gamble

Absolutely not, there is no chance.

Will Ospreay

My dad might, my dad might.

Ed Gamble

Just to keep you balanced.

Will Ospreay

Yes.



Ed Gamble

August 25th, 2024, this is absolutely huge. So, it's the second year that AEW have done a show at Wembley Stadium. I was at the first one.

Will Ospreay

Did you enjoy it?

Ed Gamble

It was amazing, what a night. I mean, I don't like football or anything like that, really, and I walked into Wembley Stadium, and the atmosphere, I was like, 'I think I get live sports now.'

Will Ospreay

Yes.

Ed Gamble

I understood it.

Will Ospreay

I'm the same as you, I wasn't the biggest football guy. I think due to being around my dad and my uncle so much, that was, kind of, 'Okay, this is football.' I enjoy the Euros, I enjoy the World Cup, but I never fully understood it. I've never been inside Wembley Stadium before in my life, and last year, I wasn't even a part of the company. I was brought in as a favour from New Japan to come over. I also feel like that was them being, like, 'If you come over here, we'll treat you nice.' And it was just, kind of, walking out there, man, I can't even tell you. The moment I walked into the stadium, and you see all those red seats, and it was a moment of just being, like, 'Okay, this is huge, this is bigger than what I could ever imagine, any arena that I've been in.' The most I've ever done was the Tokyo Dome, and that's 40,000 people.

Ed Gamble

Yes.

Will Ospreay

This is 80, this is a little bit, like, scary now. And then the moment I walked out to do my entrance, I couldn't see one red seat, and that terrified me a little bit. But, like, music hitting, people knowing the song, I was even saying this to my missus. The day before that, I did an indie show where there were only 4,000 people in attendance, so that's 5% of what I'm about to wrestle in front of now. And then hearing my music, thinking, like, 'Maybe these people aren't going to know, actually, who I am,' they're just going to be, 'Oh, I can see the British flag, yes.' But, like, going out there, and as I'm walking down the aisle, I'm hearing people sing my song back to me, I'm hearing people chant my name and stuff like that. Seeing fireworks going over your head, it was, like, 'This is like a weird dream sequence, I'm in Wembley Stadium, bruv, this is unreal.' And I get to come back there with AEW this time, now I'm, like, a full member of the roster, I've worked out the kinks, I've worked out the rhythm and times. It's still things I'm getting used to, actually, being over there, but, like, I am really enjoying myself. It is completely different to what I'm used to, and I'm enjoying the fact that we are bringing wrestling back to



Wembley Stadium. There's so many wrestlers that we've all watched and looked up to, right? They've never wrestled in front of Wembley Stadium. To have that, it's such a privilege to be a part of it, and just my whole goal, and my whole ambition, is to try my best to bring it back there every single year, and just to make it a yearly thing. I want it to be like a holiday, for English wrestling fans, I want it to be, like, this big little holiday season.

James Acaster

You know who I would like to see at Wembley?

Ed Gamble

Here we go.

James Acaster

Spin Doctor.

Will Ospreay

Spin Doctor.

James Acaster

We could maybe, like, get Spin Doctor on the next one, on the next Wembley one.

Will Ospreay

If we can get, like, a memorial Battle Royal, whoever passes away next, we'll get a memorial Battle Royal going, and we'll get Spin Doctor in.

James Acaster

Spin Doctor out to spin round and round.

Will Ospreay

I'll say, 'Look, Tony, he's alright, he's with me.'

James Acaster

Yes, you might have to protect him from quite a lot, actually. I think he might die.

Will Ospreay

Well, there's a memorial for him, yes.

James Acaster

So, we always start with still or sparkling water, Will. Do you have a preference?

Will Ospreay

Still, I can't do sparkling.



James Acaster

Yes.

Will Ospreay

The German's love sparkling water. I went over there a while ago, they love sparkling water, but I'm a still man.

Ed Gamble

Yes, it's almost standard in Germany, like, they absolutely love it.

Will Ospreay

The beer's good though.

Ed Gamble

The ultimate sparkling water.

Will Ospreay

In a way.

Ed Gamble

When you say you can't do it, does it have a negative effect?

Will Ospreay

I don't know, not a negative effect, I mean, I just don't like it. So, there's my negative effect.

James Acaster

I think any athlete-,

Will Ospreay

It produces hatred.

James Acaster

It produces hatred, that might be good for wrestling.

Will Ospreay

I mean, now, it might get me in the zone more if I start drinking sparkling water, like, 'My hatred levels are-,'

James Acaster

It could be a thing, I'm probably going to be pitching a lot to you this episode, but I reckon, like, mid-fight, it looks like you're on the ropes, looks like you're losing, and then you grab sparkling water, and everybody's like, 'We know what this means.' And then you have it, and then you're full of the hate.



Will Ospreay

Yes.

Ed Gamble

It's like your version of taking your straps down or, like, hulking up.

Will Ospreay

Like hulking up, that is it, you're right. Doing, like, the Shawn Michaels kick (ph 15.18) up, and then-,

Ed Gamble

Just three silent minutes of you chugging two litres of Perrier.

Will Ospreay

I don't think I could do two litres.

James Acaster

Burping by the end. And you could get the sponsorship in there.

Ed Gamble

Yes.

Will Ospreay

To be fair, yes. The big burp, as well, I feel like it's, like, take it, glug, glug, burp, everyone's like, 'Yes,' waiting for the burp.

Ed Gamble

It's a good defence mechanism.

Will Ospreay

Everyone's, like, 'Oh, it's gross,'.

James Acaster

Yes.

Ed Gamble

'We can smell that right to the back.'

James Acaster

'That's a Nando's alright.'

Will Ospreay

It would be coming out of the other way if that was Nando's, mate. That's too spicy.



James Acaster

Yes, respect to Nando's, by the way, if you're listening. Come out the other way.

Ed Gamble

Well, can I say as well, that you and AEW have brought one of the most delightful things which is listening to American commentators use the phrase, 'Cheeky Nando's.'

Will Ospreay

It is quite funny, that, I've cornered that, because obviously that was just a thing where I was just, like, I just didn't see wrestling as anything more than just, 'Oh, it's something I do on the weekends. I'll call it the Cheeky Nando's kick,' do you know what I mean? Like, just having a little laugh with everyone. But, like, now it's just formulated, and now it's just carried on. And even to the point where, like, when I was in Japan and I turned into a bad guy, I remember Kevin Kelly telling me, 'Maybe you should ditch the funny names,' and I tried it, it didn't work.

Ed Gamble

Yes.

Will Ospreay

So, it's stuck around now.

Ed Gamble

Nando's must be absolutely delighted with this.

Will Ospreay

I have never had any talks with them at all.

Ed Gamble

What?

Will Ospreay

I've only talked to the cashier, that's it, do you know what I mean?

Ed Gamble

But you tell the cashier, you're like, 'I've got a move called Cheeky Nando's.'

Will Ospreay

There was a thing, ages ago, in Romford, where, like, a fan was shocked that I was paying for Nando's, and I was just like, 'Yes, it's all good.' And he was, like, furiously tweeting Nando's like, 'Give him a black card.' It was like, 'Bruv, it's alright, I've got money.'

James Acaster

I mean, they are cheeky. That is cheeky.



Ed Gamble

Yes, that is very cheeky of them, yes.

Will Ospreay

One day I hope we can work something out. Because, I mean, that's the sole reason why I've signed here, if I don't get a Nando's sponsorship at the end of this, I don't know what I've got to do.

James Acaster

Yes.

Ed Gamble

You've got to rename all your moves to something on the Nando's menu.

Will Ospreay

Something peri, yes. If I put them in, like, a figure four leg lock, it will be, 'The peri chicken thighs leg lock,' I don't know what.

James Acaster

Yes, give him some fino sides.

Ed Gamble

Yes, the wing roulette.

Will Ospreay

I don't like a fino.

James Acaster

No?

Will Ospreay

No, I'm not a fan.

James Acaster

Do you just like a regular side?

Will Ospreay

Like a creamy mash, peri chips.

James Acaster

Yes.

Will Ospreay

Sometimes a corn on the cob, spicy rice.



James Acaster

Yes.

Will Ospreay

If I want to be healthy, long-stem broccoli, but-

James Acaster

Yes, but you're not going near the finos.

Will Ospreay

I just go full carb, bruv, do you know what I mean? I want that by the end of it.

Ed Gamble

I'm having a lot of Nando's at the moment because I'm on tour, ordering Nando's to the dressing room, and I order long-stem broccoli all the time. The other day, I can't remember where we were, gets delivered, normal broccoli.

James Acaster

What?

Ed Gamble

Yes, like, regular trees, not the long stem. It's, like, clearly someone's just gone to the shop, haven't they?

Will Ospreay

I was about to say, they've run out, like, 'Someone go to Sainsbury's.'

James Acaster

Yes, because no one ever orders the long stem there.

Ed Gamble

Yes.

James Acaster

'Oh no, we've got to give them this.' Did they even try and make it look long, like, stick it on a straw?

Ed Gamble

No, they didn't even bother with that. Just normal broccoli. And as it happened, I thought, in any other walk of life, this would be a boring story, but I'm going to save it to tell on my podcast.

James Acaster

Yes, this is the joy of having a food podcast.



Ed Gamble

Yes.

James Acaster

No matter how mundane it is. You have no idea, Will, how many boring stories we've told on this. They lap it up, people lap it up. Can't believe it, it's the opposite of wrestling actually, it's the most low octane thing in the world.

Will Ospreay

It's the lowest form of entertainment, is it?

Ed Gamble

Yes.

James Acaster

Poppadoms or bread? Poppadoms or bread, Will Osprey? Poppadoms or bread?

Will Ospreay

Poppadom, I love poppadoms. I do. A bit of mango chutney, oh, sauce.

James Acaster

Yes, and we talk a lot on this podcast about, you know, getting the tower of poppadoms, and smashing them.

Will Ospreay

What?

James Acaster

Yes, some people. The poppadoms turn up.

Will Ospreay

You.

James Acaster

Me. They might, like, give the poppadoms a tap, like, to break them.

Will Ospreay

Like, a karate chop?

Ed Gamble

Yes.



James Acaster

On the top. I imagine, as a wrestler, you've got to restrain yourself, because they're turning to dust. They're turning to dust, surely.

Ed Gamble

Like a full chop, the choppadoms.

James Acaster

Yes.

Will Ospreay

As a wrestler, I have to restrain myself when chopping poppadoms.

James Acaster

You can't chop the poppadoms, they're going to go to powder.

Will Ospreay

Every time I go to an Indian restaurant with my family, they're like, 'Don't do it.'

James Acaster

Yes, you just can't help yourself, elbow drop.

Ed Gamble

'Will, we're very proud of you, but please, this is supposed to be family time.'

Will Ospreay

'Shut up, get the mango chutney.'

James Acaster

So, you favour the mango chutney, are you going anywhere near those other dips?

Will Ospreay

I don't mind the mint one, the mint one's cool, but that mango chutney sets my world on fire, bruv.

James Acaster

Oh, yes?

Will Ospreay

Yes man.

James Acaster

That's nice.



Ed Gamble

Do you like a chunky chutney or a smooth?

Will Ospreay

Smooth, you've got to go smooth.

James Acaster

Yes, I'm a smooth chutney man. Do you spread it on the poppadom, or dipping it?

Will Ospreay

No, just dip, dip, but I feel like-, I don't know, is that wrong, is that the wrong etiquette? Because, like, I sometimes just hog it. I mean, I see the little spoon in there, and people get the spoon and dip it, I'm just like, 'I'll put it in there.'

Ed Gamble

There's never enough, is there? It's normally in a tiny little tin pot or something.

Will Ospreay

Yes, that's true.

Ed Gamble

And that's supposed to go round the whole table, you need a jar or a bucket.

James Acaster

Have you ever been for a curry with some other wrestlers? And then it must be quite competitive who's getting the dip.

Ed Gamble

Yes.

James Acaster

Because, like, I imagine wrestlers, some of them might be good sharers, but some of them, if you've got rivalry in the ring-,

Ed Gamble

Yes.

Will Ospreay

When we used to backyard, we used to rent out this, like, youth centre in Rainham, and we used to go to an Indian afterwards, the guy would always know me. It's really nice, actually, I have loads of those types of memories where I was there, I just remember all that Indian food that I used to have all the time. I can't remember, actually, the last time I had Indian food, but now I might go tonight.



James Acaster

Yes.

Ed Gamble

Yes.

Will Ospreay

You guys have talked me into it.

Ed Gamble

Well, if you're in America a lot as well, there's less, sort of, good Indian restaurants.

Will Ospreay

No, it is all just burgers, and pizza, and tacos all the time, mate. It's great, I'm not going to lie to you.

James Acaster

Well tacos, hard shell tacos, that's, like, food in a poppadom.

Ed Gamble

Yes.

James Acaster

That's like someone's wrapped a poppadom round some-,

Will Ospreay

Where have you been all my life?

James Acaster

Most guests say this at some point. Your dream starter, Will?

Will Ospreay

Just garlic bread, just keep me easy.

James Acaster

Oh, so that's-,

Ed Gamble

A little hack, so you've done the poppadoms.

James Acaster

And now you're onto the bread.



Ed Gamble

And then now you're onto the bread. What sort of garlic bread, because obviously it comes in many shapes and sizes.

Will Ospreay

Oh, mate, I had this garlic bread a little while ago, I can't remember where I was, I was in London with some of my friends, and I remember eating it. It was like a flatbread, and it tore off so easy, it just, kind of, melted in your mouth, so whatever that bread was, I'll try and think of the restaurant. Their bread, give me that.

Ed Gamble

So, was it, like, a pizza type garlic bread?

Will Ospreay

Kind of, like, a pizza, yes. It was on, like, a big old wooden tray, and it was already cut for you a little bit, but not too much. Like, cut a little bit, but enough to tear off yourself.

Ed Gamble

Covered in garlic butter, like, quite buttery? Or just a hint?

Will Ospreay

A hint, it was more a hint.

Ed Gamble

You don't want it dripping in garlic butter?

Will Ospreay

No, I don't want it too much. Like, I think if you have too much, you go a little bit overboard, don't you?

Ed Gamble

Now, would you ever eat a garlicky thing before you wrestle, or is there any etiquette within the wrestling world that you don't eat stinky food before you have to-,

Will Ospreay

I think there's etiquette, I always have my toothbrush. Because normally you'll be eating whatever, like, whether it's fruit, or some chicken or rice or whatever, right? But, like, I always brush my teeth beforehand, just because, mate, I get so conscious about stuff like that. So, then, like, you never want to come backstage, and you just go, 'God damn, kid, your breath stinks.'

James Acaster

Because you're right up in each other's faces sometimes.

Will Ospreay

Yes, like, nose to nose sometimes, every now and again, and a bit of a whiff comes.



James Acaster

What's a memorable thing that a wrestler has said to you, mid-match, just for you? Because a lot of the time, this is what I've heard, you know, they could be really close to each other, and I've heard stories of wrestlers who are in their first ever match, and the person they're fighting saying to them, 'Well done, you're killing it.' In their ear, during the rest of the match. Other times, when they might do a joke or tell them, 'I've just had an idea for a move and they're not ready for it yet.'

Will Ospreay

I had one where a fan rushed to the ring and a guy had me in a headlock. And the referee went, 'To your left.' And the guy let go of me and as this fan put his head underneath the bottom rope, the guy let go of me and just penalty kicked this fan right in the face.

Ed Gamble

Oh my god.

Will Ospreay

I guess there's this like weird unwritten rule, where the moment you cross that threshold, I guess you're in enemy territory or whatever.

James Acaster

Yes.

Will Ospreay

But like, I don't know if this guy was just wanting just to take the piss or if he was out with his mates and he was just trying to pop the boys or whatever. But, mate, I remember being in a chin lock and being like, ah and there being oxygen coming back because he's let go. I was like, 'What's happened?' And then just looked behind and there's this fan, holding his face. You have to be like, 'Why did you do that?'

Ed Gamble

It feels like more of a written rule to be honest. It feels like you shouldn't hope over the rope.

Will Ospreay

Have you guys ever had that with comedy? Fans just rush to stage at all?

Ed Gamble

I mean you get all of that, sort of, stuff don't you?

James Acaster

Yes, yes.

Will Ospreay

You ever fight them?



James Acaster

Never fight them. A few days ago, I kicked a full pint of beer all over a man on the front row, that was fun.

Will Ospreay

Okay.

James Acaster

That was fun, I'm trying to be very well behaved on stage.

Will Ospreay

By accident?

James Acaster

No, purpose. I'm trying to be-

Ed Gamble

But, you acted as if it was an accident.

James Acaster

I acted like it was an accident, yes.

Ed Gamble

Yes, yes, yes.

Will Ospreay

Oh, okay.

James Acaster

I'm doing a tour at the moment, where I'm very well behaved and being nice to the audience. But, the one thing I've allowed myself is that if they use the stage as a table and put something on the stage, I'm allowed to accidentally kick it over. So, I walked out, there was a full pint of beer just on the stage. And I sent it all over him and to be fair, he found it funny, he thought it was great and then I got him a new pint. And then he drank that and I told him I'd put my balls in it.

Ed Gamble

To be fair, the only thing that when I talk to James about wrestling, the thing he's most latched on to is I told him about when MJF threw a drink in a kid's face. And he loved that, so, I think he's been influenced by it.

James Acaster

It's my favourite thing ever, I love it. I think I might start watching wrestling again because of that.



Will Ospreay

Just for that.

James Acaster

That guy's really cool. I've heard a lot of stuff about him that is bad, but, I think it's great that he threw the drink in the kid's face.

Will Ospreay

If it was your kid would you think it's funny?

James Acaster

That's why I don't have a kid.

Will Ospreay

Yes.

James Acaster

Because I need to enjoy that, sort of, stuff in the world. If I had a kid, I'd be empathising too much with the mother. But, I think that's so funny that happened to that kid.

Will Ospreay

You've got that Instagram page of kids getting hurt?

James Acaster

Yes.

Will Ospreay

Mind your own business, wham, get hit by something, you're like, 'Oh, it's good for the soul.'

James Acaster

It's funny. It's like the girl scout cookies girl, when she's sold all the girl scout cookies. And she's posing to the camera and she falls off the chair in her own kitchen, if you haven't watched that you should watch it, it's really funny. She could grow up to be a wrestler, she really slams into that kitchen counter top.

Will Ospreay

She could take a punt then.

James Acaster

Yes, yes. Yes, she's a champ. But, that kid who gets the drink in the face, that is funny man. That is funny, it's funny how he just instinctively, the wrestler, what is it?

Will Ospreay

MJF.



James Acaster

MSG. He gets the drink and just instinctively in the kid's face. Not even the lady who's slagging him off because he knows that that's going to get to her even more. He didn't know it was tequila in it, fair enough. But, that is the funniest thing ever. I hope that if we do a-, next Off Menu live gig we do, I hope there is a mother and a kid on the front row. Even if they're not slagging us off, I'm going to throw tequila in the kid's face.

Your dream main course?

Will Ospreay

Japanese A5 strip steak, I had one in Las Vegas, one of the best steaks I've ever had in my life. So, forgive me, I'm a very boring man, just a steak. But, this steak that I had was gorgeous.

Ed Gamble

This is interesting you spent so long in Japan, but, the Japanese steak that you want to pick is one that you had in Las Vegas.

Will Ospreay

Oh, so, you say that. There was-, now you're just bringing back memories. There was a steak house, there's a place called Wolfgang Steak, over in Japan, it's a place in Roppongi, where I've done many of my bad things. But, that steak restaurant over there was next level. So, you know what, I'll go with that one instead. I'll go with the one over in Wolfgang, sorry, Las Vegas.

James Acaster

I think maybe we could do both, we could have it that, you know, we cut it into strips and we just go, alternate the strips between the two of them.

Ed Gamble

Yes.

Will Ospreay

Not bad.

Ed Gamble

You could do a platter.

Will Ospreay

I mean if you can send them both from Las Vegas and Japan to the same table, it would be an expensive flight.

James Acaster

Yes. Well, this is a dream restaurant, I'm a genie, I can magic them both onto your plate.



Will Ospreay

Is that what the lamp's for?

James Acaster

Yes, that's what the lamp's for.

Ed Gamble

That's where he lives.

James Acaster

Yes, that's where I live.

Will Ospreay

Go on, give it a little rub, go on.

James Acaster

I can't rub my own lamp, that's filthy.

Ed Gamble

Has a genie ever done that?

James Acaster

No, he'd go blind.

Ed Gamble

Yes, a genie can't rub his own lamp.

James Acaster

Yes, can't rub my own lamp, are you kidding me? I'd get told off about that.

Ed Gamble

So, is this like the steak that's got so much like marbling and fat in it that it just like-, does it melt?

Will Ospreay

It just melts into your mouth, it melts like butter bruv, it is one of the craziest meals that I've ever had. When I was just out with a couple of my friends. There was this guy called big Dave, for some strange reason.

Ed Gamble

There's always a guy called big Dave.

Will Ospreay

I hadn't spoken to him in ages and he just bought-, in Japan, we have these things called sponsor meals. Where someone like the promoters or people that just enjoy wrestling, just want to hang out with



the wrestlers. Get some signs and get some photos, so, they just treat the rest of us to a meal. Sometimes it's really nice, sometimes it's above and beyond, I feel like royalty in Japan sometimes. And big Dave just took us to this restaurant in Japan and ever since I've been there, it's one of my favourite places to go. I got to take my mum and dad there a little while ago, it was my last time in Tokyo before I set off for AEW, so, I took them there. Just seeing my mum's face when this steak melted in her mouth, I was a little bit just like, just chuffed with myself. Do you know what I mean? I was like, 'This is for you and mum.'

James Acaster

There is something about that, going to a really nice place to eat and then taking your parents there and your parents enjoying it. It's the best, anyone else, I like taking friends to restaurants, it's great. But, taking your parents somewhere and then them loving it is a very nice feeling.

Will Ospreay

For me, Japan was a real thing for me to bring them over. Because for eight years, I was on good money, but, nowhere near enough to bring them out and see this country that's moulded and shaped me as a man. You've got to remember, I was a real strange twenty two year old kid and I spent eight years here, just growing up. And then when I'm finally about to leave, it was a perfect time for me to bring my parents over here. And, my mum had a real difficult time with it because my great grandad was a prisoner of war over in Japan. Going there and saying to my mum, 'Let go of it, look what this country's done for me.' And for her to come over, it gets me emotional man talking about it. And I heard her come over, she was like, 'I can see why you love it out here so much.' And seeing her smile and seeing how they treated her. They really went above and beyond the line of duty, to take care of my parents man, that was the best thing about Japan for me.

James Acaster

Wow, that's amazing.

Ed Gamble

How is your mum when she's-, does she come and watch you wrestle? Or does she worry about you? Or is she front row, screaming at the top of her lungs?

Will Ospreay

At the start of my career, I can remember her not enjoying it as much because once again, it is-, no matter how choreographed things can be. Like slamming it on that mat, it takes years off you right? But, my mum once upon a time saw the bad guy go in the ring and grab a chair. And as he was about to go in the ring, my mum snatched the chair from him and ran away. But, my mum has come to see me at quite a lot of the high peak ones. She saw me at Wembley, it was just like, 'How can I not bring my mum and dad for that one, hey?' But, I hope mum and dad are proud, hey, do you know what I mean?

Ed Gamble

I'm sure they are.



Will Ospreay

They have to stomach so much. When I was fourteen years old and I had a wrestling ring in my back garden and the neighbours thought we were the neighbours from hell. They'd get the police around, they thought we were running underground boxing events. And they were like, 'No, it's wrestling.' And the police came up to it, grabbed the ring rope in my garden. Were like, 'Yes, it's wrestling.' And just walked off, they didn't care. But, having them there and having their support because they never thought I would ever be anywhere near this level with pro wrestling. They just, kind of, thought it would just be a weekend thing and one of these days I'm going to grow up. I'll get there in the end one day, but, it's cool to see these crazy milestones that I never thought I would ever hit in wrestling. I genuinely-, I've said this so many times, I thought that this was just going to be a weekend thing. And I was very happy with that and I would go do my mastic work from Monday to Friday. And all these milestones that I've hit and getting to just be, 'Do you want to come Wembley Stadium? Want to sit where the Queen sits?' And stuff like that and getting to treat my family like they're actual royalty man, can't put a price on it.

James Acaster

Now, I do have-, that was a beautiful speech by the way. But, I do have a very selfish follow up question to it.

Will Ospreay

Go on.

James Acaster

Do you still do mastic? And know how to do it? Because I have, it's been on my to do list forever, I've got to sort it out.

Will Ospreay

Do you want me to pop around your house son?

James Acaster

Throughout our whole house and I need someone I trust.

Ed Gamble

There's going to be so many wrestling fans listening to this podcast for the first time because Will's on. They'll be going, 'Have you seen Will Ospreay's on Off Menu, what do they talk about?' Oh mastic, they talk about mastic, yes. James needed some mastic doing.

James Acaster

It's urgent.

Will Ospreay

I can do it, so, we've just done my kitchen, I just did the kitchen, but, I didn't do it, I got my missus's mum to do it instead. Because I was doing something else, so. But, she loves doing odd jobs around the house.



James Acaster

Yes, give me her number.

Will Ospreay

Yes.

James Acaster

Your dream side dish, Will?

Will Ospreay

Sweet potato mash. Ooh god, I didn't even need to think about that. And the first thing that came in my mind was my missus made this incredible sweet potato mash. Mate, I put it in my mouth and I had to take a moment. I had to go over here.

Ed Gamble

It is an amazing thing, sweet potatoes are beautiful.

Will Ospreay

I do love sweet potatoes.

Ed Gamble

What did she put in it?

Will Ospreay

I don't know.

Ed Gamble

Is it a secret?

Will Ospreay

I let her get on with it mate, I just every now and again, I just go, 'Do you need any moral support?' Do you know what I mean? But mate, she just does it all, she cooks, she's a wonderful woman. She takes care of the little boy, takes care of me.

Ed Gamble

And she's a wrestler as well right?

Will Ospreay

She's a real good professional wrestler, real good.

James Acaster

Ed's wife is a wrestler also.



Ed Gamble

No, well no, she trains because she enjoys it for fitness and enjoys wrestling.

Will Ospreay

Where does she train?

Ed Gamble

At PlayFight.

Will Ospreay

Oh, Cara Noir, Tom Dawkins.

Ed Gamble

Yes, yes, yes.

Will Ospreay

Love him.

Ed Gamble

Yes, he's brilliant.

Will Ospreay

We came up in the same circuit together, like I've got stories of when he used to actually be my trainer for a company called LDN. And then I went somewhere else because I didn't enjoy it and came to London School of Lucha Libre. And then he came, so, then I was like-, we were, kind of, at the same level and we've got, we've travelled up and down the road so many times. I can't tell you how proud I am, I see him over in DDT for Japan. Seen him over there, it was just like, 'Man, he's got it man, he's so good.' He's out on the injury list right now, but, he should be coming back soon surely.

Ed Gamble

He's also I think a genius. I had to do some training sessions with him for a comedy wrestling thing that we've done before.

Will Ospreay

Okay.

Ed Gamble

And he can watch someone do a move and then he's got a photographic memory. So, he just, sort of, he slides his eyes back and he can talk you through everything you've done wrong, it's just incredible.

Will Ospreay

So here's why you're crap.



Ed Gamble

Yes, exactly, yes.

James Acaster

Frame by frame.

Ed Gamble

Yes, it's because you're not a professional wrestler and you're doing it for humour.

James Acaster

Ed's glossed over there that he did a big wrestling match recently.

Ed Gamble

It wasn't recently, it was a couple of years ago, but, it was a-, so, Max and Ivan, who are a comedy double act.

Will Ospreay

Max in a van?

Ed Gamble

Max and Ivan.

Will Ospreay

Oh, I was about to say.

James Acaster

That would be a good wrestler.

Ed Gamble

That would be good, Max in a van, Max versus the Spin Doctor. So, Max was a pro wrestler when he was fourteen, but, then went and did comedy. But, still tries to keep up with wrestling and then, every so often they put on these big charity events, where they get pro wrestlers and comedians and they train up the comedians.

Will Ospreay

Okay.

Ed Gamble

So, we did one at the Indigo at the O2 for Comic Relief.

Will Ospreay

Whoa.

Ed Gamble

It was so fun.

Will Ospreay

You enjoy yourself?

Ed Gamble

It's more fun than doing comedy.

Will Ospreay

I reckon you guys would be good at it just because once again, going back to that whole like it's reading the room.

Ed Gamble

Yes, yes.

Will Ospreay

It's seeing what the audience is liking and seeing what they're not liking. I mean obviously when you do your first thing, you're just like, 'Stick to the script.' But, when you start getting relaxed in there, I do feel like you just-, you have a little bit more fun. Would you do it again?

Ed Gamble

Yes totally, 100%, yes I would.

Will Ospreay

I'll take you up on that.

Ed Gamble

Yes, alright. It was very silly, but, yes, I was Ed the Gambler Gamble and I was distracting the ref with scratch cards and stuff. And also, it was a tag match and Max is really good and Ivan's done it loads. And then my partner was a professional wrestler, so, I felt very looked after.

James Acaster

You were a heel weren't you?

Ed Gamble

I was a heel yes.

Will Ospreay

You were a bad guy?

Ed Gamble

Yes, I was a bad guy.



Will Ospreay

Did you enjoy being the bad guy?

Ed Gamble

Loved it.

Will Ospreay

Because I mean with comedians right? You do look at someone in the audience. And the whole art is that I'm going to take the piss out of you. So, sometimes it it is just like-, it's just the evil thing that comes out inside you.

Ed Gamble

Yes, I found it much easier to do that.

Will Ospreay

Well, it's so much easier to make guys hate you than like you, so, it's so much easier.

Ed Gamble

Yes, yes, yes, yes. Also, I look at some the faces in some of the companies and they seem to spend ages shaking everyone's hand, or hanging around and getting photos.

Will Ospreay

What's wrong with that?

Ed Gamble

Yes, but, it takes ages. Surely it's easier to be horrible and just-

Will Ospreay

I love having a chat with everyone. Oh mate, when there's like a little old biddy in the crowd and she's saying, 'My son likes you.' I love it man, I can't get enough of it, it brings my day, I hate being a bad guy, I love being a good guy. I just want to shake everyone's hands, here's me with your old nan, go on.

Ed Gamble

Oh, well that's lovely, you're in the right place then.

Will Ospreay

Yes, I need to be.

James Acaster

It takes half a second to throw a drink in the kid's face. Then you're out, you're in the cab home, job done. Well, that sweet potato mash sounds delicious.

Will Ospreay

It does, I'll get Al to cook you some one day.



James Acaster

Yes.

Will Ospreay

Come around mine.

James Acaster

June could bring it around with the mastic. When June comes around to do the mastic, but, don't get them mixed up. I don't want sweet potato mash.

Will Ospreay

In the crevice of your toilets.

James Acaster

Underneath my skirting yes, yes. So, please June, if you're listening, make sure they're in separate Tupperware. I don't know what mastic comes in.

Will Ospreay

It comes in a little carton box.

James Acaster

Yes, yes, yes, yes, yes. Or a can, open up a can of whoop ass, like my hero.

Ed Gamble

James' hero is the Rock.

Will Ospreay

Can of whoop arse is Stone Cold Steve Austin boss.

Ed Gamble

Look, I don't know.

James Acaster

To be honest I never watched it, but, I loved him and I loved-, so, all of the catchphrases of all the different wrestlers of that era, I think are all the Rock. I think the Rock said 'suck it', I know he didn't.

Will Ospreay

I know, oh, okay. But, it's becoming like a meme now, where you'll see clips from the Attitude era now played into your Instagram reels and TikToks all the time. Where someone will be doing something and the Rock will just appear out of nowhere going, 'Shut up bitch.' So, it is, kind of, cool how wrestling can bleed into any situation. Because wrestling, we're just allowed to do whatever we want really.

James Acaster

Yes, you get some extreme characters, so, it lends itself to memes and GIFs and all sorts.



Ed Gamble

And didn't the Rock influence your on stage persona as well?

James Acaster

Yes, yes, the inflated bravado.

Ed Gamble

Yes.

James Acaster

Yes, that's what I loved about the Rock, was that he was just so arrogant on stage, but, also comical at the same time. And yes, I don't know anything about his actual wrestling style, if he was a good wrestler. But, I knew that he was really funny and that he was funny when he did the people's eyebrow. And when he told people to know their roles, that was funny.

Ed Gamble

Jabroni.

James Acaster

Calling people Jabroni was funny. I still find Jabroni funny. When Kendrick said Jabroni in a recent diss track, I thought, 'That's the funniest thing I've ever heard.'

Your dream drink, is it tequila in a kid's face?

Will Ospreay

No brother, I can't do tequila.

Ed Gamble

There's an AEW PR out there who'll be absolutely losing his mind.

Will Ospreay

Yes, just being like, 'God, stop mentioning tequila.'

James Acaster

It's the best PR ever. I'm saying I liked it.

Will Ospreay

Alcoholic drink, let's just go easy, I'm just double vodka, Coke Zero, just like I'm easy with that.

James Acaster

Yes. Has that always been your go to?



Will Ospreay

Yes man, I enjoy vodka more than any other drink. Whiskey, I can't handle it, tequila, it just becomes a wild night that I don't remember. Red wine, I can't do, I was vomiting all night, I nearly died from red wine once, so, I just don't want to do that.

James Acaster

When was that?

Will Ospreay

I was out in Japan, all the boys having a couple of drinks. This sponsor, who was just plying me with red wine all the time. My boy Hinarai, who's over in Japan right now, took me home, put me in my hotel room. I ran myself a bath, fell asleep in the bath.

Ed Gamble

Oh no.

Will Ospreay

I sat there, the water's going over there, I had to pay a two grand fine, or a bill because all the water spilt out into the lobby. So, I had to-, it just overflowed, I woke up at four am in the morning, freezing. I was like, 'Why the fuck is it cold?' And it's all like out everywhere son, everywhere mate. So, red wine's a no go, vodka is just-, it's been my safest drink. I've never been too slaughtered to the point where I drunk too much, I can't wrestle the next night. I'll get slaughtered and yes, I feel a bit rough, but, it's not stopping me from doing a bump and feed for someone.

Ed Gamble

Yes. The drinking in Japan is wild because I think people have an impression if they've not been there that-, which, I mean Japan has a very polite society and they have all those elements. But, then you go out at night and they get crazy.

Will Ospreay

It is wild. The amount of times we'd be on a three week tour and there would be so many random nights out. We'd go out with the sponsors and you'd just be doing karaoke and it would start at like 11pm. And then you're walking back to your hotel room at about 5:30am and then a bus picks you up at 7pm. And you're just still pissed, you're on this bus, you've been given-, you walk on, you can tell who are the ones that have been too smashed. Because the bus driver gives you a carrier bag, he's like, 'If you're going to be sick, do it in that.'

Ed Gamble

Well, I've seen people in Japan do that thing where they're passed out on the street and they get a carrier bag and use the handles to hook over their ears. So, they've got a, sort of, horse's nose bag, so, they can just be sick freely.



Will Ospreay

My favourite one that I saw was at eight in the morning, I saw this guy stumbling around in Shibuya, passed out on the street, in his suit. Go to the gym, I worked out, came back, the guy was just waking up, went off to work. Do you know what I mean? For some strange reason, I think it's quite common, people might need to tell me about it. But, a lot of business men will just stay out all night, party, get drunk and just wake up and go straight to work, just fall asleep in the street. Or they'll get one of those little capsules and they'll just sleep in that, it's cheaper and better for them. I could never do it.

Ed Gamble

No, I don't know how people manage it. Because I was there quite recently and I only noticed this time that they sell shirts, ties and underwear in the Seven Eleven. So, you just walk into a corner shop and so, you can just buy it and get changed and go to work.

Will Ospreay

A bit of deodorant, new shirt, new tie, off you go son.

James Acaster

I can't wait to go to Japan.

Will Ospreay

Have you never been?

James Acaster

No, I'm going in September for the first time.

Will Ospreay

It will change your life, honestly. How long are you going for?

James Acaster

Two weeks.

Will Ospreay

And you're going for a tour?

James Acaster

No, for just holiday.

Will Ospreay

Oh mate, after this, if you want anything to go for, like Wolfgang steak, honestly, I highly recommend it. Great steakhouse. If you're out for a night out, go to Roppongi, everyone's there just to enjoy themselves. I don't know if you go out out, or?



James Acaster

I'm going to do everything that you've already said in this podcast. I'm going to fall asleep in the bath, I'm going to make sure I do that.

Ed Gamble

Are you going to hook a carrier bag over your ears?

James Acaster

I'm going to be hooking that. Even if I'm not feeling sick, I'm going to be walking around with a carrier bag as nose bag, all the time.

Will Ospreay

Go to a Don Quijote, there's like a big-, I wouldn't say it's a convenience store, but, it's just a big superstore. And it's just got everything you want in it, so, if you just want video games, it's got it. If you want costumes, it's got it. If you want adult stuff, it's right next to the kids' toys.

Ed Gamble

That is mad that, isn't it?

Will Ospreay

That's crazy.

James Acaster

Brilliant.

Ed Gamble

And they've got their own theme tune, that they play on a loop when you're in there.

James Acaster

Oh, I like that, I like a theme tune on a loop, can you remember it Ed?

Ed Gamble

No, I can't.

Will Ospreay

Don, Don, Don, Don, Qui. Don Quijote.

James Acaster

That's nice.

Will Ospreay

Over and over again.



James Acaster

Like It's a Small World at Disney?

Ed Gamble

Yes, it's exactly like that.

Will Ospreay

Have you ever been stuck on that ride?

James Acaster

Yes, yes. Oh it's the first thing I went on in-, I mean, we're going to the one in Tokyo as well. I'm going to go Don Quijote and It's a Small World on the same day, that's what I'm going to do.

Will Ospreay

But you'll drive yourself insane.

Ed Gamble

But It's a Small World is in Japanese, so, at least it's a bit different.

James Acaster

Oh, I'll learn a new language.

Will Ospreay

You will love it though, honestly you will love your time out there.

James Acaster

I can't wait.

Ed Gamble

Go and see some wrestling.

Will Ospreay

Oh man, yes, go on.

James Acaster

I'll go and see some wrestling.

Will Ospreay

Go see New Japan.

James Acaster

Yes, yes.



Will Ospreay

New Japan was like my home promotion for eight years man, I loved every single minute of it. They run Korakuen Hall every month, four or five times a month there. It's always good to go to Korakuen Hall, it's the home of what professional wrestling is.

Ed Gamble

We went to a New Japan show when we were there and had an amazing time. But, the crowd are so different, I thought they were going to be really quiet. And then as soon as the show started, music kicked in, everyone was clapping along. And compared to UK crowds, so many women in the crowd, it seemed to be a proper balance, or more women than men in the crowd.

Will Ospreay

Yes, a lot of it was-, I think, at its peak, it was like 60% of our audience was women.

Ed Gamble

Yes.

Will Ospreay

So, just a bunch of hunks man, just so many good looking Japanese dudes, man.

James Acaster

That's what I'll pitch. I'll get my girlfriend to-, I've got to convince her to go to wrestling. I'll say, 'There are a lot of hunks.'

Ed Gamble

Bunch of hunks.

Will Ospreay

Do you want to see some hunky Japanese men? Okay, I'll take you.

James Acaster

Yes, yes, I know where to go. We arrive at your dream dessert.

Will Ospreay

I am so easy, just give me a brownie and some ice cream, that's all I want.

James Acaster

Some Creams?

Will Ospreay

I mean they don't do brownies, so, I'll have to get myself a waffle.

James Acaster

Oh Creams, sort it out.



Will Ospreay

Instead. But, no, I love a little brownie, if someone can make me a brownie and some ice cream, I'm your boy.

Ed Gamble

How soft do you want the brownie in the middle?

Will Ospreay

I want it a bit creamy in the middle.

Ed Gamble

Yes.

Will Ospreay

Like I want it to like-, I don't like a hard brownie, I like it when it's just a little bit hard on the outside, but, smooth on the inside son.

James Acaster

Yes, for sure. I think a crispy top to a brownie.

Ed Gamble

Yes, you need that.

James Acaster

And really gooey inside, heaven.

Ed Gamble

And ice cream with that as well?

Will Ospreay

Yes man, a bit of vanilla ice cream, never done anyone any harm. You can't name anyone here that goes, 'Oh, I had some ice cream, it did me harm.' If they are, we don't need them in society any more.

Ed Gamble

I'm type 1 diabetic, so, it's possible.

Will Ospreay

Oh, it's possible, sorry son, we've got to cut you off.

Ed Gamble

That's fair enough, no, I don't deserve to be here.

James Acaster

You know who you remind me of a lot?



Will Ospreay

Oh, go on, I hate these, go on, go on.

James Acaster

My brother.

Will Ospreay

Oh, do you like your brother?

James Acaster

Yes, yes, oh yes, I do. I do like my brother, yes. But, yes, you really remind me-, you look like him and, kind of, same mannerisms. Not the same voice because he's from Kettering, but, it's been really weird sitting here for a whole episode. I'm like, 'This guy.'

Will Ospreay

Do you feel close to me?

James Acaster

Yes, every now and again, I actually think I'm listening to my brother. And then I have to remind myself I'm not listening to my brother and I have to ask you questions that-, because I was like, 'I know everything about this guy, I've got nothing to ask him.' I was like no and it's not my brother.

Ed Gamble

Would your brother like Will's menu?

James Acaster

He'd love this brownie, he'd love the steak.

Will Ospreay

He'd love a brownie, he loves steak.

James Acaster

I think he'd like the sweet potato mash. I don't know what he's drinking these days my brother actually. But, he loves the Coke Zeros, so, and he'd probably have some vodka in it. Garlic bread, definitely, yes, I think he would like the whole menu.

Will Ospreay

Yes, there we go then mate.

James Acaster

I think he'd like the whole menu for sure.

Will Ospreay

I've done good then, I've done alright for your brother, I've done alright for you lads.



James Acaster

Yes.

Ed Gamble

Yes.

James Acaster

We also, we didn't tell you that I also once competed in the comedy wrestling match. Twice actually I did it.

Will Ospreay

Oh wait, so, more than him?

Ed Gamble

Yes.

Will Ospreay

Oh you're essentially a pro wrestler then.

James Acaster

Thank you. Let's leave that and move on.

Ed Gamble

Let's just hear what James did rather than with me who had a fifteen minute tag match and then what have you done James?

James Acaster

Well the first time, I joined during a royal rumble. And I sang my own name to the tune of I'm a Survivor by Destiny's Child. So, it's I'm James Acaster, I'm James Acaster over and over again, for a very long time. And then I went into the ring and then I was immediately hit in the face with a tray and taken out.

Ed Gamble

It was amazing.

James Acaster

And then the second time, two years later, I sang the same song, but, with a full dancing troupe behind me. And then I got in the ring and then I was hit in the face with a tray again and taken out.

Will Ospreay

Do you ever wonder how you get yourself into this situations? Because in only wrestling can that happen. It's just like, you just rock up to the venue, you've got your bags. You're just going, 'Oh, what am I doing today?' It was like, 'You're singing your own name. We know you did it last time, but, this time we've got back up dancers.' Is there going to be any different outcome? No, same tray.



Ed Gamble

Yes, it's a tray again unfortunately.

James Acaster

Both times I forgot to put my hand in front of my face, both times.

Will Ospreay

Where's the fun in that?

James Acaster

Yes, exactly, thank you Will. Finally someone in my corner because everyone's criticised me for this.

Will Ospreay

When we were like-, it shouldn't really be promoted like this. But, when we were back yarding, it was almost like a badge of honour when you hit stuff with your head so hard. But, all my friends now, I don't know what's happened to them, they're a bit loopy now.

James Acaster

Yes, I wasn't a genie before, before I got hit in the face with a tray.

Ed Gamble

Yes exactly.

James Acaster

That's how I got my powers.

Ed Gamble

Now you live in a lamp.

James Acaster

Now I live in a lovely lamp.

Ed Gamble

Thank you so much for coming to the dream restaurant Will.

Will Ospreay

Honestly, pleasure to meet all of you guys, thank you so much for having me.

James Acaster

I'm going to read your menu back to you now Will and see how you feel about it. No, that's exciting.

Ed Gamble

I forgot about that format point.



James Acaster

That's the first time that Ed's ever forgot that I read the menu back.

Ed Gamble

Yes.

James Acaster

We were talking about people getting hit in the face with trays and the long lasting effect. And Ed just forgot a podcast he's done over 200 times.

Ed Gamble

Well, it just felt a nice place to wrap it up.

James Acaster

Yes, it was nice, but, I mean the listeners, when this goes out, the listeners are going to go insane that that happened.

Ed Gamble

Yes, yes.

James Acaster

Because that's staying in the edit because they won't believe that Ed forgot the menu being read back out. I know that to you, it's not that big a deal.

Will Ospreay

This is all new to me.

James Acaster

This is literally like-

Ed Gamble

I've basically just turned heel is what's happened.

James Acaster

Yes, yes, yes. This is like if like, you know, you were bigging the crowd up, going to do your finishing move and then forgot to do it. And just went back in the locker room, yes.

Will Ospreay

Match is still going on.

James Acaster

Yes, Will? You've lost, you can't do that buddy. You want still water. You would like poppadoms and smooth mango chutney.



Will Ospreay

Lovely.

James Acaster

You want flatbread, a garlic bread flatbread, that tears nice and easy.

Will Ospreay

From the restaurant that I like.

James Acaster

Main course, you would like two types of steak. One from Las Vegas and one from the Wolfgang steakhouse in Japan. A side of sweet potato mash made by your wife. A double vodka and Coke Zero and for dessert, a chocolate brownie with vanilla ice cream, never did anyone any harm.

Will Ospreay

Dirty girl.

James Acaster

Yes, I feel like a dirty girl hearing that.

Ed Gamble

That is a great menu.

James Acaster

Yes, that's a delicious menu and do you think you can eat all of that and then get in the ring straight after?

Will Ospreay

Oh mate. I mean sometimes right? Sometimes we don't know what's happening on certain shows. So, one of these days, I remember thinking to myself, 'I'm sure I'm not wrestling one of these days.' And I had four brownies bruv. And I got called into the office and they went, 'We're doing a casino gauntlet.' I had this big old- 'Why didn't you tell me?' Went out there with a big old on me and it was doing my flips and everything. And just having a beach whale going mate.

Ed Gamble

Are there any moves that you were like absolutely I can't do that after I've eaten four brownies? Are there any worse moves that you-

Will Ospreay

No mate, I just think what's the worse that can happen? Because at the end of it, wrestling's all about a story. If it turned out that I did one of my moves after eating these brownies and I crapped my pants, at the end of it, it's a story that I can tell my kid. Do you know what I mean?



Ed Gamble

Is it a story they'd have to incorporate into the show though?

Will Ospreay

I mean maybe I might be poo pants Billy from now on, do you know what I mean?

James Acaster

Yes, you'd have to be poo pants Billy.

Ed Gamble

God, imagine if the Spin Doctor shat his pants, that would be an absolute disaster.

James Acaster

The Crop Spreader.

Ed Gamble

Actually, this is a good way to wrap it up. Thank you so much Will.

James Acaster

Thank you Will.

Will Ospreay

Thank you guys.

Ed Gamble

Well there we are. What a lovely chat with Will.

James Acaster

Ha, at the start of the episode, you had a go at me for messing up the format and look what happened.

Ed Gamble

Yes, I messed up the format, I went too early.

James Acaster

Sweet, sweet, what's the word I'm looking for? Oh, you reap what you sow.

Ed Gamble

Sweet, you reap what you sow.

James Acaster

I can't think of what I was going to say.

Ed Gamble

Yes, maybe your transfer to wrestling shouldn't happen?



James Acaster

Well.

Ed Gamble

Very soon, because that wouldn't be a great promo for you, 'You're sweet, oh, what's the word I'm thinking of?'

James Acaster

I'm like Zac Efron in Iron Claw.

Ed Gamble

Yes, I suppose you are.

James Acaster

I'd have to get my brother to come in and do the speeches.

Ed Gamble

Yes.

James Acaster

He looks like Will Ospreay.

Ed Gamble

And your brother.

James Acaster

And my brother, yes.

Ed Gamble

That was a lovely moment I thought, where you admitted that you thought Will was like your brother.

James Acaster

Yes, it was.

Ed Gamble

Yes, it was really nice.

James Acaster

If my brother's listening to this, it was very nice to talk to you today.

Ed Gamble

Thank you so much to Will for coming in and thank you for not saying the secret ingredient, chops.



James Acaster

Chops, he didn't say chops.

Ed Gamble

Yes.

James Acaster

That was good and we got to hear about what he would have at Nando's as well.

Ed Gamble

I did a good joke about chops though. That I don't think Will or you heard, where you're talking about smashing the poppadoms and I called them chopadoms.

James Acaster

I didn't hear that.

Ed Gamble

Yes, yes, I said it quite quietly.

James Acaster

Yes, I didn't hear that.

Ed Gamble

Because I wasn't sure about it.

James Acaster

Because I think Will hadn't come across the karate chop on the poppadoms before.

Ed Gamble

No, he was blown away by that.

James Acaster

So, you know, I was too focused on that, I wasn't even aware you were in the room at that point.

Ed Gamble

Yes, I mean you didn't even mention that it's called shall I be mother? Which would be a really good name for a wrestling move.

James Acaster

That's a great name for a wrestling move.

Ed Gamble

Where you just smash someone on the head and they shatter into shards.



James Acaster

Yes. So, if Tim Key was a wrestler, that would be-

Ed Gamble

Shall I be mother.

James Acaster

He would put his hand in the air and the audience would know what it means. And he's asking them, 'Shall I?'

Ed Gamble

Shall I?

James Acaster

Shall I be mother? Boosh, yes and then does them.

Ed Gamble

I'd love that. If you are a wrestling fan already, or you're thinking, 'Where can I go and have the best introduction to live wrestling that I could possibly have.' Grab yourself a ticket for AEW All In at Wembley Stadium on the twenty fifth of August. That is coming up soon, I promise you, you'll have a great night. It's so much fun, the atmosphere's incredible.

James Acaster

It just-, I mean look, when I went to that little community centre in Barton Seagrave. It was one of the best nights of my life. So, I would imagine that Wembley Stadium with a bunch of professionals is like I don't know, transcendental.

Ed Gamble

Yes, yes, I would agree. And I can't wait to go. And if you're in Wales, we should have said this in the intro really. They are, for the first time filming a TV show outside of North America. So, they're doing AEW Dynamite and AEW Collision on the same night at the Utilita Arena in Cardiff. So, you can get tickets for that as well, August the twenty first. I mean, why not do the crazy double?

James Acaster

Speaking of Wales, there was also a wrestler at that community centre wrestling match called Shamu.

Ed Gamble

Thank you so much to Will for coming in.

James Acaster

Thank you for all the stories about Japan and your life. It was very moving at times.

Ed Gamble

Yes, it was actually.



James Acaster

Really appreciate it.

Ed Gamble

Really, really nice. And I can't wait to see Will wrestle at All In, I hope he wins.

James Acaster

I hope he wins.

Ed Gamble

Yes.

James Acaster

We also have some food shout outs we'd like to do. We've had a lot of food sent to us, we're very, very grateful.

Ed Gamble

Well, Benito says do some food shout outs and we're like, 'Well, where's this food?' It's just been in the office.

James Acaster

Yes.

Ed Gamble

Benito's been nibbling it away.

James Acaster

He's been nibbling away.

Ed Gamble

Like a little rat.

James Acaster

Like a little mouse, ooh, I was going to say a mouse, but, maybe a rat.

Ed Gamble

A rat. We've had some choccy sent in from Land Chocolate, thank you very much for that.

James Acaster

Thank you Land Chocolate.

Ed Gamble

And thank you to Whittaker's.



James Acaster

But, not the Whittaker's that we're familiar with.

Ed Gamble

Yes.

James Acaster

But, we were very happy with, you know, New Zealand Whittaker's is the one that I've run my mouth off about loads. It's nice to discover there's another Whittaker's chocolate out there.

Ed Gamble

There's another Whittaker's knocking around. They've probably sent us some chocolate, based on the fact that we were talking about Whittaker's and they thought we were talking about them.

James Acaster

Yes.

Ed Gamble

But, you know, that's a double promotion. We weren't, we were talking about New Zealand Whittaker's, but now we're talking about you.

James Acaster

Yes, you got us.

Ed Gamble

We've had some coffee from 15 grams Coffee Roasters and Tate Coffee, thank you for sending that in, that's always very useful to give to guests, etc. and me Ed Gamble.

James Acaster

We're wide awake.

Ed Gamble

I am buzzing mate. And we got sent a load of Football Special James, straight from the Frankie Boyle episode. It's what Frankie would have at the pub when-, yes, yes, yes, it looks like beer.

James Acaster

Yes.

Ed Gamble

Yes.

James Acaster

Benito says it's quite nice, I'm going to tuck into some right now.



Ed Gamble

And as we're recording this, it's Euro season, so, why don't we crack open a Football Special and watch some special football.

James Acaster

The best in the game, Ed Gamble.

Ed Gamble

Thank you very much for listening to Off Menu, we will be back with you soon, bye bye.

James Acaster

Goodbye.