# **SOFT DRINKS**

Pepsi Max cherry 398ml glass, 2 kcal

Pepsi Max 398ml glass, 2 kcal Diet Pepsi 398ml glass, 2 kcal

Pepsi 398ml glass, 167 kcal

R White's lemonade 398ml glass, 8 kcal

398ml pint 2.95 3.15

**2.85** 398ml

3.05

2.95

3.05

**Dalston's Fizzy Rhubarb** 330ml, 40 kcal

R White's raspberry lemonade 330ml, 56 kcal

**Old Jamaica ginger beer** 330ml, 66 kcal

**Sanpellegrino** 330ml, blood orange, lemon, 73 kcal Remedy kombucha raspberry lemonade 250ml, 7 kcal

Monster Mango Loco 500ml, 240 kcal Monster Energy 500ml, 235 kcal

Monster Pipeline Punch 500ml, 225 kcal

Monster Energy Ultra 500ml, 10 kcal

2.10 **Brecon Carreg spring water** Sparkling/still 500ml bottle, 0 kcal Fruit juice 2.70 398ml glass, apple 187 kcal; cranberry 80 kcal; orange 199 kcal **J20** 275ml bottle, a range of flavours, various kcal 2.95

# TEA, COFFEE AND HOT CHOCOLATE

**HOT CHOCOLATE** 

- ALL DAY EVERY DAY -LAVATIA (2) (100 ABBIA)

£3.25 each

Flat white **9**2 kcal

Cappuccino V 102 kcal Latte V 113 kcal

Mocha 🕐 147 kcal Espresso @ 6 kcal

Black coffee @ 6 kcal White coffee **2**4 kcal

Hot chocolate V 169 kcal

with semi-skimmed milk V 14 kcal (Oat milk available @ 4 kcal)

**Biscuits** 

Walkers shortbread **V** 151 kcal **80p** Stem ginger biscuit **123** kcal **80**p

Belgian chocolate biscuit **(V)** 129 kcal **80p** 

Salted caramel brownie bar V 316 kcal 2.10





The freshly ground 100% Arabica Lavazza coffee<sup>††</sup> we serve is from Rainforest Alliance-certified farms.

## Tea



The Tetley tea we serve also comes from Rainforest Alliance-certified farms. Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.

# BREAKFAST Served until 11am



<b>Large breakfast</b> 1313 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	13.20
<b>Traditional breakfast</b> 743 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	11.70
<b>Small breakfast</b> 334 kcal Fried egg, bacon, sausage, baked beans, hash brown	8.70
Add: Two slices of black pudding (355 kcal) 1.99 Slice of toast ♥ 176 kcal 1.50	
<b>Large vegetarian breakfast </b>	13.20

Slice of toast V 176 kcal 1.50	
Large vegetarian breakfast ♥ 1236 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	13.20
<b>Vegetarian breakfast ②</b> 856 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	11.70
Small vegetarian breakfast (V) (333 343 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	8.70
Vegan breakfast    703 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	10.70

Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

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<b>Eggs Benedict</b> 668 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	11.95
Mushroom Benedict ♥ 697 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	11.95
Miner's Benedict 881 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	11.95
Scrambled egg on toast ♥ 591 kcal Three eggs, buttered white bloomer toast	6.20
<b>Beans on toast </b> ♥ № 549 kcal Buttered white bloomer toast	5.60
<b>Two slices of toast with jam or marmalade ♥ (500)</b> 465 kcal White bloomer bread	3.45
Fresh fruit	5.60
MOMA Porridge 5 5 252 kcal (plain) Add: Banana (101 kcal) 1.20 Strawberries (14 kcal) 1.20 Blueberries (17 kcal) 1.20	4.20
Honey <b>V</b> (91 kcal) <b>85p</b>	

# BREAKFAST EXTRAS

Freedom breakfast 613 kcal

Add any of the following:					
Two slices of black pudding 355 kcal	1.99	Two rashers of back bacon 99 kcal	1.99	Two hash browns @ 166 kcal	1.99
Sausage 168 kcal	1.99	Two scrambled eggs ♥ 163 kcal	1.75	Two mushrooms <b>129</b> kcal	1.50
Quorn <sup>™</sup> sausage <b>②</b> 119 kcal	1.99	Fried egg <b>①</b> 69 kcal	99p	Two grilled tomato halves @ 16 kcal	75p
Baked beans @ 126 kcal	1.50	Poached egg <b>①</b> 57 kcal	99p	Slice of toast <b>①</b> 176 kcal	1.50

10.70

## MUFFINS AND BUTTIES

Add: Two hash browns (166 kcal) 1.99

<b>Egg &amp; cheese muffin  ②</b>	7.20
<b>Egg &amp; bacon muffin</b> 317 kcal Fried egg, bacon, American-style cheese, in an English muffin	7.60
<b>Egg &amp; sausage muffin</b> 336 kcal Fried egg, sausage, American-style cheese, in an English muffin	7.60
<b>Egg &amp; Quorn</b> <sup>™</sup> <b>sausage muffin </b>	7.60
<b>Breakfast muffin</b> 6557 485 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	7.99
Smashed avocado muffin © © 555 232 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (87 kcal) 1.99	7.99
Poached egg V (57 kcal) 99p	

<b>Bacon butty</b> 508 kcal Three rashers of bacon, buttered white bloomer bread	6.45
<b>Sausage butty</b> 696 kcal Two sausages, buttered white bloomer bread	6.45
<b>Quorn</b> <sup>™</sup> <b>sausage butty ②</b> 597 kcal Two Quorn sausages, buttered white bloomer bread	6.45
<b>Breakfast sandwich</b> 617 kcal Sausage, bacon, egg, buttered white bloomer bread	8.05



# Free-range eggs

100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated are subject to change. All prices are in pounds sterling and include VAT. Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com "Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. Statement of daily calorie needs from the Department of Health & Social Care. "Excluding decaffeinated. APSTD

for the facts drinkaware.co.uk jdwetherspoon.com

# FOOD

**Breakfast until 11am** Main menu from 11am

Wetherspoon



When Wetherspoon's chairman, Tim Martin, opened his first pub in north London, in 1979, he named it Wetherspoons, after a Mr Wetherspoon – his New Zealand primary school teacher, the reasoning being that Mr Wetherspoon was too nice to be running Tim's particular class and couldn't control it; Tim thought to himself that, likewise, he couldn't control his first pub, so considered the name appropriate.

wetherspoon







How to order from your table Download the Wetherspoon app or scan this QR code. Or note your table number and order at the bar.



Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.5

13.50

13.50

13.50

15.50

15.50

15.50

15.99

2.55

2.55

1.55

1.55

1.99

Served with chips (603 kcal, included in Calories below).

Lentils, carrot, onion, sweetcorn, mushroom, mozzarella,

Served with chips (603 kcal, included in Calories below).

Two 3oz beef patties, maple-cured bacon, Cheddar cheese,

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze

Triple American cheese & bacon burger 1479 kcal

Maple-cured bacon with Cheddar cheese 170 kcal

Maple-cured bacon with American-style cheese 168 kcal

Choose: Beef (two 3oz beef patties) 1380 kcal

Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1625 kcal

Three 3oz beef patties, American-style cheese,

maple-cured bacon, Red onion, gherkin, ketchup,

Served with chips, six onion rings (860 kcal, included in Calories below).

Fried buttermilk chicken burger 968 kcal

**Breaded vegetable burger** ♥ 916 kcal

Meat-free burgers

mature Cheddar cheese

Chicken burger

**Gourmet burgers** 

Tennessee burger

**BBQ** burger

Ultimate burger 1651 kcal

signature burger sauce, gherkin

Fried buttermilk chicken 1652 kcal

Fried buttermilk chicken 1652 kcal

American-style mustard

**Additional toppings** 

Cheddar cheese **(V** 83 kcal

Maple-cured bacon 87 kcal

American-style cheese **(V** 81 kcal

**Beyond Burger™ ②** 939 kcal

BEYOND MEAT plant-based patty

Breaded whole chicken breast escalope

# **PANINIS**

Chicken wings /// 1106 kcal

Ten spicy chicken wings, Naga chilli dip, blue cheese dip

The freshly made paninis below are all served with chips @ (add 603 kcal) or ask for a salad instead @ (add 68 kcal). **Cheddar cheese and tomato**  587 kcal 9.45 Wiltshire cured ham and Cheddar cheese 552 kcal 9.45

BBO chicken, bacon and Cheddar cheese 637 kcal

SALADS, PASTAS AND NOODLES Ramen noodle bowl @ 53 555 241 kcal 10.90 Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Chicken breast (100 kcal) 3.55 Chicken & maple-cured bacon salad 13.15 Choose: Chicken breast 58 555 280 kcal Southern-fried chicken strips (SOO) 452 kcal Mediterranean salad @ 59 500 314 kcal 10.45 Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, kale, pumpkin seeds, basil, dressing Add: Chicken breast (200 kcal) 3.55 Pasta alfredo V 659 kcal 10.90

Fusilli pasta, creamy pecorino & regato cheese sauce, spinach,

sun-dried tomato, basil, rocket

Add: Chicken breast (200 kcal) 3.55

British beef & pancetta lasagne 749 kcal

Maple-cured bacon (87 kcal) 1.99



## **BURGERS**





9.75

9.45

13.15

# 100% UK and Irish beef

Sourced from farms in the UK and Ireland. Traceable from farm to fork.

Beef burgers One 3oz beef patty. Served with chips (603 kcal, included in Calories below).	
<b>American burger</b> 1071 kcal Red onion, gherkin, ketchup, American-style mustard	10.99
<b>Classic beef burger</b> 1053 kcal Cos lettuce, tomato, red onion	10.99
Skinny beef burger 637 412 kcal Cos lettuce, tomato, red onion, with a side salad, instead of chips	10.99
American cheese burger 1113 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	12.45
Double beef burgers Two 3oz beef patties. Served with chips (603 kcal, included in Calories below).	
<b>Double American burger</b> 1162 kcal Red onion, gherkin, ketchup, American-style mustard	13.50
<b>Double classic beef burger</b> 1142 kcal Cos lettuce, tomato, red onion	13.50
<b>Double American cheese burger</b> 1243 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	14.95

# **CHICKEN**

**Chicken baskets** 

Chicken wing basket 🆊	13.20
ive wings, coleslaw, Naga chilli dip	
Choose:	
picy rice 879 kcal	
hips 1273 kcal	

Boneless basket 🆊 13.20 Three southern-fried chicken strips, chicken breast bites, coleslaw, BBQ sauce Choose: Spicy rice 902 kcal

13.20

uthern-fried chicken strips basket 🆊 Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Spicy rice 946 kcal



### 11" PIZZAS On a freshly baked sourdough base. Margherita V 941 kcal 12.20 Pepperoni // 1159 kcal 13.20 Ham and mushroom 1020 kcal 13.20 Mozzarella, ham, mushroom, rocket BBQ chicken 1123 kcal 13.20 Mozzarella, BBQ sauce, chicken breast, red onion, rocket Spicy meat feast // 1339 kcal 15.20 Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket Additional toppings Red onion 10 kg Sliced chillies **FFFF 3** kcal; **Mushroom 6** kcal each **1.30** Mozzarella V 145 kcal; Ham 71 kcal Chicken breast 100 kcal; Maple-cured bacon 87 kcal each **1.60**

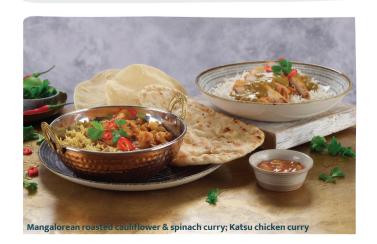
Pepperoni // 109 kcal



## **CURRIES** Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander Katsu chicken curry 686 kcal 13.80 Sliced whole breaded chicken breast escalope Katsu grilled chicken curry 🚳 554 kcal 13.80 Sliced grilled chicken breast Classic curries With basmati pilau rice, plain naan, poppadums and mango chutney. Chicken tikka masala // 1183 kcal 14.75

Mangalorean roasted cauliflower

& spinach curry **//** @ 5951 kcal



PUB CLASSICS	
Freshly battered cod and chips  Peas 1253 kcal or mushy peas 1287 kcal	14.95
<b>All-day brunch</b> 1240 kcal Two sausages, bacon, two fried eggs, baked beans, chips <b>Add: Two slices of black pudding</b> (355 kcal) <b>1.99</b>	13.20
<b>Vegetarian all-day brunch </b>	13.20
<b>Eggs Benedict</b> 668 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	11.95
Mushroom Benedict ♥ 697 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	11.95
Miner's Benedict 881 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	11.95
Smoky vegan chilli	12.80
Add: Two slices of bread (385 kcal) 1.50 Chip shop-style curry sauce (18 kcal) 1.50	••••••



1.80

14.75

## Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.



## SIDES AND EXTRAS

Bowl of chips @ 964 kg	cal			4.5
Side salad @ 68 kcal				2.1
Mediterranean side	salad 🥝 179 kca	al		3.5
Onion rings @	<b>Six</b> 237 kcal	3.25	Twelve 474 kcal	4.9
Garlic pizza bread 🛭	<b>8"</b> 352 kcal	6.70	<b>11"</b> 703 kcal	7.4
With cheese <b>V</b>	<b>8"</b> 424 kcal	7.95	<b>11"</b> 848 kcal	9.7

### **ALLERGEN AND NUTRITIONAL INFORMATION**

This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- · Exclude those dishes containing certain allergens.
- See full lists of ingredients.
- Set Calorie and carbohydrate limits.
- List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. wapping items may result in changes to allergens contained in the dish.

## **DIETARY SYMBOLS**

= Very mild = Mild = Medium hot = Very hot = Extremely hot

Vegetarian Vegan 5% fat or less Dish under 500 Calories

Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.5