

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal) 34p	4.23		
Small bowl of chips	602 kcal	2.48		
Five chicken wings	407 kcal	3.34		
NEW Five chicken breast bites	161 kcal	2.99		
Eight Whitby breaded scampi	464 kcal	4.99		
Grilled halloumi-style cheese	447 kcal	1.97		
Peas	133 kcal	94p		
Mushy peas	248 kcal	94p		
Side salad	91 kcal	2.29		
Mediterranean side salad	198 kcal	3.22		
Roasted vegetables	135 kcal	1.53		
Coleslaw	399 kcal	1.40		
Sliced chillies	3 kcal	88p		
Chicken gravy	50 kcal	94p		
Onion rings	Six 269 kcal	2.33	Twelve 538 kcal	3.50
Garlic pizza bread	8* 386 kcal	4.40	11* 772 kcal	5.57
With cheese	8* 473 kcal	4.98	11* 922 kcal	6.44

Desserts

NEW Salted caramel sticky toffee pudding	4.99
Vanilla ice cream 877 kcal or custard 741 kcal	
NEW Millionaire's shortbread	4.09
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal
Vanilla ice cream	
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	537 kcal
Vanilla ice cream	
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
Add: Custard (134 kcal) 1.23; Vanilla ice cream scoop (135 kcal) 94p	
Belgian chocolate sauce (61 kcal) 42p; Toffee sauce (66 kcal) 42p	
Banana (110 kcal) 62p; Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p	

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. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping 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% 5% fat or less UNDER 500 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.⁸

BREAKFAST

Served
8am - 12 noon

Large breakfast 1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast 435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Black pudding (178 kcal) 75p	
Freedom breakfast 586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast 1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast 786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast 291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast 642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
American breakfast 1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	
Small American breakfast 629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	
Porridge 252 kcal (plain)	2.09
Add: Banana (110 kcal) 62p; Maple-flavour syrup (125 kcal) 34p	
Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p	
Honey (91 kcal) 34p; Sliced apple (46 kcal) 62p	

Breakfast extras

Add any of the following:					
Black pudding 178 kcal	75p	Two rashers of back bacon 131 kcal	1.57	Baked beans 126 kcal	93p
Lincolnshire sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms 100 kcal	93p
Vegan sausage 82 kcal	1.05	Two scrambled eggs 136 kcal	1.63	Two grilled tomato halves 16 kcal	52p
Slice of toast 225 kcal	1.13	Fried egg 56 kcal	93p	Grilled halloumi-style cheese 447 kcal	1.97
Hash brown 82 kcal	46p	Poached egg 63 kcal	93p		

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	3.19
Sausage butty 714 kcal	3.19
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty 541 kcal	3.19
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread 435 kcal	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*	
Egg & cheese muffin 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin 314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin 417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin 330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin 482 kcal	4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin 271 kcal	4.01
Guacamole, pico de gallo, on an English muffin, rocket	
Add: Maple-cured bacon (91 kcal) 1.52; Poached egg (63 kcal) 93p	
Grilled halloumi-style cheese (447 kcal) 1.97	
Add: Hash brown (82 kcal) 46p	

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdetherspoon.com
*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *Non-refundable advance purchase rates, available to book direct on our website, app and on the telephone. *Statement of daily Calorie needs from the Department of Health & Social Care. **Excluding decaffeinated. *Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).

NEW Fiesta brunch 659 kcal	3.19
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa	
Eggs Benedict 725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict 638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
American-style pancakes	
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. 708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	4.99
Four pancakes, maple-flavour syrup. 554 kcal	4.30
Small American-style pancakes	
Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal	3.54
Two pancakes, maple-flavour syrup. 277 kcal	3.25
Scrambled egg on toast 570 kcal	3.77
Three eggs, buttered white bloomer toast	
Beans on toast 566 kcal. Buttered white bloomer toast	3.66
NEW Vegan option available with vegan spread 460 kcal	
Small beans on toast 252 kcal	2.62
Buttered white bloomer toast	
Two slices of toast with jam or marmalade 524 kcal	2.47
White bloomer bread	
Fresh fruit 200 kcal	3.66
Apple, banana, blueberries, strawberries	
NEW Fresh fruit and yoghurt 334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	

Breakfast wrap 724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap 735 kcal	4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	

Tea, coffee and hot chocolate

FREE REFILLS*	
TEA, COFFEE AND HOT CHOCOLATE	
— ALL DAY EVERY DAY —	
LAVAZZA	
100% ARABICA BEANS	
100% RADIANT TASTE	
100% SUSTAINABLE SEAFOOD MSC	
£1.56 each	
Biscuits	
Walkers shortbread 151 kcal 71p	
Stem ginger biscuit 123 kcal 71p	
Belgian chocolate biscuit 129 kcal 71p	
Salted caramel brownie bar 316 kcal 1.64	
Flat white 92 kcal	
Cappuccino 102 kcal	
Latte 113 kcal	
Mocha 147 kcal	
Espresso 6 kcal	
Black coffee 6 kcal	
White coffee 24 kcal	
Hot chocolate 169 kcal	
Tea with semi-skimmed milk 14 kcal	
Dairy alternative: oat sachet 4 kcal	
Decaffeinated tea and coffee available.	

for the facts
drinkaware.co.uk

jdetherspoon.com

STD

FOOD

Main menu 11.30am - 11pm. Children's menu available.



The Up Steps Inn

Oldham

This is named after the Up Steps Inn, which stood on the same site and was built in the early 19th century, then demolished in the 1930s. The pub got its unusual name because its entrance was above street level, up a few stone steps. Although demolished, the Up Steps has not been forgotten, as its distinctive name lives on in this Wetherspoon pub.



Table service

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale



Food hygiene rating

We have been awarded the maximum food hygiene rating of 5 in our pub.



100% UK and Irish beef

From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.



Sustainable fish

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



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.



Coffee

The freshly ground 100% Arabica Lavazza coffee* we serve is from Rainforest Alliance-certified farms.



Award-winning children's menu

Best children's meals (first place) Independently run 'secret diner' survey.



Sustainable Restaurant Association

Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

wetherspoon hotels
Over 50 hotels in England, Ireland, Scotland and Wales

Book direct for the best rates*
at jdetherspoon.com, on our app or by phone.

UNLIMITED
FREE Wi-Fi

goodfoodtalks

opening menus for everybody
The spoken menu app for the visually impaired

