

## 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
<b>NEW</b> 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
Colestlaw	399 kcal		1.40
Sliced chillies	3 kcal		88p
Chicken gravy	50 kcal		94p
Onion rings	Six 269 kcal	2.33	Twelve 538 kcal
Garlic pizza bread	8* 386 kcal	4.40	11* 772 kcal
With cheese	8* 473 kcal	4.98	11* 922 kcal

## Desserts

<b>NEW</b> Salted caramel sticky toffee pudding	4.99
Vanilla ice cream	877 kcal or custard 741 kcal
<b>NEW</b> Millionaire's shortbread	409 kcal
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.<sup>8</sup>

# BREAKFAST

<b>Large breakfast</b>	1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
<b>Traditional breakfast</b>	807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
<b>Small breakfast</b>	435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal) 75p		
<b>Freedom breakfast</b>	586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
<b>Large vegetarian breakfast</b>	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
<b>Vegetarian breakfast</b>	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
<b>Small vegetarian breakfast</b>	291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato		
<b>Vegan breakfast</b>	642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
<b>American breakfast</b>	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
<b>Small American breakfast</b>	629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
<b>Porridge</b>	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
Lincolnshire sausage	168 kcal	1.05	Four rashers of maple-cured bacon	91 kcal
Vegan sausage	82 kcal	1.05	Two scrambled eggs	136 kcal
Slice of toast	225 kcal	1.13	Fried egg	56 kcal
Hash brown	82 kcal	46p	Poached egg	63 kcal

## Breakfast butties and wraps

<b>Bacon butty</b>	574 kcal. Three rashers of bacon, buttered white bloomer bread	3.88
<b>Sausage butty</b>	714 kcal	3.88
Two Lincolnshire sausages, buttered white bloomer bread		
<b>Vegetarian sausage butty</b>	541 kcal	3.88
Two vegan sausages, buttered white bloomer bread		
<b>NEW</b> Vegan option available with vegan spread	435 kcal	

## Breakfast muffin deal

<b>Includes tea, coffee or hot chocolate. Free refills*</b>		
<b>Egg &amp; cheese muffin</b>	249 kcal	3.31
Fried egg, American-style cheese, in an English muffin		
<b>Egg &amp; bacon muffin</b>	314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
<b>Egg &amp; sausage muffin</b>	417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
<b>Egg &amp; vegetarian sausage muffin</b>	330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin		
<b>Breakfast muffin</b>	482 kcal	4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
<b>Smashed avocado muffin</b>	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).

## Served 8am - 12 noon

<b>NEW</b> Fiesta brunch	659 kcal	3.88
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
<b>Eggs Benedict</b>	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
<b>Mushroom Benedict</b>	638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
<b>Miner's Benedict</b>	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
<b>American-style pancakes</b>		
<b>NEW</b> 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
<b>Small American-style pancakes</b>		
Two pancakes, maple-cured bacon, maple-flavour syrup	322 kcal	3.54
Two pancakes, maple-flavour syrup	277 kcal	3.25
<b>Scrambled egg on toast</b>	570 kcal	3.77
Three eggs, buttered white bloomer toast		
<b>Beans on toast</b>	566 kcal	3.66
Buttered white bloomer toast		
<b>NEW</b> Vegan option available with vegan spread	460 kcal	2.62
<b>Small beans on toast</b>	252 kcal	2.62
Buttered white bloomer toast		
<b>Two slices of toast with jam or marmalade</b>	524 kcal	2.47
White bloomer bread		
<b>Fresh fruit</b>	200 kcal	3.66
Apple, banana, blueberries, strawberries		
<b>NEW</b> Fresh fruit and yoghurt	334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		




<b>Breakfast wrap</b>	724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
<b>Vegetarian breakfast wrap</b>	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 —

# £1.56

each

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**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

for the facts  
**drinkaware.co.uk**

jdetherspoon.com

STD

# FOOD

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

## The Ounce & Ivy Bush

East Grinstead



This pub's name recalls one of East Grinstead's former inns and the coat of arms of the Sackville family. The closure of the Dorset's Head allowed The Cat inn, also on High Street, to change its name to the Dorset Arms. The Cat had been called The Ounce & Ivy Bush, an ounce being a wild cat species and an ivy bush a symbol of a high-class inn. Robert Sackville founded Sackville College almshouses, on High Street, in 1605. The college is East Grinstead's most important historic building.



## 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'.

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MENU\_2873

