

## SOFT DRINKS

**Pepsi Max cherry** 398ml glass, 2 kcal  
**Pepsi Max** 398ml glass, 2 kcal  
**Diet Pepsi** 398ml glass, 2 kcal  
**R White's lemonade** 398ml glass, 8 kcal

**2.85**  
398ml

**3.05**  
pint

**Pepsi** 398ml glass, 167 kcal

398ml pint  
**2.95 3.15**

**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

**2.95**  
can

**Monster Mango Loco** 500ml, 240 kcal  
**Monster Energy** 500ml, 235 kcal  
**Monster Pipeline Punch** 500ml, 225 kcal  
**Monster Energy Ultra** 500ml, 10 kcal

**3.05**  
can

**Brecon Carreg spring water** 2.10  
 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

**FREE REFILLS**  
 TEA, COFFEE AND  
 HOT CHOCOLATE  
 — ALL DAY EVERY DAY —

**Flat white** 92 kcal  
**Cappuccino** 102 kcal  
**Latte** 113 kcal  
**Mocha** 147 kcal  
**Espresso** 6 kcal  
**Black coffee** 6 kcal  
**White coffee** 24 kcal  
 (Oat milk available 4 kcal)  
**Hot chocolate** 169 kcal  
**Tea** Tetley  
 with semi-skimmed milk 14 kcal  
 (Oat milk available 4 kcal)  
 Decaffeinated tea and coffee available.

**£3.25** each

**Biscuits**  
**Walkers shortbread** 151 kcal **80p**  
**Stem ginger biscuit** 123 kcal **80p**  
**Belgian chocolate biscuit** 129 kcal **80p**  
**Salted caramel brownie bar** 316 kcal **2.10**

**LAVAZZA**  
 TORINO, ITALIA, 1895

### Coffee

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



Eggs Benedict; Fresh fruit; Large breakfast

<b>Large breakfast</b> 1313 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	<b>13.20</b>	<b>Eggs Benedict</b> 668 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	<b>11.95</b>
<b>Traditional breakfast</b> 743 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	<b>11.70</b>	<b>Mushroom Benedict</b> 697 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	<b>11.95</b>
<b>Small breakfast</b> 434 kcal Fried egg, bacon, sausage, baked beans, hash brown	<b>8.70</b>	<b>Miner's Benedict</b> 881 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	<b>11.95</b>
<b>Add: Two slices of black pudding</b> (355 kcal) <b>1.99</b>		<b>Scrambled egg on toast</b> 591 kcal Three eggs, buttered white bloomer toast	<b>6.20</b>
<b>Slice of toast</b> 176 kcal <b>1.50</b>		<b>Beans on toast</b> 549 kcal Buttered white bloomer toast	<b>5.60</b>
<b>Large vegetarian breakfast</b> 1236 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	<b>13.20</b>	<b>Two slices of toast with jam or marmalade</b> 465 kcal White bloomer bread	<b>3.45</b>
<b>Vegetarian breakfast</b> 856 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>11.70</b>	<b>Fresh fruit</b> 216 kcal Apple, banana, blueberries, strawberries	<b>5.60</b>
<b>Small vegetarian breakfast</b> 343 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	<b>8.70</b>	<b>MOMA Porridge</b> 252 kcal (plain) Add: <b>Banana</b> (101 kcal) <b>1.20</b> <b>Strawberries</b> (14 kcal) <b>1.20</b> <b>Blueberries</b> (17 kcal) <b>1.20</b> <b>Honey</b> (91 kcal) <b>85p</b>	<b>4.20</b>
<b>Vegan breakfast</b> 703 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>10.70</b>		
<b>Freedom breakfast</b> 613 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>10.70</b>		

## BREAKFAST EXTRAS

Add any of the following:

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

## MUFFINS AND BUTTIES

<b>Egg &amp; cheese muffin</b> 268 kcal Fried egg, American-style cheese, in an English muffin	<b>7.20</b>	<b>Bacon butty</b> 508 kcal Three rashers of bacon, buttered white bloomer bread	<b>6.45</b>
<b>Egg &amp; bacon muffin</b> 317 kcal Fried egg, bacon, American-style cheese, in an English muffin	<b>7.60</b>	<b>Sausage butty</b> 696 kcal Two sausages, buttered white bloomer bread	<b>6.45</b>
<b>Egg &amp; sausage muffin</b> 436 kcal Fried egg, sausage, American-style cheese, in an English muffin	<b>7.60</b>	<b>Quorn™ sausage butty</b> 597 kcal Two Quorn sausages, buttered white bloomer bread	<b>6.45</b>
<b>Egg &amp; Quorn™ sausage muffin</b> 387 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	<b>7.60</b>	<b>Breakfast sandwich</b> 617 kcal Sausage, bacon, egg, buttered white bloomer bread	<b>8.05</b>
<b>Breakfast muffin</b> 485 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	<b>7.99</b>		
<b>Smashed avocado muffin</b> 232 kcal Guacamole, pico di gallo, on an English muffin, rocket	<b>7.99</b>		
<b>Add:</b> <b>Maple-cured bacon</b> (87 kcal) <b>1.99</b> <b>Poached egg</b> (57 kcal) <b>99p</b>			
<b>Add: Two hash browns</b> (166 kcal) <b>1.99</b>			



### 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.

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

**jdwetherspoon.com**

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](http://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. APSTDNC

# FOOD

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

## The Red Lion Gatwick Airport



This pub has a very traditional name, with its roots in heraldry. In the 14th century, John of Gaunt was the most powerful man in England. His heraldic device was a red lion and, as a sign of loyalty, was displayed outside many buildings. Many other red lions have taken their name from the coat of arms of local lords of the manor.

**wetherspoon**

**FOOD HYGIENE RATING**  
 ① ② ③ ④ **⑤**  
 VERY GOOD

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



**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.<sup>9</sup>



## SMALL PLATES











<b>11" garlic pizza bread</b>  703 kcal	<b>7.45</b>
<b>Nachos</b>   636 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	<b>9.05</b>
<b>Bowl of chips</b>  964 kcal	<b>4.50</b>
<b>Bowl of chips with curry sauce</b>  1083 kcal	<b>6.30</b>
<b>Cheesy chips</b>  1269 kcal	<b>5.50</b>
<b>Loaded chips</b> 1306 kcal Cheese, maple-cured bacon, sour cream	<b>7.75</b>
<b>Chicken breast bites</b>   406 kcal Battered chicken pieces, sticky soy sauce	<b>8.75</b>
<b>Chicken wings</b>   1106 kcal Ten spicy chicken wings, Naga chilli dip, blue cheese dip	<b>9.75</b>

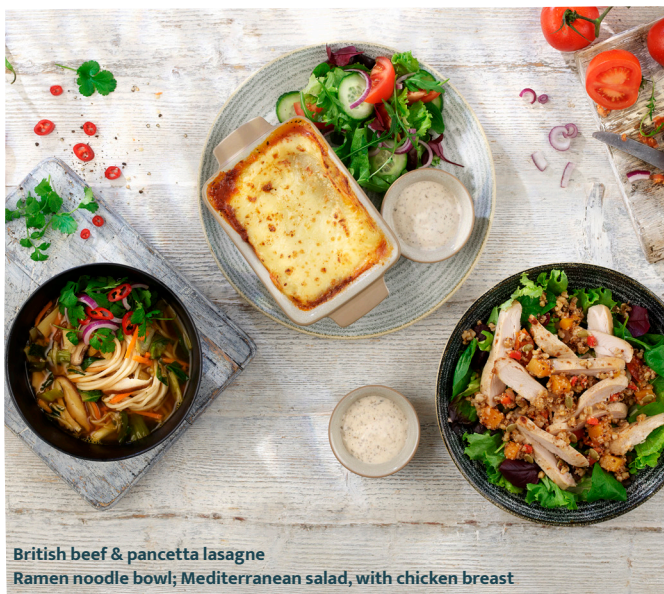
## PANINIS

The freshly made paninis below are all served with chips  (add 603 kcal) or ask for a salad instead  (add 68 kcal).

<b>Cheddar cheese and tomato</b>  587 kcal	<b>9.45</b>
<b>Wiltshire cured ham and Cheddar cheese</b> 552 kcal	<b>9.45</b>
<b>BBQ chicken, bacon and Cheddar cheese</b> 637 kcal	<b>9.45</b>
<b>Tuna mayo and Cheddar cheese</b> 642 kcal	<b>9.45</b>

## SALADS, PASTAS AND NOODLES

<b>Ramen noodle bowl</b>     241 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth <b>Add: Chicken breast</b> (100 kcal) <b>3.55</b>	<b>10.90</b>
<b>Chicken &amp; maple-cured bacon salad</b>   280 kcal	<b>13.15</b>
<b>Mediterranean salad</b>    314 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, kale, pumpkin seeds, basil, dressing <b>Add: Chicken breast</b> (200 kcal) <b>3.55</b>	<b>10.45</b>
<b>Pasta alfredo</b>  659 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket <b>Add: Chicken breast</b> (200 kcal) <b>3.55</b> <b>Maple-cured bacon</b> (87 kcal) <b>1.99</b>	<b>10.90</b>
<b>British beef &amp; pancetta lasagne</b> 749 kcal Side salad	<b>13.15</b>



British beef & pancetta lasagne  
Ramen noodle bowl; Mediterranean salad, with chicken breast

## BURGERS



Fried buttermilk chicken BBQ burger; Ultimate burger; Double American burger

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

### Additional toppings

<b>Maple-cured bacon with Cheddar cheese</b> 170 kcal	<b>2.55</b>
<b>Maple-cured bacon with American-style cheese</b> 168 kcal	<b>2.55</b>
<b>Cheddar cheese</b>  83 kcal	<b>1.55</b>
<b>American-style cheese</b>  81 kcal	<b>1.55</b>
<b>Maple-cured bacon</b> 87 kcal	<b>1.99</b>

### 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. Swapping items may result in changes to allergens contained in the dish.



### MEAT-FREE BURGERS

<b>Breaded vegetable burger</b>  916 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	<b>13.50</b>
<b>Beyond Burger™</b>  939 kcal  BEYOND MEAT plant-based patty	<b>13.50</b>











### CHICKEN BURGER

<b>Fried buttermilk chicken burger</b> 968 kcal Breaded whole chicken breast escalope	<b>13.50</b>
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### GOURMET BURGERS












<b>Ultimate burger</b> 1651 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	<b>15.50</b>
<b>Tennessee burger</b> Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze <b>Choose:</b> <b>Beef</b> (two 3oz beef patties) 1380 kcal <b>Fried buttermilk chicken</b> 1652 kcal	<b>15.50</b>
<b>BBQ burger</b> Maple-cured bacon, Cheddar cheese, BBQ sauce <b>Choose:</b> <b>Beef</b> (two 3oz beef patties) 1625 kcal <b>Fried buttermilk chicken</b> 1652 kcal	<b>15.50</b>
<b>Triple American cheese &amp; bacon burger</b> 1479 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, Red onion, gherkin, ketchup, American-style mustard	<b>15.99</b>

### 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-56647 www.msc.org

Adults need around 2000 kcal a day.<sup>8</sup>







## 11" PIZZAS

<b>On a freshly baked sourdough base.</b>	
<b>Margherita</b>  941 kcal Mozzarella, basil	<b>12.20</b>
<b>Pepperoni</b>  1159 kcal Mozzarella, pepperoni	<b>13.20</b>
<b>Ham and mushroom</b> 1020 kcal Mozzarella, ham, mushroom, rocket	<b>13.20</b>
<b>BBQ chicken</b> 1123 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	<b>13.20</b>
<b>Spicy meat feast</b>    1339 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	<b>15.20</b>
<b>Additional toppings</b>	
<b>Red onion</b>  10 kcal <b>Sliced chillies</b>     3 kcal; <b>Mushroom</b>  6 kcal	each <b>1.30</b>
<b>Mozzarella</b>  145 kcal; <b>Ham</b> 71 kcal <b>Chicken breast</b> 100 kcal; <b>Maple-cured bacon</b> 87 kcal	each <b>1.60</b>
<b>Pepperoni</b>  109 kcal	<b>1.80</b>



Margherita









## CURRIES

<b>Katsu curries</b> With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.	
<b>Katsu chicken curry</b> 686 kcal Sliced whole breaded chicken breast escalope	<b>13.05</b>
<b>Katsu grilled chicken curry</b>  554 kcal Sliced grilled chicken breast	<b>13.05</b>
<b>Classic curries</b> With basmati pilau rice, plain naan, poppadums and mango chutney.	
<b>Chicken tikka masala</b>  1183 kcal	<b>13.99</b>
<b>Mangalorean roasted cauliflower &amp; spinach curry</b>     951 kcal	<b>13.99</b>



Mangalorean roasted cauliflower & spinach curry; Katsu chicken curry

## PUB CLASSICS

<b>Freshly battered cod and chips</b>  Peas 1253 kcal or mushy peas 1287 kcal	<b>14.95</b>
<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>	<b>13.20</b>
<b>Vegetarian all-day brunch</b>  1163 kcal Three Quorn sausages, two fried eggs, baked beans, chips	<b>13.20</b>
<b>Eggs Benedict</b> 668 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	<b>11.95</b>
<b>Mushroom Benedict</b>  697 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	<b>11.95</b>
<b>Miner's Benedict</b> 881 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	<b>11.95</b>
<b>Smoky vegan chilli</b>    754 kcal Soya mince, red peppers, red kidney beans, black turtle beans, haricot beans, in a smoky chipotle tomato sauce. Rice, tortilla chips	<b>12.80</b>
<b>Add: Two slices of bread</b>  (385 kcal) <b>1.50</b> <b>Chip shop-style curry sauce</b>  (118 kcal) <b>1.50</b>	












### 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.



All-day brunch; Freshly battered fish and chips

## SIDES AND EXTRAS

<b>Bowl of chips</b>  964 kcal	<b>4.50</b>
<b>Side salad</b>  68 kcal	<b>2.10</b>
<b>Mediterranean side salad</b>  179 kcal	<b>3.55</b>
<b>Six onion rings</b>  237 kcal	<b>3.25</b>
<b>Twelve onion rings</b>  474 kcal	<b>4.99</b>
<b>8" Garlic pizza bread</b>  352 kcal	<b>6.70</b>
<b>11" Garlic pizza bread</b>  703 kcal	<b>7.45</b>
<b>8" Garlic pizza bread with cheese</b>  424 kcal	<b>7.95</b>
<b>11" Garlic pizza bread with cheese</b>  848 kcal	<b>9.70</b>