

SOFT DRINKS

Pepsi Max cherry 398ml glass, 2 kcal	2.85 398ml	3.05 pint
Pepsi Max 398ml glass, 2 kcal		
Diet Pepsi 398ml glass, 2 kcal		
R White's lemonade 398ml glass, 8 kcal		
	398ml	pint
Pepsi 398ml glass, 167 kcal	2.95	3.15
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Dalston's Fizzy Rhubarb 330ml, 40 kcal		
R White's raspberry lemonade 330ml, 56 kcal		
Old Jamaica ginger beer 330ml, 66 kcal	2.95 can	
Sanpellegrino 330ml, blood orange, lemon, 73 kcal		
Remedy kombucha raspberry lemonade 250ml, 7 kcal		
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Monster Mango Loco 500ml, 240 kcal		
Monster Energy 500ml, 235 kcal	3.05 can	
Monster Pipeline Punch 500ml, 225 kcal		
Monster Energy Ultra 500ml, 10 kcal		
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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 —



£3.25 each

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.

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



Coffee

The freshly ground 100% Arabica Lavazza coffee^{††} 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

Large breakfast 1313 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	13.20	Eggs Benedict 668 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	11.95
Traditional breakfast 743 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	11.70	Mushroom Benedict ✓ 697 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	11.95
Small breakfast ⁵⁰⁰ 434 kcal Fried egg, bacon, sausage, baked beans, hash brown	8.70	Miner's Benedict 881 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	11.95
Add: Two slices of black pudding (355 kcal) 1.99		Scrambled egg on toast ✓ 591 kcal Three eggs, buttered white bloomer toast	6.20
Slice of toast ✓ 176 kcal 1.50		Beans on toast ✓ 549 kcal Buttered white bloomer toast	5.60
Large vegetarian breakfast ✓ 1236 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	13.20	Two slices of toast with jam or marmalade ✓ ⁵⁰⁰ 465 kcal White bloomer bread	3.45
Vegetarian breakfast ✓ 856 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	11.70	Fresh fruit ✓ ⁵⁰⁰ 216 kcal Apple, banana, blueberries, strawberries	5.60
Small vegetarian breakfast ✓ ⁵⁰⁰ 343 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	8.70	MOMA Porridge ✓ ⁵⁰⁰ 252 kcal (plain)	4.20
Vegan breakfast ✓ 703 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	10.70	Add: Banana ✓ (101 kcal) 1.20	
Freedom breakfast 613 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	10.70	Strawberries ✓ (14 kcal) 1.20	
		Blueberries ✓ (17 kcal) 1.20	
		Honey ✓ (91 kcal) 85p	

BREAKFAST EXTRAS

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

MUFFINS AND BUTTIES

Egg & cheese muffin ✓ ⁵⁰⁰ 268 kcal Fried egg, American-style cheese, in an English muffin	7.20	Bacon butty 508 kcal Three rashers of bacon, buttered white bloomer bread	6.45
Egg & bacon muffin ⁵⁰⁰ 317 kcal Fried egg, bacon, American-style cheese, in an English muffin	7.60	Sausage butty 696 kcal Two sausages, buttered white bloomer bread	6.45
Egg & sausage muffin ⁵⁰⁰ 436 kcal Fried egg, sausage, American-style cheese, in an English muffin	7.60	Quorn™ sausage butty ✓ 597 kcal Two Quorn sausages, buttered white bloomer bread	6.45
Egg & Quorn™ sausage muffin ✓ ⁵⁰⁰ 387 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	7.60	Breakfast sandwich 617 kcal Sausage, bacon, egg, buttered white bloomer bread	8.05
Breakfast muffin ⁵⁰⁰ 485 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	7.99		
Smashed avocado muffin ✓ ⁵⁰⁰ 232 kcal Guacamole, pico di gallo, on an English muffin, rocket	7.99		
Add:			
Maple-cured bacon (87 kcal) 1.99			
Poached egg ✓ (57 kcal) 99p			
Add: Two hash browns ✓ (166 kcal) 1.99			



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 ^{††}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

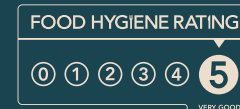
Breakfast until 11am
Main menu from 11am

The Flying Horse Gatwick Airport



Gatwick Airport covers the site of Gatwick Race Course, which had held race meetings here for 50 years from 1890. The name 'The Flying Horse' links the old race course with the airport.

wetherspoon



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.⁹

SMALL PLATES








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

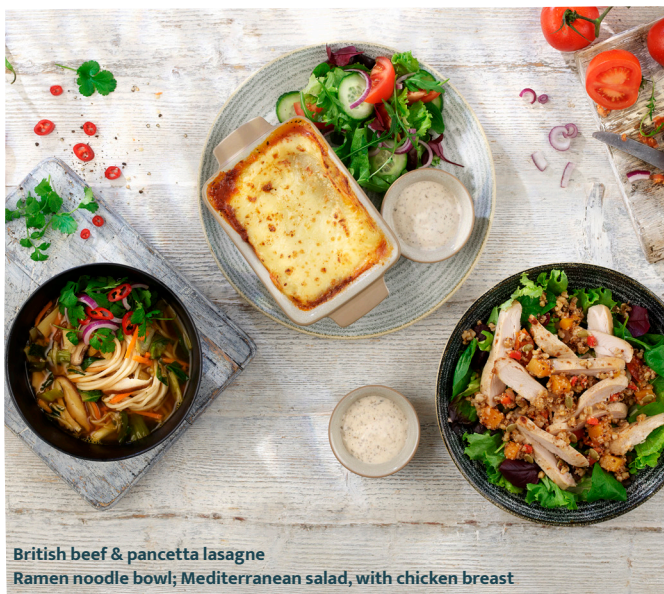
PANINIS

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
BBQ chicken, bacon and Cheddar cheese 637 kcal	9.45
Tuna mayo and Cheddar cheese 642 kcal	9.45

SALADS, PASTAS AND NOODLES

Ramen noodle bowl   241 kcal 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	10.90
Chicken & maple-cured bacon salad   280 kcal	13.15
Mediterranean salad   314 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, kale, pumpkin seeds, basil, dressing Add: Chicken breast (200 kcal) 3.55	10.45
Pasta alfredo  659 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Chicken breast (200 kcal) 3.55 Maple-cured bacon (87 kcal) 1.99	10.90
British beef & pancetta lasagne 749 kcal Side salad	13.15



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).

American burger 1071 kcal Red onion, gherkin, ketchup, American-style mustard	10.99
Classic beef burger 1053 kcal Iceberg lettuce, tomato, red onion	10.99
Skinny beef burger   412 kcal Iceberg 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 <small>Two 3oz beef patties. Served with chips (603 kcal, included in Calories below).</small>	
Double American burger 1162 kcal Red onion, gherkin, ketchup, American-style mustard	13.50
Double classic beef burger 1142 kcal Iceberg lettuce, tomato, red onion	13.50
Double American cheese burger 1243 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	14.95

Additional toppings

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

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

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











CHICKEN BURGER

Fried buttermilk chicken burger 968 kcal Breaded whole chicken breast escalope	13.50
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GOURMET BURGERS








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

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.⁸






11" PIZZAS

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



Margherita









CURRIES

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



Mangalorean roasted cauliflower & spinach curry; Katsu chicken curry

PUB CLASSICS

Freshly battered cod and chips  14.95 Peas 1253 kcal or mushy peas 1287 kcal	14.95
All-day brunch 1240 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.99	13.20
Vegetarian all-day brunch  1163 kcal Three Quorn sausages, two fried eggs, baked beans, chips	13.20
Eggs Benedict 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    754 kcal Soya mince, red peppers, red kidney beans, black turtle beans, haricot beans, in a smoky chipotle tomato sauce. Rice, tortilla chips	12.80
Add: Two slices of bread  (385 kcal) 1.50 Chip shop-style curry sauce  (118 kcal) 1.50	












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

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