

Sides and extras

Bowl of chips 🌿 964 kcal (Add: Spicy seasoning 🌶️ (8 kcal) 34p)	4.23
Small bowl of chips 🌿 602 kcal	2.48
Five chicken wings 🍷🍷🍷 402 kcal	3.34
Eight Whitby breaded scampi 527 kcal	4.99
Grilled halloumi-style cheese 🌿 446 kcal	1.97
Peas 🌿 130 kcal	94p
Mushy peas 🌿 248 kcal	94p
Side salad 🌿 87 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
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* 461 kcal 4.98 11* 922 kcal 6.44	

Desserts

Vanilla ice cream 🌿 ^{UNDER 500} 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch 🌿 ^{UNDER 500} 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie 🌿 ^{UNDER 500} 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich 🌿 ^{UNDER 500} 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Fresh fruit 🌿 ^{UNDER 500} 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake 🌿 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie 🌿 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich 🌿 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble 🌿 830 kcal Vanilla ice cream	5.62
Add: Vanilla ice cream scoop 🌿 (135 kcal) 94p Belgian chocolate sauce 🌿 (61 kcal) 42p Toffee sauce 🌿 (74 kcal) 42p Banana 🌿 (101 kcal) 62p Strawberries 🌿 (14 kcal) 62p Blueberries 🌿 (17 kcal) 62p	

BREAKFAST

Served
7am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99
Small breakfast ^{UNDER 500} 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.45
Add: Two slices of black pudding (355 kcal) 1.51	
Large vegetarian breakfast 🌿 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59
Vegetarian breakfast 🌿 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99
Small vegetarian breakfast 🌿 ^{UNDER 500} 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45
Vegan breakfast 🌿 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45

Breakfast extras

Add any of the following:	
Two slices of black pudding 355 kcal	1.51
Sausage 168 kcal	1.05
Quorn™ sausage 🌿 116 kcal	1.05
Grilled halloumi-style cheese 🌿 396 kcal	1.97
Baked beans 🌿 126 kcal	93p
Two rashers of back bacon 99 kcal	1.57
Four rashers of maple-cured bacon 91 kcal	1.52
Two scrambled eggs 🌿 136 kcal	1.63
Fried egg 🌿 56 kcal	93p
Poached egg 🌿 63 kcal	93p
Hash brown 🌿 82 kcal	46p
Two mushrooms 🌿 91 kcal	93p
Two grilled tomato halves 🌿 16 kcal	52p
Slice of toast 🌿 191 kcal	1.13

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	3.88
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88
Quorn™ sausage butty 🌿 609 kcal Two Quorn sausages, buttered white bloomer bread	3.88

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Mushroom Benedict 🌿 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
Scrambled egg on toast 🌿 570 kcal Three eggs, buttered white bloomer toast	3.77
Beans on toast 🌿 ^{UNDER 500} 566 kcal. Buttered white bloomer toast	3.66
Small beans on toast 🌿 ^{UNDER 500} 251 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmalade 🌿 ^{UNDER 500} 496 kcal White bloomer bread	2.47
Fresh fruit 🌿 ^{UNDER 500} 177 kcal Apple, banana, blueberries, strawberries	3.66
Porridge 🌿 ^{UNDER 500} 252 kcal (plain) Add: Banana 🌿 (101 kcal) 62p Strawberries 🌿 (14 kcal) 62p Blueberries 🌿 (17 kcal) 62p Honey 🌿 (91 kcal) 34p	2.09

Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.36
Vegetarian breakfast wrap 🌿 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.36

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills 🌿

Egg & cheese muffin 🌿 ^{UNDER 500} 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin 🌿 ^{UNDER 500} 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin 🌿 ^{UNDER 500} 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin 🌿 ^{UNDER 500} 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin ^{UNDER 500} 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01

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. 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. *Non-refundable advance purchase rates, available to book direct on the telephone, our website and our app. *Statement of daily calorie needs from the Department of Health & Social Care. †Excluding decaffeinated. *Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spiritzes, 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).

Tea, coffee and hot chocolate

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

LAVAZZA TORINO, ITALIA, 1895

100% ARABICA BEANS

£1.56 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 **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

jdwetherspoon.com

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MENU_148

FOOD

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

INCLUDES A DRINK* 🍷🍹
Choose from over 150 drinks

The Last Post

Southend-on-Sea



This fine two-storey red-brick building was purpose built in 1896 as Southend's head post office. It was one of several post offices designed by the architect Henry Tanner (from HM Office of Works) in the late 19th and early 20th century. In c1900, the head post office's employees numbered at least 17. The premises closed on 13 March 1993 and were soon converted into The Last Post.



Food hygiene rating

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



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.



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.

Breakfast
7am - 12 noon
Traditional breakfast
£4.99

Tea, coffee and hot chocolate
Free refills 🌿
£1.56 each

Burger meals

INCLUDES A DRINK 🍷🍹

Featuring 3oz American burger soft drink* | alcoholic drink*
£5.44 | **£6.97**

Afternoon deals

INCLUDES A DRINK 🍷🍹

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips soft drink* | alcoholic drink*
£6.09 | **£7.62**

Steak Club®

INCLUDES A DRINK 🍷🍹

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£9.67 | **£11.20**

Curry Club®

INCLUDES A DRINK 🍷🍹

Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink* | alcoholic drink*
£7.91 | **£9.44**

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.



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.

wetherspoon hotels

57 in England, Ireland, Scotland and Wales
HOTELS
Book direct for the best rates*
jdwetherspoon.com or on our app

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

UNLIMITED
FREE Wi-Fi

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

