

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	338 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	365 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie	435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	435 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream		
Fresh fruit	447 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	913 kcal, Vanilla ice cream	5.33
Warm chocolate brownie	736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	735 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble	830 kcal	5.62
Vanilla ice cream		
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
8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99	Mushroom Benedict 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Small breakfast 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.45	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
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	Scrambled egg on toast 570 kcal Three eggs, buttered white bloomer toast	3.77
Vegetarian breakfast 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99	Beans on toast 566 kcal. Buttered white bloomer toast	3.66
Small vegetarian breakfast 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45	Two slices of toast with jam or marmalade 496 kcal White bloomer bread	2.47
Vegan breakfast 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61	Fresh fruit 177 kcal Apple, banana, blueberries, strawberries	3.66
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Porridge 252 kcal (plain) Add: Banana (101 kcal) 62p Strawberries (14 kcal) 62p Blueberries (17 kcal) 62p Honey (91 kcal) 34p	2.09

Breakfast extras

Add any of the following:					
Two slices of black pudding	355 kcal	1.51	Two rashers of back bacon	99 kcal	1.57
Sausage	168 kcal	1.05	Two scrambled eggs	136 kcal	1.63
Quorn™ sausage	116 kcal	1.05	Fried egg	56 kcal	93p
Grilled halloumi-style cheese	396 kcal	1.97	Poached egg	63 kcal	93p
Baked beans	126 kcal	93p	Hash brown	82 kcal	46p
Two mushrooms	91 kcal	93p	Two grilled tomato halves	16 kcal	52p
Two mushrooms	91 kcal	93p	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	Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.36
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88	Vegetarian breakfast wrap 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.36
Quorn™ sausage butty 609 kcal Two Quorn sausages, buttered white bloomer bread	3.88		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 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, spirits, 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 —

£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
(Oat milk available 4 kcal)
Hot chocolate 169 kcal
Tea with semi-skimmed milk 14 kcal
(Oat milk available 4 kcal)
Decaffeinated tea and coffee available.

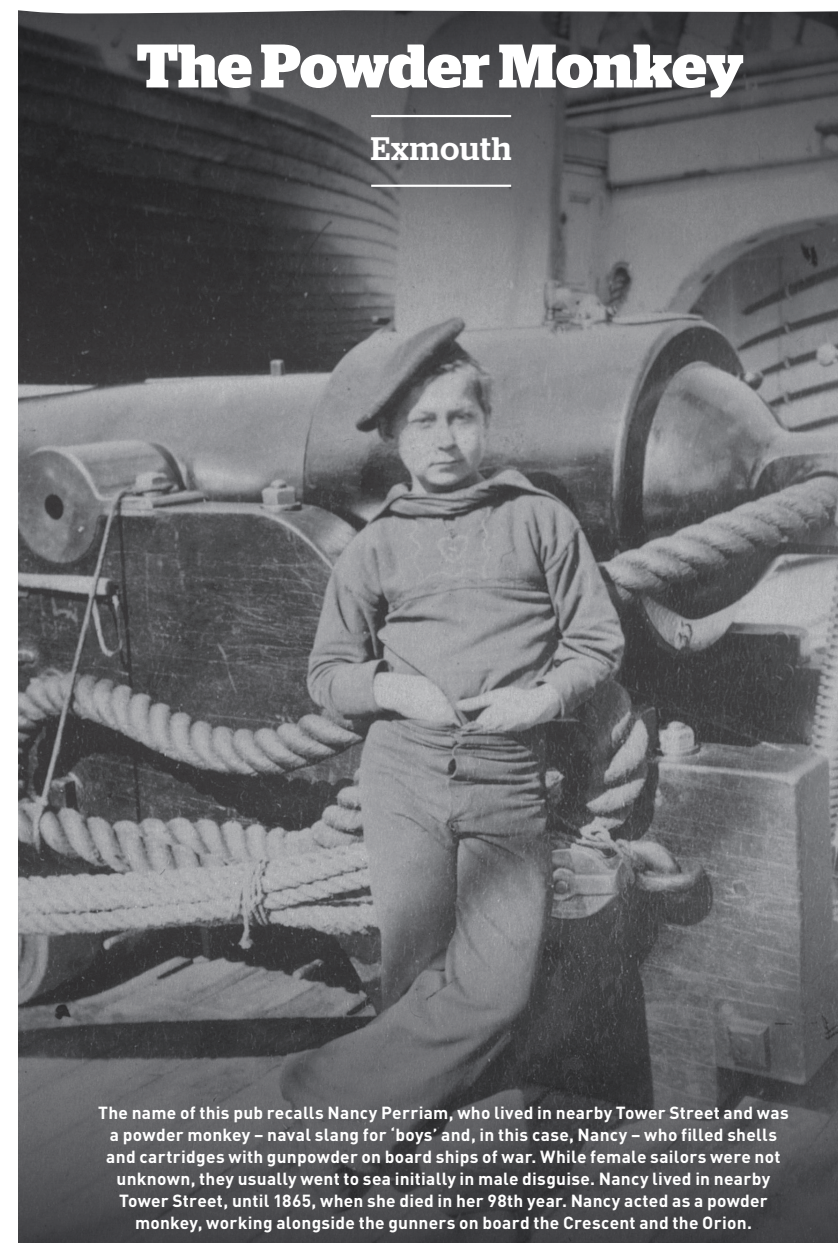
FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks

The Powder Monkey

Exmouth



The name of this pub recalls Nancy Perriam, who lived in nearby Tower Street and was a powder monkey – naval slang for 'boys' and, in this case, Nancy – who filled shells and cartridges with gunpowder on board ships of war. While female sailors were not unknown, they usually went to sea initially in male disguise. Nancy lived in nearby Tower Street, until 1865, when she died in her 98th year. Nancy acted as a powder monkey, working alongside the gunners on board the Crescent and the Orion.



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
8am - 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*
£6.04 | **£7.57**

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips soft drink* | alcoholic drink*
£6.67 | **£8.20**

Steak Club

INCLUDES A DRINK

Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£10.26 | **£11.79**

Curry Club

INCLUDES A DRINK

Thursday 11.30am - 11pm
Featuring the katsu curry range soft drink* | alcoholic drink*
£8.49 | **£10.02**

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.

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for the facts
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jdwetherspoon.com

SWSEA

MENU_259

Small plates | Any 3 for £14.93

8" pizzas on a freshly baked sourdough base.

Margherita   470 kcal Mozzarella, basil	5.91
Pepperoni  578 kcal Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 558 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable  515 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable    353 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast    618 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09
11" garlic pizza bread  772 kcal	5.57
Nachos     592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Bowl of chips  964 kcal	4.23
Bowl of chips with curry sauce  1082 kcal	5.58
Cheesy chips  1256 kcal	5.41
Loaded chips 1218 kcal Cheese, maple-cured bacon, sour cream	6.03


With any of the small plates below, choose one dip:






Sweet chilli   48 kcal	
Sticky soy  100 kcal	
Naga chilli    136 kcal	
Jack Daniel's® Tennessee Honey glaze  87 kcal	
Chipotle mayo    150 kcal	
Blue cheese  270 kcal	
Halloumi-style fries   396 kcal	4.96
Chicken bites  298 kcal Ten battered chicken breast pieces	6.09
Southern-fried chicken strips   459 kcal Five chicken breast strips	6.09
Chicken wings    804 kcal Ten spicy chicken wings	6.75
Quorn™ nuggets   331 kcal Eight coated pieces	5.19

Deli Deals

Paninis

Cheddar cheese and tomato  532 kcal

Wiltshire cured ham and Cheddar cheese 512 kcal	
BBQ chicken, bacon and Cheddar cheese 572 kcal	soft drink* 6.27 each
Wraps	
Quorn™ nuggets  534 kcal Tomato, cucumber, salsa	alcoholic drink* 7.80 each

Southern-fried chicken and smoky chipotle mayo    639 kcal	
Fried halloumi-style cheese and sweet chilli sauce   738 kcal Tomato, cucumber	


Add:
Chips  (602 kcal)
Salad  (87 kcal)
Spicy rice  (208 kcal) **1.44** each

Burgers | Beef burgers made from 100% British beef.

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).			
	soft drink* alcoholic drink*		
American burger 695 kcal Red onion, gherkin, ketchup, American-style mustard	6.04	7.57	
American cheese burger 729 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	6.61	8.14	
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).			
Double American burger 1137 kcal Red onion, gherkin, ketchup, American-style mustard	8.30	9.83	
Double American cheese burger 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	8.88	10.41	

Just-a-burger
Served on its own, without chips or a drink. each **3.59**

American burger  366 kcal
Red onion, gherkin, ketchup, American-style mustard

Crunchy chicken strip burger   459 kcal
Two southern-fried chicken strips, iceberg lettuce, mayonnaise



Additional toppings and burger patties			
Maple-cured bacon with Cheddar cheese 174 kcal	2.14		
Maple-cured bacon with American-style cheese 160 kcal	2.14		
Cheddar cheese  83 kcal	1.52		
American-style cheese  69 kcal	1.52		
Maple-cured bacon 91 kcal	1.52		
Crunchy chicken strip  92 kcal	1.50		

3oz beef patty 169 kcal
Fried halloumi-style cheese  446 kcal
Grilled chicken breast 187 kcal each **1.97**
Fried buttermilk chicken 473 kcal




 **BEYOND MEAT patty**  184 kcal

Curries

Katsu curries
With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

Katsu chicken curry 826 kcal Sliced whole breaded chicken breast fillet	soft drink* 9.31 each		
Katsu grilled chicken curry  541 kcal Sliced grilled chicken breast	alcoholic drink* 10.84 each		
Katsu Quorn™ nugget curry  685 kcal Eight coated pieces			

Classic curries
With basmati pilau rice, plain naan and poppadums.

Mangalorean roasted cauliflower & spinach curry    867 kcal



Chicken tikka masala   1190 kcal


Chicken jalfrezi     935 kcal

Beef Madras     1043 kcal





Change your plain naan to a gartic naan  (add 58 kcal) **47p**









Gourmet burgers
Served with chips, six onion rings (871 kcal, included in Calories below).









Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1565 kcal Grilled chicken breast 1416 kcal Fried buttermilk chicken 1702 kcal	soft drink* 10.51 each		
BBQ burger Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal Grilled chicken breast 1495 kcal Fried buttermilk chicken 1780 kcal	alcoholic drink* 12.04 each		
Fiesta burger  1462 kcal  BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion			
Triple American cheese & bacon burger 1479 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* 11.96 alcoholic drink* 13.49		













Crunchy chicken strip burger  787 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	soft drink* 6.04 alcoholic drink* 7.57		
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Served with chips (602 kcal, included in Calories below).	soft drink* 8.30 each		
Fried buttermilk chicken burger 1254 kcal Breaded whole chicken breast fillet	alcoholic drink* 9.83 each		
Grilled chicken breast burger 969 kcal			







Meat-free burgers Served with chips (602 kcal, included in Calories below).	soft drink* 8.30 each		
Fried halloumi-style cheese burger   1128 kcal Sweet chilli sauce	alcoholic drink* 9.83 each		
Beyond Burger™  834 kcal  BEYOND MEAT plant-based patty			




Chicken wing basket    Eight wings, coleslaw, Naga chilli dip Choose: Spicy rice 1120 kcal; Chips 1515 kcal; Side salad 999 kcal	soft drink* 9.25 each		
Boneless basket  Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce Choose: Spicy rice 849 kcal; Chips 1243 kcal; Side salad 720 kcal	soft drink* 9.25 each		
Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce Choose: Spicy rice  739 kcal; Chips 1133 kcal; Side salad 618 kcal	alcoholic drink* 10.78 each		
Southern-fried chicken strips basket  Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal			
Quorn™ ‘no chicken’ nuggets basket   Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal			

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Quorn™ ‘no chicken’ nuggets basket   Eight coated pieces, coleslaw, sweet chilli sauce Choose: Spicy rice 721 kcal; Chips 1115 kcal; Side salad 600 kcal			

Jacket potatoes 			
With salad and one filling. Extra fillings 1.22 each.			
Coleslaw  578 kcal	soft drink* 7.43 each		
Cheese  531 kcal			
Baked beans   501 kcal	alcoholic drink* 8.96 each		
Five-bean chilli     431 kcal			
Roasted vegetables    402 kcal			

Salads and pastas









Grilled halloumi-style cheese & roasted vegetable salad   494 kcal Roasted pepper, courgette, onion, pico de gallo, dressing	soft drink* 9.18	alcoholic drink* 10.71	
Chicken & maple-cured bacon salad Choose: Grilled chicken breast   279 kcal Southern-fried chicken breast strips   461 kcal	10.03	11.56	
Mediterranean salad    334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Grilled halloumi-style cheese  (396 kcal) 1.97 Roasted vegetables  (135 kcal) 1.53 Grilled chicken breast (187 kcal) 1.97	8.90	10.43	
Pasta alfredo  618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Grilled chicken breast (187 kcal) 1.97	9.47	11.00	
British beef & pancetta lasagne Choose: Side salad 780 kcal; Chips 1295 kcal	10.03	11.56	

Fish and chips	soft drink* 8.44	alcoholic drink* 9.97	
Small freshly battered cod and chips  Peas 680 kcal or mushy peas 739 kcal	8.44	9.97	
Small Whitby breaded scampi Chips, peas 658 kcal or mushy peas 718 kcal. Four Whitby breaded scampi	8.44	9.97	
Add: Two slices of bread  (383 kcal) 1.34 Chip shop-style curry sauce  (118 kcal) 1.46			

Small Wiltshire cured ham, egg and chips  455 kcal One slice of Wiltshire cured ham, fried egg	7.20	8.73	
Small all-day brunch 666 kcal Sausage, bacon, fried egg, baked beans, chips	7.49	9.02	
Small vegetarian all-day brunch  680 kcal Two Quorn sausages, fried egg, baked beans, chips	7.49	9.02	

Afternoon deal

Mon - Fri, 2pm - 5pm
Choose from the above small pub classic meals.

Fish and chips	soft drink* 10.65	alcoholic drink* 12.18	
Freshly battered cod and chips  Peas 1239 kcal or mushy peas 1298 kcal	10.65	12.18	
Whitby breaded scampi Chips, peas 1195 kcal or mushy peas 1255 kcal. Eight Whitby breaded scampi	10.65	12.18	
Add: Two slices of bread  (383 kcal) 1.34 Chip shop-style curry sauce  (118 kcal) 1.46			
Steak & kidney pudding 1223 kcal Chips, peas, onion & red wine gravy	8.91	10.44	
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	8.32	9.85	
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	8.32	9.85	
Vegan sausages, chips and beans  1013 kcal Three Quorn sausages	8.32	9.85	
Five-bean chilli    590 kcal. Rice, tortilla chips	8.91	10.44	
All-day brunch 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 1.51	10.31	11.84	
Vegetarian all-day brunch  1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	10.31	11.84	

Afternoon deal

Mon - Fri, 2pm - 5pm
Choose from the above pub classic meals.

11" pizzas

On a freshly baked sourdough base.

Margherita  939 kcal. Mozzarella, basil	soft drink* 9.25	alcoholic drink* 10.78	
Pepperoni  1157 kcal. Mozzarella, pepperoni			soft drink* 10.43 each
Ham and mushroom 1012 kcal Mozzarella, ham, mushroom, rocket			alcoholic drink* 11.96