

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	7.94
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	6.31
Small breakfast <small>UNDER 500</small> 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	5.41
Slice of toast <small>UNDER 500</small> 191 kcal 1.13	
Large vegetarian breakfast <small>UNDER 500</small> 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.94
Vegetarian breakfast <small>UNDER 500</small> 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	6.31
Small vegetarian breakfast <small>UNDER 500</small> 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.41
Vegan breakfast 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.91
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.41
Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.44
Mushroom Benedict <small>UNDER 500</small> 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.44
Two slices of toast with jam or marmalade <small>UNDER 500</small> 496 kcal White bloomer bread	2.58
Fresh fruit <small>UNDER 500</small> 177 kcal Apple, banana, blueberries, strawberries	3.73
Porridge <small>UNDER 500</small> 252 kcal (plain) Add: Banana (101 kcal) 62p Strawberries (14 kcal) 62p Blueberries (17 kcal) 62p Honey (91 kcal) 34p	2.07

BREAKFAST MUFFIN DEAL

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin <small>UNDER 500</small> 249 kcal Fried egg, American-style cheese, in an English muffin	4.43
Egg & bacon muffin <small>UNDER 500</small> 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.89
Egg & sausage muffin <small>UNDER 500</small> 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.89
Egg & Quorn™ sausage muffin <small>UNDER 500</small> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.89
Breakfast muffin <small>UNDER 500</small> 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	5.11
Smashed avocado muffin <small>UNDER 500</small> 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52 Poached egg (63 kcal) 93p	5.11
Add: Two hash browns (164 kcal) 92p	



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 EXTRAS

Add any of the following:

Sausage 168 kcal	1.05
Quorn™ sausage 116 kcal	1.05
Baked beans 126 kcal	93p
Two rashers of back bacon 99 kcal	1.57
Fried egg 56 kcal	93p
Poached egg 63 kcal	93p
Two hash browns 164 kcal	92p
Two mushrooms 91 kcal	93p
Two grilled tomato halves 16 kcal	52p
Slice of toast 191 kcal	1.13

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

UNDER 500 **V** Vegetarian **VE** 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.*

TEA, COFFEE AND HOT CHOCOLATE

FREE REFILLS
TEA, COFFEE AND
HOT CHOCOLATE

— ALL DAY EVERY DAY —

£1.56 each



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.

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 <small>Tetley</small> 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

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. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jd.wetherspoon.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. ††Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, 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).

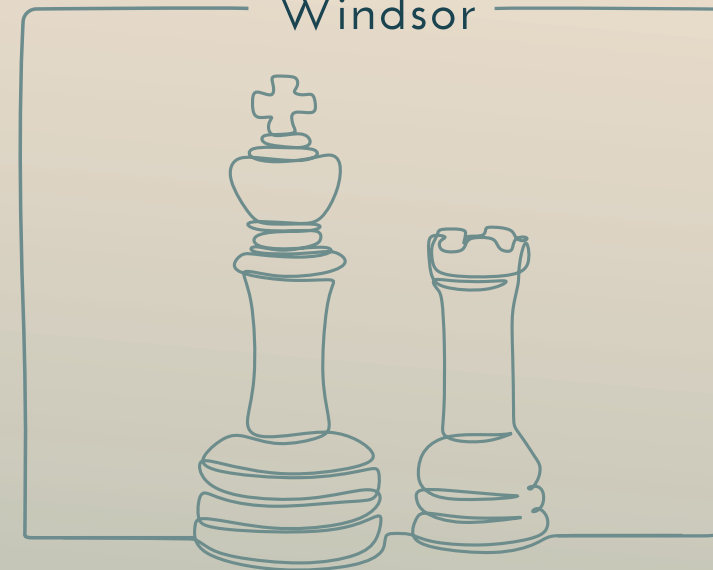
for the facts
drinkaware.co.uk
jd.wetherspoon.com

MENU_4424

FOOD

Breakfast 8am – 12 noon
Main menu 11.30am – 11pm

The King and Castle Windsor



This former long-standing chemist's became a pub in 1967. From 1992, it was called the Olde King and Castle. The 'King' refers to the bust of Edward VII above the entrance to the adjacent passageway, where there is an engraving of Windsor Castle.

wetherspoon

INCLUDES A DRINK

Choose from over 150 drinks



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.*

