

























FOOD

BREAKFAST

Large breakfast with scrambled egg 1313 kcal Scrambled egg, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	4.95
Traditional breakfast with scrambled egg 743 kcal Scrambled egg, bacon, sausage, baked beans, two hash browns, slice of toast	
Small breakfast with scrambled egg  434 kcal Scrambled egg, bacon, sausage, baked beans, hash brown	1.50
Large vegetarian breakfast with scrambled egg  1236 kcal Scrambled egg, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	5.45
Vegetarian breakfast with scrambled egg  856 kcal Scrambled egg, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.45
Small vegetarian breakfast with scrambled egg   343 kcal Scrambled egg, Quorn sausage, baked beans, hash brown, tomato	5.45
American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 711 kcal	4.45
Four pancakes, maple-flavour syrup.   624 kcal	5.45
Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup.  355 kcal	6.95
Two pancakes, maple-flavour syrup.    312 kcal	5.85
Scrambled egg on toast  591 kcal Three eggs, buttered white bloomer toast	6.85
Beans on toast   549 kcal Buttered white bloomer toast	8.20
Two slices of toast with jam or marmalade   465 kcal White bloomer bread	1.95
MOMA Porridge    252 kcal (plain) Add: Banana  (101 kcal) 1.95 Maple-flavour syrup  (195 kcal) 9.70 Strawberries  (14 kcal) 1.95 Blueberries  (17 kcal) 1.50 Honey  (91 kcal) 11.20	9.20

Tea, coffee and hot chocolate

FREE REFILLS[®]

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —










£7.45 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 
with semi-skimmed milk  14 kcal (Oat milk available  4 kcal)
Decaffeinated tea and coffee available.


Served until 11am

Breakfast extras

Add any of the following:

Two rashers of back bacon 99 kcal	
Two scrambled eggs  163 kcal	2.10
Two grilled tomato halves  16 kcal	
Slice of toast  176 kcal	
Hash brown  83 kcal	1.50
Baked beans  126 kcal	
Two mushrooms  129 kcal	
Sausage 168 kcal	
Quorn™ sausage  119 kcal	

Breakfast butties

Bacon butty 508 kcal Three rashers of bacon, white bloomer bread, butter spread	
Sausage butty 696 kcal Two sausages, white bloomer bread, butter spread	85p
Quorn™ sausage butty  597 kcal Two Quorn sausages, white bloomer bread, butter spread	1.10

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.

DIETARY SYMBOLS

 = Very mild  = Mild  = Medium hot

 = Very hot  = Extremely hot

 Vegetarian  Vegan

 5% fat or less  Dish under 500 Calories

Adults need around 2000 kcal a day.[§]

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: jd.wetherspoon.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. *Meals exclude breakfasts, small plates, 3oz just-a-burger and desserts. [†]Excluding decaffeinated. [‡]Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, liqueurs, bombs and shots. 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

Main menu from 11am

Classic burgers

Meat-free burgers

Served with chips (603 kcal, included in Calories below).

Falafel vegetable burger   1077 kcal [EW]


Beyond Burger™  939 kcal [EW]

 BEYOND MEAT plant-based patty

Chicken burgers

Served with chips (603 kcal, included in Calories below).

Grilled chicken breast burger 837 kcal [EW]

Skinny chicken burger   407 kcal [EW]

Grilled chicken breast with salad, instead of chips

Gourmet burgers

Served with chips (603 kcal, included in Calories below).

JD Honey glaze burger 997 kcal [EY]

Grilled chicken breast, maple-cured bacon, Jack Daniel's® Tennessee Honey glaze

Barbecue chicken burger 1242 kcal [EY]

Grilled chicken, maple-cured bacon, Cheddar cheese, BBQ sauce

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 170 kcal [EQ]

Cheddar cheese  83 kcal [ES]

Maple-cured bacon 87 kcal [ET]

Grilled chicken breast 200 kcal

Falafel vegetable patty   236 kcal

 BEYOND MEAT patty  289 kcal each [EV]

Curries

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

NEW Katsu grilled chicken curry  554 kcal [FC]

Sliced grilled chicken breast



Simple curries With basmati pilau rice or chips.

Simple chicken tikka masala  [FH]


Choose:

Basmati pilau rice 824 kcal

Chips 1234 kcal

Simple Mangalorean roasted cauliflower & spinach curry   [FH]

Choose:

Basmati pilau rice  591 kcal

Chips 727 kcal

Pub classics

NEW Bangers and mash 894 kcal [GN]

Three Lincolnshire sausages, peas, gravy

NEW Vegetarian bangers and mash  747 kcal [GP]


Three Quorn sausages, peas, gravy

Small plates

Nachos   636 kcal 6.40

Cheese, guacamole, salsa, sour cream, sliced chillies

Bowl of chips  964 kcal 2.35

Bowl of chips with curry sauce  1083 kcal 2.55

Cheesy chips  1269 kcal 2.45

Loaded chips 1306 kcal 2.65

Cheese, maple-cured bacon, sour cream

Chicken breast bites   406 kcal 2.25

Battered chicken pieces, sticky soy sauce

Paninis

The freshly made paninis below are all served with chips  (add 603 kcal) or ask for a salad instead  (add 72 kcal).

NEW Tuna mayo and Cheddar cheese 642 kcal 1.99

Cheddar cheese and tomato  569 kcal 1.99

Wiltshire cured ham and Cheddar cheese 548 kcal 1.99

BBQ chicken, bacon and Cheddar cheese 615 kcal 1.99

Sides and extras

Bowl of chips  964 kcal [IY]

Small bowl of chips  603 kcal [JA]

Side salad  72 kcal [JE]

Salads and pastas

Chicken & maple-cured bacon salad   280 kcal [IK]

Mediterranean salad   314 kcal [IM]

Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, kale, pumpkin seeds, basil, dressing

Add:

Roasted vegetables  (135 kcal) [IQ]

Grilled chicken breast (200 kcal) [IR]

Pasta alfredo  659 kcal [IS]

Fusilli pasta, creamy pecorino & regato cheese sauce,

spinach, sun-dried tomato, basil, rocket

Add:

Grilled chicken breast (200 kcal) [IU]

Maple-cured bacon (87 kcal) [IV]

British beef & pancetta lasagne 749 kcal [IW]

Side salad



for the facts

drinkaware.co.uk

jdwetherspoon.com