

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	1.82
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	🌿 UNDER 500 365 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie	🌿 UNDER 500 435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	🌿 UNDER 500 435 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream		
Fresh fruit	🌿 UNDER 500 447 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	

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

🌿 Vegetarian 🌿 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.[§]

BREAKFAST

Served
8am - 12 noon

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

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	Four rashers of maple-cured bacon	91 kcal	1.52
Quorn™ sausage	🌿 116 kcal	1.05	Two scrambled eggs	🌿 136 kcal	1.63
Grilled halloumi-style cheese	🌿 396 kcal	1.97	Fried egg	🌿 56 kcal	93p
Baked beans	🌿 126 kcal	93p	Poached egg	🌿 63 kcal	93p

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	3.88
Two Quorn sausages, buttered white bloomer bread		

Eggs Benedict	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	🌿 629 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
Scrambled egg on toast	🌿 570 kcal	3.77
Three eggs, buttered white bloomer toast		
Beans on toast	🌿 5% 566 kcal, Buttered white bloomer toast	3.66
Small beans on toast	🌿 5% UNDER 500 251 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	🌿 UNDER 500 496 kcal	2.47
White bloomer bread		
Fresh fruit	🌿 5% UNDER 500 177 kcal	3.66
Apple, banana, blueberries, strawberries		
Porridge	🌿 5% UNDER 500 252 kcal (plain)	2.09
Add: Banana 🌿 (101 kcal) 62p		
Strawberries 🌿 (14 kcal) 62p		
Blueberries 🌿 (17 kcal) 62p		
Honey 🌿 (91 kcal) 34p		

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

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: jdetherspoon.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, spiritzies, 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).

FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks



This is named after the admiral who had a house built at Wrotham Park, near Potters Bar, in 1754. Shortly after, he was shot (on government orders) as a scapegoat for the failure of the Minorca campaign – to encourage the others.



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.



100% UK and Irish beef

Sourced from farms in the UK and Ireland. Traceable from farm to fork.

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*
£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*
jdetherspoon.com or on our app



for the facts
drinkaware.co.uk

jdetherspoon.com

LTSIM

MENU_566

goodfoodtalks

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

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

