

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	
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	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	

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% fat or less 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.⁸

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		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		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
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
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	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		566 kcal	3.66
Buttered white bloomer toast			
Two slices of toast with jam or marmalade		496 kcal	2.47
White bloomer bread			
Fresh fruit		177 kcal	3.66
Apple, banana, blueberries, strawberries			
Porridge		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		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

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

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: jdwetterspoon.com ⁸Offer (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. ⁸Statement of daily calorie needs from the Department of Health & Social Care. ⁹Excluding decaffeinated. ¹⁰Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spiritz, 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

The Lord High Constable of England

Gloucester



This building stands on the east side of the docks, between Llanthony Warehouse (now Gloucester Waterways Museum) and Llanthony Road, where it crosses Llanthony Bridge. The name 'Llanthony' is taken from the now-ruined medieval priory on the west bank. Llanthony Secunda Priory was established by Miles de Gloucester in 1136. Like his father and grandfather, Miles was High Sheriff of Gloucester and was also Lord High Constable of England.



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.



Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.⁸

for the facts
drinkaware.co.uk
jdwetterspoon.com

SEA

MENU 7102

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 coffee⁸ 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
HOTELS
in England, Ireland, Scotland and Wales
Book direct for the best rates*
jdwetterspoon.com or on our app



