













## Desserts

<b>Vanilla ice cream</b>   308 kcal Two scoops, toffee sauce, Belgian chocolate sauce	<b>3.65</b>
<b>Mini warm chocolate brownie</b>   424 kcal Belgian chocolate sauce, vanilla ice cream	<b>4.85</b>
<b>Mini warm cookie dough sandwich</b>   373 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>4.85</b>
<b>Fresh fruit bowl</b>  511 kcal Banana, strawberry, pineapple, melon, apple, kiwi, blueberries, vanilla ice cream	<b>5.25</b>
<b>Warm chocolate fudge cake</b>  895 kcal Vanilla ice cream	<b>7.50</b>
<b>Warm chocolate brownie</b>  721 kcal Belgian chocolate sauce, vanilla ice cream	<b>7.50</b>
<b>Warm cookie dough sandwich</b>  619 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>7.50</b>
<b>Bramley apple crumble</b>  813 kcal Vanilla ice cream	<b>7.95</b>

Add:

Vanilla ice cream scoop  (127 kcal) <b>1.00</b>
Belgian chocolate sauce  (55 kcal) <b>45c</b>
Toffee sauce  (54 kcal) <b>45c</b>
Banana  (161 kcal) <b>80c</b>
Strawberries  (16 kcal) <b>80c</b>











### 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

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 euros 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: jdwerspoon.com \*Offer (excluding take-away and other unlisted hot drinks) available 7 days a week; 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. \*\*Excluding decaffeinated. \*Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, liqueurs, bombs and shots. Mixers exclude Lucozade Energy original and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 35.5ml in all free houses, except Northern Ireland (35ml). \*Excludes fruit juices and Lucozade.

# BREAKFAST

Served from  
8am - 12 noon

Add a soft drink<sup>+</sup> or free refills<sup>□</sup> of tea, coffee or hot chocolate to your breakfast for €1.30

<b>Large Irish breakfast</b> 1491 kcal Two fried eggs, bacon, two Loughnane's pork sausages, baked beans, two hash browns, Clonakilty black pudding, two slices of toast	<b>9.20</b>	<b>Vegan breakfast</b>  890 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>4.95</b>
<b>Traditional Irish breakfast</b> 826 kcal Fried egg, bacon, Loughnane's pork sausage, baked beans, hash brown, Clonakilty black pudding, slice of toast	<b>4.95</b>	<b>Freedom breakfast</b> 625 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>4.95</b>
<b>Small breakfast</b>  448 kcal Fried egg, bacon, Loughnane's pork sausage, baked beans, hash brown	<b>2.95</b>	<b>Scrambled egg on toast</b>  595 kcal Three eggs, buttered white bloomer toast	<b>4.50</b>
Add: Two slices of Clonakilty black pudding (211 kcal) <b>1.65</b>			
<b>Large vegetarian breakfast</b>  1251 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	<b>9.20</b>	<b>Beans on toast</b>   552 kcal Buttered white bloomer toast	<b>4.50</b>
<b>Vegetarian breakfast</b>  908 kcal Two fried eggs, two Quorn sausages, baked beans, hash browns, mushroom, tomato, slice of toast	<b>4.95</b>	<b>Small beans on toast</b>    244 kcal Buttered white bloomer toast	<b>3.25</b>
<b>Small vegetarian breakfast</b>    345 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	<b>2.95</b>	<b>Two slices of toast with jam or marmalade</b>   454 kcal White bloomer toast	<b>3.25</b>
		<b>Fresh fruit bowl</b>    258 kcal Banana, strawberry, pineapple, melon, apple, kiwi, blueberries	<b>4.35</b>
		<b>NEW Flahavan's porridge</b>   224 kcal (plain) Add: Banana  (161 kcal) <b>80c</b> ; Strawberries  (16 kcal) <b>80c</b> Honey  (100 kcal) <b>50c</b>	<b>3.95</b>










## Breakfast rolls and wraps

Add a soft drink<sup>+</sup> or free refills<sup>□</sup> of tea, coffee or hot chocolate to your breakfast for €1.30

<b>Bacon roll</b> 690 kcal Four rashers of bacon, buttered white baguette	<b>3.90</b>	<b>Breakfast wrap</b> 738 kcal Fried egg, bacon, Loughnane's pork sausage, hash brown, Cheddar cheese	<b>4.90</b>
<b>Sausage roll</b> 859 kcal Two Loughnane's pork sausages, buttered white baguette	<b>3.90</b>	<b>Vegetarian breakfast wrap</b>  826 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	<b>4.90</b>
<b>Quorn™ sausage roll</b>  731 kcal Two Quorn sausages, buttered white baguette	<b>3.90</b>		

## Breakfast extras

Add any of the following:

<b>Two slices of Clonakilty black pudding</b> 211 kcal	<b>1.65</b>	<b>Four rashers of maple-cured bacon</b> 91 kcal	<b>2.00</b>	<b>Two mushrooms</b>  137 kcal	<b>1.25</b>
<b>Loughnane's pork sausage</b> 184 kcal	<b>1.35</b>	<b>Two rashers of back bacon</b> 99 kcal	<b>2.00</b>	<b>Two grilled tomato halves</b>  23 kcal	<b>90c</b>
<b>Quorn™ sausage</b>  119 kcal	<b>1.35</b>	<b>Two scrambled eggs</b>  163 kcal	<b>2.30</b>	<b>Slice of toast</b>  180 kcal	<b>1.60</b>
<b>Baked beans</b>  126 kcal	<b>90c</b>	<b>Fried egg</b>  69 kcal	<b>1.65</b>	<b>Grilled halloumi-style cheese</b>  435 kcal	<b>2.85</b>
<b>Hash brown</b>  82 kcal	<b>75c</b>				

## Breakfast muffins

Add a soft drink<sup>+</sup> or free refills<sup>□</sup> of tea, coffee or hot chocolate to your breakfast for €1.30

<b>Egg &amp; cheese muffin</b>   267 kcal Fried egg, American-style cheese, in a muffin	<b>3.90</b>
<b>Egg &amp; bacon muffin</b>  316 kcal Fried egg, bacon, American-style cheese, in a muffin	<b>4.35</b>
<b>Egg &amp; sausage muffin</b>  451 kcal Fried egg, Loughnane's pork sausage, American-style cheese, in a muffin	<b>4.35</b>
<b>Egg &amp; Quorn™ sausage muffin</b>   386 kcal Fried egg, Quorn sausage, American-style cheese, in a muffin	<b>4.35</b>
<b>Breakfast muffin</b> 500 kcal Fried egg, Loughnane's pork sausage, bacon, American-style cheese, in a muffin	<b>4.55</b>
Add: Hash brown  (82 kcal) <b>75c</b>	

## Tea, coffee and hot chocolate








**FREE REFILLS**  
TEA, COFFEE AND HOT CHOCOLATE  
— ALL DAY EVERY DAY —



**€2.15** each

### Biscuits

<b>Oatie biscuits</b>  132 kcal	<b>1.20</b>
<b>White chocolate-chip cookies</b>  141 kcal	<b>1.20</b>
<b>Chocolate-chip cookies</b>  141 kcal	<b>1.20</b>
<b>Whirl shortcake</b>  136 kcal	<b>1.20</b>

<b>Flat white</b>  92 kcal	
<b>Cappuccino</b>  102 kcal	
<b>Latte</b>  113 kcal	
<b>Mocha</b>  147 kcal	
<b>Espresso</b>  6 kcal	
<b>Black coffee</b>  6 kcal	
<b>White coffee</b>  24 kcal	
(Soya product available  5 kcal)	
<b>Hot chocolate</b>  169 kcal	
<b>Lyons tea</b>	
with semi-skimmed milk  14 kcal	
(Soya product available  5 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 Forty Foot

Dún Laoghaire



The Forty Foot is part of the Pavilion Theatre complex, overlooking Dún Laoghaire harbour. Less than a mile further along the rock-strewn coast is Sandycove and the famous 'Forty Foot'. Originally known as the 'Forty Foot Hole', this deep-water inlet was a gentlemen-only bathing place for nearly 200 years. It is now a year-round venue open to all and the vagaries of the weather.

**100% IRISH BEEF**

**100% Irish beef**  
Sourced from farms in Ireland. Traceable from farm to fork.



**Sustainable fish**  
The cod we serve comes from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.

**Glenshane Eggs**

**Free-range eggs**  
Long-established Maghera-based Glenshane Eggs supplies all of the fresh free-range shell eggs we serve.



**Traditional black pudding**  
Clonakilty black pudding, from West Cork, is rich in tradition and made with simple, wholesome ingredients.

**LAVAZZA**  
TORINO, ITALIA, 1895



**Coffee**  
The freshly ground 100% Arabica Lavazza coffee\* we serve is from Rainforest Alliance-certified farms.

## Breakfast

8am - 12 noon

Traditional Irish breakfast

**€4.95**

Tea, coffee and hot chocolate  
Free refills<sup>□</sup>

**€2.15**  
each

## Burger meals

**INCLUDES A DRINK\***

Featuring 3oz American burger soft drink\* | alcoholic drink\*

**€9.70** | **€12.20**

## Steak Club®

**INCLUDES A DRINK\***

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink\* | alcoholic drink\*  
from **€11.40** | from **€13.90**

## Curry Club®

**INCLUDES A DRINK\***

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink\* | alcoholic drink\*  
from **€8.85** | from **€11.35**

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.



**Bacon**  
Dew Valley Foods, based in County Tipperary, uses only natural ingredients in the unique curing process of its bacon.



**Sausages**  
Made with 100 per cent Irish pork, the quality sausages from Loughnane's of Galway are made with only natural ingredients and using traditional Irish recipes.



**Tea**  
Lyons is part of the Ethical Tea Partnership, which monitors living and working conditions on tea estates.

jdwerspoon.com

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

wetherspoon **hotels**  
**56** HOTELS  
in England, Ireland, Scotland and Wales  
Book direct for the best rates\*  
jdwerspoon.com or on our app

UNLIMITED  
**FREE Wi-Fi**

Enjoy WETHERSPOON Sensibly  
Visit [drinkaware.ie](http://drinkaware.ie)

ROI MENU\_7330

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app.



