

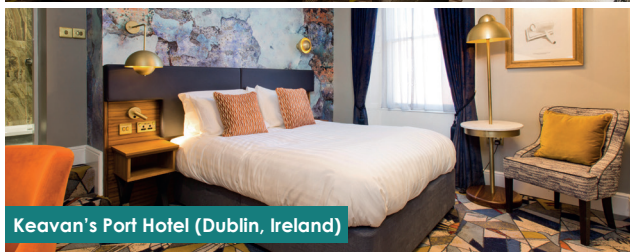
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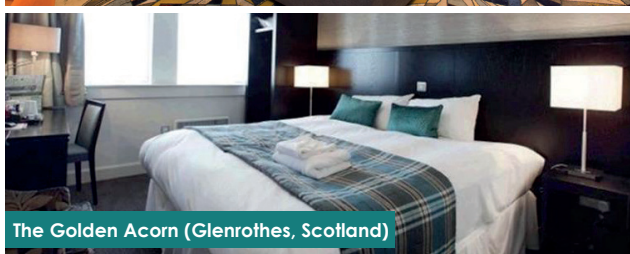
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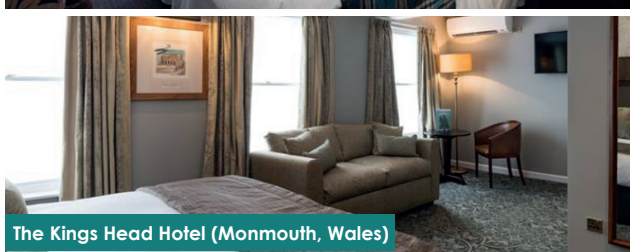
The Saxon Crown (Corby, England)



Keavan's Port Hotel (Dublin, Ireland)



The Golden Acorn (Glenrothes, Scotland)



The Kings Head Hotel (Monmouth, Wales)

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% 50% fat or less 500 Dish under 500 Calories

Adults need around 2000 kcal a day.*

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	6.59	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	4.99	Mushroom Benedict 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Small breakfast 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.45	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
Add: Two slices of black pudding (355 kcal) 1.51			
Large vegetarian breakfast 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59	American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. 554 kcal	4.99 4.30
Vegetarian breakfast 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 277 kcal	3.54 3.25
Small vegetarian breakfast 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45	Scrambled egg on toast 570 kcal Three eggs, buttered white bloomer toast	3.77
Vegan breakfast 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61	Beans on toast 566 kcal. Buttered white bloomer toast	3.66
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Small beans on toast 251 kcal Buttered white bloomer toast	2.62
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	6.85	Two slices of toast with jam or marmalade 496 kcal White bloomer bread	2.47
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	4.99	Fresh fruit 177 kcal Apple, banana, blueberries, strawberries	3.66

Breakfast extras

Add any of the following:

Two slices of black pudding 355 kcal	1.51	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms 91 kcal	93p
Sausage 168 kcal	1.05	Two scrambled eggs 136 kcal	1.63	Two grilled tomato halves 16 kcal	52p
Quorn™ sausage 116 kcal	1.05	Fried egg 56 kcal	93p	Slice of toast 191 kcal	1.13
Baked beans 126 kcal	93p	Poached egg 63 kcal	93p		
Two rashers of back bacon 99 kcal	1.57	Hash brown 82 kcal	46p		

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	3.88	Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.36
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88	Vegetarian breakfast wrap 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.36
Quorn™ sausage butty 609 kcal Two Quorn sausages, buttered white bloomer bread	3.88		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin 249 kcal Fried egg, American-style cheese, in an English muffin	3.31
Egg & bacon muffin 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	3.77
Egg & Quorn™ sausage muffin 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52 Poached egg (63 kcal) 93p Add: Hash brown (82 kcal) 46p	4.01

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, 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).

Tea, coffee and hot chocolate

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

LAVAZZA
TORINO, ITALIA, 1895

100% UK AND IRISH BEEF

£1.56 each

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

Flat white 92 kcal	92p
Cappuccino 102 kcal	102p
Latte 113 kcal	113p
Mocha 147 kcal	147p
Espresso 6 kcal	6p
Black coffee 6 kcal	6p
White coffee 24 kcal (Oat milk available 4 kcal)	24p
Hot chocolate 169 kcal	169p
Tea (with semi-skimmed milk 14 kcal (Oat milk available 4 kcal))	14p
Decaffeinated tea and coffee available.	

for the facts
drinkaware.co.uk
jdwetherspoon.com

FOOD

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

The Parkstone and Heatherlands

Winton, Bournemouth



This building is better known to Winton's older residents as the long-standing Co-op, the original of which (on this site) was a branch of the Parkstone and Heatherlands Society. Following a public meeting attended by 100 people, in May 1903, the society's new store opened for business the following September. Molesworth House, as the store was then called, was replaced by a high, domed building, which became a familiar landmark. The dome was later removed and the building refaced.



Food hygiene rating
We have been awarded the maximum food hygiene rating of 5 in our pub.



100% UK and Irish beef
Sourced from farms in the UK and Ireland. Traceable from farm to fork.



Free-range eggs
100% of the eggs we use are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.



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.

INCLUDES A DRINK*
Choose from over 150 drinks

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.

wetherspoon **hotels**

57 in England, Ireland, Scotland and Wales
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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.*

