

Sides and extras

Bowl of chips 964 kcal (Add: Spicy seasoning (7 kcal) 34p)	4.23
Small bowl of chips 602 kcal	2.48
Five chicken wings 407 kcal	3.34
NEW Five chicken breast bites 161 kcal	2.99
Eight Whitby breaded scampi 464 kcal	4.99
Grilled halloumi-style cheese 447 kcal	1.97
Peas 133 kcal	94p
Mushy peas 248 kcal	94p
Side salad 91 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
Chicken gravy 50 kcal	94p
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* 473 kcal 4.98 11* 922 kcal 6.44	

Desserts

NEW Salted caramel sticky toffee pudding Vanilla ice cream 877 kcal or custard 741 kcal	4.99
NEW Millionaire's shortbread Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.17
Vanilla ice cream 334 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch 364 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie 435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich 431 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.54
Fresh fruit 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake 909 kcal. Vanilla ice cream	5.33
Warm chocolate brownie 736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich 727 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble 537 kcal Vanilla ice cream 673 kcal or custard 537 kcal	5.62
American-style pancakes 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	4.99
Add: Custard (134 kcal) 1.23; Vanilla ice cream scoop (135 kcal) 94p Belgian chocolate sauce (61 kcal) 42p; Toffee sauce (66 kcal) 42p Banana (110 kcal) 62p; Strawberries (27 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.⁸

BREAKFAST

Served 8am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	4.99
Small breakfast 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	4.45
Add: Black pudding (178 kcal) 75p	
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45
Large vegetarian breakfast 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59
Vegetarian breakfast 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99
Small vegetarian breakfast 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	4.45
Vegan breakfast 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	6.85
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	4.99
Porridge 252 kcal (plain)	2.09
Add: Banana (110 kcal) 62p; Maple-flavour syrup (125 kcal) 34p Strawberries (27 kcal) 62p; Blueberries (17 kcal) 62p Honey (91 kcal) 34p; Sliced apple (46 kcal) 62p	
NEW Fiesta brunch Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa	3.42
Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.14
Mushroom Benedict 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.14
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.14
American-style pancakes Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. 708 kcal	4.99
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. 708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	4.99
Four pancakes, maple-flavour syrup. 554 kcal	4.30
Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal	3.54
Two pancakes, maple-flavour syrup. 277 kcal	3.25
Scrambled egg on toast 570 kcal Three eggs, buttered white bloomer toast	3.77
Beans on toast 566 kcal. Buttered white bloomer toast	3.66
NEW Vegan option available with vegan spread 460 kcal	
Small beans on toast 252 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmalade 524 kcal White bloomer bread	2.47
Fresh fruit 200 kcal Apple, banana, blueberries, strawberries	3.66
NEW Fresh fruit and yoghurt 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	4.45

Breakfast extras

Add any of the following:					
Black pudding 178 kcal	75p	Two rashers of back bacon 131 kcal	1.57	Baked beans 126 kcal	93p
Lincolnshire sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms 100 kcal	93p
Vegan sausage 82 kcal	1.05	Two scrambled eggs 136 kcal	1.63	Two grilled tomato halves 16 kcal	52p
Slice of toast 225 kcal	1.13	Fried egg 56 kcal	93p	Grilled halloumi-style cheese 447 kcal	1.97
Hash brown 82 kcal	46p	Poached egg 63 kcal	93p		

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	3.42
Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	3.42
Vegetarian sausage butty 541 kcal Two vegan sausages, buttered white bloomer bread	3.42
NEW Vegan option available with vegan spread 435 kcal	

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 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.77
Egg & sausage muffin 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.77
Egg & vegetarian sausage muffin 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.77
Breakfast muffin 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	4.01
Smashed avocado muffin 271 kcal Guacamole, pico de gallo, on an English muffin, rocket	4.01
Add: Maple-cured bacon (91 kcal) 1.52; Poached egg (63 kcal) 93p Grilled halloumi-style cheese (447 kcal) 1.97	
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. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com ⁸ 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 our website, app and on the telephone. ⁹Statement of daily Calorie needs from the Department of Health & Social Care. ¹⁰Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, 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.

The Red Lion

Bedlington



This was built in 1902 as a replacement for an inn of the same name which stood on the site. This was 'an extended stone building next to a row of cottages'. The inn is recorded on the map of Bedlington drawn in c1860. The Red Lion is also recorded in the earliest surviving Bedlington Parish Directory of 1827, when the licensee was Joseph Younger.



Table service

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale



FOOD HYGIENE RATING 5

Food hygiene rating

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

100% UK AND IRISH BEEF

100% UK and Irish beef

From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.



Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standard 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.

Breakfast 8am - 12 noon Traditional breakfast £4.99

Tea, coffee and hot chocolate Free refills £1.56 each

Deli Deals

INCLUDES A DRINK

Featuring NEW small southern-fried chicken wrap just-a-wrap, without a drink

£2.73

soft drink* alcoholic drink* £3.76 £5.29

Burger meals

INCLUDES A DRINK

Featuring 3oz American burger

soft drink* alcoholic drink* £5.11 £6.64

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink* alcoholic drink* £5.75 £7.28

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

INCLUDES A DRINK

Choose from over 150 drinks



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



Award-winning children's menu Best children's meals (first place) Independently run 'secret diner' survey.



Sustainable Restaurant Association Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

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

UNLIMITED FREE Wi-Fi

for the facts drinkaware.co.uk

jdwetherspoon.com

