

## 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
<b>NEW</b> Five chicken breast bites	161 kcal	2.99
Eight Whitby breaded scampi	464 kcal	4.99
Grilled halloumi-style cheese	447 kcal	1.97
Mediterranean side salad	198 kcal	3.22
Sliced chillies	3 kcal	88p
Peas	133 kcal	94p
Mushy peas	248 kcal	94p
Side salad	91 kcal	2.29
Coleslaw	399 kcal	1.40
Chicken gravy	50 kcal	94p
Roasted vegetables	135 kcal	1.53
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

<b>NEW</b> Chocolate & salted caramel torte	5.33
Chocolate biscuit base, chocolate & salted caramel filling	
Vanilla ice cream	746 kcal or coconut ice cream 701 kcal
<b>NEW</b> Salted caramel sticky toffee pudding	4.99
Vanilla ice cream	877 kcal or custard 741 kcal
Millionaire's shortbread	409 kcal
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal, Vanilla ice cream
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	5.62
Vanilla ice cream	673 kcal, coconut ice cream 628 kcal or custard 537 kcal
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
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 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.<sup>8</sup>

# BREAKFAST

Served  
8am - 12 noon

Large breakfast	1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal)	75p	
Freedom breakfast	586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
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		
<b>NEW</b> Shakshuka	547 kcal	5.14
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta		
Add: Grilled halloumi-style cheese (447 kcal) 1.97		
Maple-cured bacon (91 kcal) 1.52		
<b>NEW</b> Fiesta brunch	659 kcal	3.88
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 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		
<b>NEW</b> Hash brown basket	410 kcal	1.99
American-style pancakes		
<b>NEW</b> 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	3.77
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal. Buttered white bloomer toast	3.66
Vegan option available with vegan spread	460 kcal	
Small beans on toast	252 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	2.47
White bloomer bread		
Fresh fruit	200 kcal	3.66
Apple, banana, blueberries, strawberries		
<b>NEW</b> Fresh fruit and yoghurt	334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

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](http://jdwetherspoon.com)  
<sup>8</sup>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. <sup>9</sup>Statement of daily Calorie needs from the Department of Health & Social Care. <sup>10</sup>Excluding decaffeinated. <sup>11</sup>Drinks 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).

## Breakfast extras

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

## Breakfast butties and wraps

Bacon butty	574 kcal	3.88
Three rashers of bacon, buttered white bloomer bread		
Sausage butty	714 kcal	3.88
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	3.88
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread	435 kcal	
Breakfast wrap	724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

## Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills <sup>8</sup>	
Egg & cheese muffin	249 kcal
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin	314 kcal
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin	417 kcal
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin	330 kcal
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin	482 kcal
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin	271 kcal
Guacamole, pico de gallo, on an English muffin, rocket	
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	

## Tea, coffee and hot chocolate

<b>FREE REFILLS</b> TEA, COFFEE AND HOT CHOCOLATE — ALL DAY EVERY DAY —	
<b>LAVAZZA</b> TORINO, ITALIA 1895	
100% ARABICA BEANS	
Flat white	92 kcal
Cappuccino	102 kcal
Latte	113 kcal
Mocha	147 kcal
Espresso	6 kcal
Black coffee	6 kcal
White coffee	24 kcal
Hot chocolate	169 kcal
Tea with semi-skimmed milk	14 kcal
Dairy alternative: oat sachet	4 kcal
Decaffeinated tea and coffee available.	
<b>Biscuits</b>	
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

for the facts  
[drinkaware.co.uk](http://drinkaware.co.uk)

[jdwetherspoon.com](http://jdwetherspoon.com)

LSTD

# FOOD

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

## The Plough & Harrow

Hammersmith



This pub is on the site of The Plough and Harrow Inn which stood here until c1960. Rebuilt in 1903, The Plough and Harrow replaced a centuries-old pub of the same name. Before then, it had 'Established in 1419' painted above the entrance.



## 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

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



### 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.

### LAVAZZA



### 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'.

wetherspoon hotels

Over 50 hotels in England, Ireland, Scotland and Wales

Book direct for the best rates\*  
at [jdwetherspoon.com](http://jdwetherspoon.com), on our app or by phone.



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.<sup>8</sup>

MENU\_2175



