

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
Grilled halloumi-style cheese	446 kcal	1.97
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	5.33
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	735 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble	830 kcal	5.62
Vanilla ice cream		
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% 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.Ⓢ

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	Scrambled egg on toast 570 kcal Three eggs, buttered white bloomer toast	3.77
Vegetarian breakfast 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99	Beans on toast 566 kcal. Buttered white bloomer toast	3.66
Small vegetarian breakfast 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.45	Two slices of toast with jam or marmalade 496 kcal White bloomer bread	2.47
Vegan breakfast 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	4.61	Fresh fruit 177 kcal Apple, banana, blueberries, strawberries	3.66
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.45	Porridge 252 kcal (plain) Add: Banana (101 kcal) 62p Strawberries (14 kcal) 62p Blueberries (17 kcal) 62p Honey (91 kcal) 34p	2.09

Breakfast extras

Add any of the following:

Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal	1.57	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
Grilled halloumi-style cheese 396 kcal	1.97	Poached egg 63 kcal	93p		
Baked beans 126 kcal	93p	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
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: 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, spirits, 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% ARABICA BEANS

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

for the facts
drinkaware.co.uk
jdetherspoon.com

SWSEA

MENU_115

FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks

The Panniers

Barnstaple



Butchers' Row, in front of this Wetherspoon pub, once had 33 butcher's shops on one side and the vegetable market on the other. Panniers were wicker baskets used to carry wares.

FOOD HYGIENE RATING
1 2 3 4 5
VERY GOOD

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

CERTIFIED SUSTAINABLE SEAFOOD
MSC
www.msc.org

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.

100% UK AND IRISH BEEF

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 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

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.

LAVAZZA TORINO, ITALIA, 1895

100% ARABICA BEANS

100% ARABICA BEANS

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.

wetherspoon hotels

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

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

UNLIMITED FREE Wi-Fi

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

