

## Sides and extras

<b>Bowl of chips</b> 🌿 964 kcal (Add: Spicy seasoning 🌶️ (8 kcal) 34p)	4.23
<b>Small bowl of chips</b> 🌿 602 kcal	2.48
<b>Five chicken wings</b> 🍷 402 kcal	3.34
<b>Eight Whitby breaded scampi</b> 527 kcal	4.99
<b>Grilled halloumi-style cheese</b> 🌿 446 kcal	1.97
<b>Peas</b> 🌿 130 kcal	94p
<b>Mushy peas</b> 🌿 248 kcal	94p
<b>Side salad</b> 🌿 87 kcal	2.29
<b>Mediterranean side salad</b> 🌿 198 kcal	3.22
<b>Roasted vegetables</b> 🌿 135 kcal	1.53
<b>Coleslaw</b> 🌿 399 kcal	1.40
<b>Sliced chillies</b> 🍷🍷🍷🍷🍷🍷 🌿 3 kcal	88p
<b>Chicken gravy</b> 50 kcal	94p
<b>Onion rings</b> 🌿	Six 269 kcal <b>2.33</b> Twelve 538 kcal <b>3.50</b>
<b>Garlic pizza bread</b> 🌿	8" 386 kcal <b>4.40</b> 11" 772 kcal <b>5.57</b>
<b>With cheese</b> 🌿	8" 461 kcal <b>4.98</b> 11" 922 kcal <b>6.44</b>

## Desserts

<b>Vanilla ice cream</b> 🌿 <sup>UNDER 500</sup> 338 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce	
<b>Cookie crunch</b> 🌿 <sup>UNDER 500</sup> 365 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
<b>Mini warm chocolate brownie</b> 🌿 <sup>UNDER 500</sup> 435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream	
<b>Mini warm cookie dough sandwich</b> 🌿 <sup>UNDER 500</sup> 435 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream	
<b>Mini American-style pancakes</b> 🌿 <sup>UNDER 500</sup> 412 kcal	3.54
Two pancakes, maple-flavour syrup, vanilla ice cream	
<b>Fresh fruit</b> 🌿 <sup>5% 500</sup> 447 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream	
<b>Warm chocolate fudge cake</b> 🌿 913 kcal. Vanilla ice cream	5.33
<b>Warm chocolate brownie</b> 🌿 736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream	
<b>Warm cookie dough sandwich</b> 🌿 735 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream	
<b>British Bramley apple crumble</b> 🌿	5.62
Vanilla ice cream 830 kcal or custard 694 kcal	
<b>American-style pancakes</b> 🌿 <sup>5% 500</sup> 689 kcal	4.99
Four pancakes, maple-flavour syrup, vanilla ice cream	
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<b>Add: Custard</b> 🌿 (134 kcal) <b>1.23</b> ; <b>Vanilla ice cream scoop</b> 🌿 (135 kcal) <b>94p</b>	
<b>Belgian chocolate sauce</b> 🌿 (61 kcal) <b>42p</b> ; <b>Toffee sauce</b> 🌿 (74 kcal) <b>42p</b>	
<b>Banana</b> 🌿 (101 kcal) <b>62p</b> ; <b>Strawberries</b> 🌿 (14 kcal) <b>62p</b> ; <b>Blueberries</b> 🌿 (17 kcal) <b>62p</b>	

# BREAKFAST

Served  
8am - 12 noon

<b>Large breakfast</b> 1286 kcal	6.59	<b>Eggs Benedict</b> 725 kcal	5.14
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast		Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
<b>Traditional breakfast</b> 742 kcal	4.99	<b>Mushroom Benedict</b> 🌿 629 kcal	5.14
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast		Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
<b>Small breakfast</b> <sup>500</sup> 419 kcal	4.45	<b>Miner's Benedict</b> 939 kcal	5.14
Fried egg, bacon, sausage, baked beans, hash brown		Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
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<b>Add: Two slices of black pudding</b> (355 kcal) <b>1.51</b>		<b>American-style pancakes</b>	
		Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	4.99
<b>Large vegetarian breakfast</b> 🌿 1206 kcal	6.59	Four pancakes, maple-flavour syrup. 🌿 <sup>5% 500</sup> 554 kcal	4.30
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		<b>Small American-style pancakes</b>	
<b>Vegetarian breakfast</b> 🌿 816 kcal	4.99	Two pancakes, maple-cured bacon, maple-flavour syrup. <sup>500</sup> 322 kcal	3.54
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Two pancakes, maple-flavour syrup. 🌿 <sup>5% 500</sup> 277 kcal	3.25
<b>Small vegetarian breakfast</b> 🌿 <sup>500</sup> 313 kcal	4.45	<b>Scrambled egg on toast</b> 🌿 570 kcal	3.77
Fried egg, Quorn sausage, baked beans, hash brown, tomato		Three eggs, buttered white bloomer toast	
<b>Vegan breakfast</b> 🌿 786 kcal	4.61	<b>Beans on toast</b> 🌿 <sup>5% 500</sup> 566 kcal. Buttered white bloomer toast	3.66
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		<b>Small beans on toast</b> 🌿 <sup>5% 500</sup> 251 kcal	2.62
<b>Freedom breakfast</b> 545 kcal	4.45	Buttered white bloomer toast	
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		<b>Two slices of toast with jam or marmalade</b> 🌿 <sup>500</sup> 496 kcal	2.47
<b>American breakfast</b> 1258 kcal	6.85	White bloomer bread	
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup		<b>Fresh fruit</b> 🌿 <sup>5% 500</sup> 177 kcal	3.66
<b>Small American breakfast</b> 629 kcal	4.99	Apple, banana, blueberries, strawberries	
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup		<b>Porridge</b> 🌿 <sup>5% 500</sup> 252 kcal (plain)	2.09
		<b>Add: Banana</b> 🌿 (101 kcal) <b>62p</b> ; <b>Maple-flavour syrup</b> 🌿 (125 kcal) <b>34p</b>	
		<b>Strawberries</b> 🌿 (14 kcal) <b>62p</b> ; <b>Blueberries</b> 🌿 (17 kcal) <b>62p</b>	
		<b>Honey</b> 🌿 (91 kcal) <b>34p</b>	

## Breakfast extras

<b>Add any of the following:</b>			
<b>Two slices of black pudding</b> 355 kcal	1.51	<b>Two rashers of back bacon</b> 99 kcal	1.57
<b>Sausage</b> 168 kcal	1.05	<b>Four rashers of maple-cured bacon</b> 91 kcal	1.52
<b>Quorn™ sausage</b> 🌿 116 kcal	1.05	<b>Two scrambled eggs</b> 🌿 136 kcal	1.63
<b>Grilled halloumi-style cheese</b> 🌿 396 kcal	1.97	<b>Fried egg</b> 🌿 56 kcal	93p
<b>Baked beans</b> 🌿 126 kcal	93p	<b>Poached egg</b> 🌿 63 kcal	93p
		<b>Hash brown</b> 🌿 82 kcal	46p
		<b>Two mushrooms</b> 🌿 91 kcal	93p
		<b>Two grilled tomato halves</b> 🌿 16 kcal	52p
		<b>Slice of toast</b> 🌿 191 kcal	1.13

## Breakfast butties and wraps

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

## Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills ☐

<b>Egg &amp; cheese muffin</b> 🌿 <sup>UNDER 500</sup> 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin	
<b>Egg &amp; bacon muffin</b> <sup>500</sup> 298 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin	
<b>Egg &amp; sausage muffin</b> <sup>500</sup> 417 kcal	3.77
Fried egg, sausage, American-style cheese, in an English muffin	
<b>Egg &amp; Quorn™ sausage muffin</b> 🌿 <sup>500</sup> 364 kcal	3.77
Fried egg, Quorn sausage, American-style cheese, in an English muffin	
<b>Breakfast muffin</b> <sup>500</sup> 466 kcal	4.01
Fried egg, sausage, bacon, American-style cheese, in an English muffin	
<b>Smashed avocado muffin</b> 🌿 <sup>5% 500</sup> 244 kcal	4.01
Guacamole, pico di gallo, on an English muffin, rocket	
<b>Add: Maple-cured bacon</b> (91 kcal) <b>1.52</b> ; <b>Poached egg</b> 🌿 (63 kcal) <b>93p</b>	
<b>Grilled halloumi-style cheese</b> 🌿 (396 kcal) <b>1.97</b>	
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<b>Add: Hash brown</b> 🌿 (82 kcal) <b>46p</b>	

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

£1.56

each

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**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**

<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
(Oat milk available 🌿 4 kcal)
<b>Hot chocolate</b> 🌿 169 kcal
<b>Tea</b> <sup>Tetley</sup>
with semi-skimmed milk 🌿 14 kcal
(Oat milk available 🌿 4 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 John Jacques

Fratton, Portsmouth



Previously a branch of the Portsea Island Mutual Co-operative Society (PIMCO), the name of this pub recalls PIMCO's former chief executive who died in 1995 aged 90. PIMCO was set up by a handful of volunteers in May 1873 – the first Fratton Road shop opening in 1887. It was the first of many PIMCO premises in Fratton Road, including this site. From the end of World War II, PIMCO's driving force for 20 years was its chief executive John Jacques, later Lord Jacques of Portsea Island.



### Food hygiene rating

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



### 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.



### 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\*  
**£5.44** | **£6.97**

## Afternoon deals

INCLUDES A DRINK 🍷🍹

Mon - Fri, 2pm - 5pm  
Featuring small freshly battered fish and chips soft drink\* | alcoholic drink\*  
**£6.09** | **£7.62**

## 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**

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.



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

**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.\*

for the facts  
**drinkaware.co.uk**

**jdwetherspoon.com**

STD

MENU\_1526

### 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 <sup>5%</sup> 5% fat or less <sup>UNDER 500</sup> Dish under 500 Calories

Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 [www.msc.org](http://www.msc.org)

Adults need around 2000 kcal a day.\*





