






















FOOD









BREAKFAST

Large breakfast 1313 kcal	4.95
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 743 kcal	
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	
Small breakfast  434 kcal	1.50
Fried egg, bacon, sausage, baked beans, hash brown	
Add: Two slices of black pudding (355 kcal) 90p	
Large vegetarian breakfast  1236 kcal	5.45
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast  856 kcal	5.45
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast   343 kcal	5.45
Fried egg, Quorn sausage, baked beans, hash brown, tomato	
Vegan breakfast  703 kcal	6.45
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
Freedom breakfast 613 kcal	50p
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
American breakfast 1353 kcal	5.65
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	
Small American breakfast 676 kcal	0.00
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	
American-style pancakes	4.45
Four pancakes, maple-cured bacon, maple-flavour syrup. 711 kcal	
Four pancakes, maple-flavour syrup.   624 kcal	
Small American-style pancakes	6.95
Two pancakes, maple-cured bacon, maple-flavour syrup.  355 kcal	
Two pancakes, maple-flavour syrup.    312 kcal	
Two slices of toast with jam or marmalade   465 kcal	1.95
White bloomer bread	
MOMA Porridge    252 kcal (plain)	9.20
Add: Banana  (101 kcal) 1.95; Maple-flavour syrup  (195 kcal) 9.70	
Strawberries  (14 kcal) 1.95; Blueberries  (17 kcal) 1.50 Honey  (91 kcal) 11.20	

Served until 11am

Breakfast extras


Add any of the following:

Two slices of black pudding 355 kcal	Fried egg  69 kcal	2.10
Two rashers of back bacon 99 kcal	Hash brown  83 kcal	1.50
Four rashers of maple-cured bacon 87 kcal	Baked beans  126 kcal	
Two scrambled eggs  163 kcal	Two mushrooms  129 kcal	10.70
Two grilled tomato halves  16 kcal	Sausage 168 kcal	
Slice of toast  176 kcal	Quorn™ sausage  119 kcal	

Breakfast muffins

Egg & cheese muffin   268 kcal	11.95
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin  317 kcal	50p
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin  436 kcal	cod
Fried egg, sausage, American-style cheese, in an English muffin	
Egg & Quorn™ sausage muffin   387 kcal	1253
Fried egg, Quorn sausage, American-style cheese, in an English muffin	
Breakfast muffin  485 kcal	1287
Fried egg, sausage, bacon, American-style cheese, in an English muffin	
Add: Hash brown  (83 kcal) 7.45	

Breakfast butties

Bacon butty 508 kcal	
Three rashers of bacon, buttered white bloomer bread	
Sausage butty 696 kcal	85p
Two sausages, buttered white bloomer bread	
Quorn™ sausage butty  597 kcal	1.10
Two Quorn sausages, buttered white bloomer bread	

Tea, coffee and hot chocolate



FREE REFILLS

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —



£7.45 each

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.	

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. Our 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% fat or less  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.[§]

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 [†]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. ^{**}Meals exclude breakfasts, small plates, 3oz just-a-burger and desserts. ^{††}Excluding decaffeinated. ^{†††}Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, liqueurs, bombs and shots. 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).



for the facts
drinkaware.co.uk jdwetherspoon.com

Main menu from 11am

Burgers | Our beef burgers are made from 100% British beef.

NEW 3oz beef burgers One 3oz beef patty.
Served with a small portion of chips (329 kcal, included in Calories below).

American burger	714 kcal. Red onion, gherkin, ketchup, American-style mustard	2.10
Classic beef burger	695 kcal. Cos lettuce, tomato, red onion	2.10
Skinny beef burger	412 kcal Cos lettuce, tomato, red onion, with a side salad, instead of chips	2.10
American cheese burger	755 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	1.40

NEW 6oz beef burgers Two 3oz beef patties.
Served with chips (603 kcal, included in Calories below)

Double American burger	1162 kcal	[EL]
Double classic beef burger	1142 kcal Cos lettuce, tomato, red onion	[EL]
Double American cheese burger	1243 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	[EN]

Meat-free burgers
Served with chips (603 kcal, included in Calories below).

Breaded vegetable burger	916 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	[EW]
Beyond Burger™	939 kcal BEYOND MEAT plant-based patty	[EW]

Chicken burgers
Served with chips (603 kcal, included in Calories below).

Fried buttermilk chicken burger	968 kcal Breaded whole chicken breast escalope	[EW]
Grilled chicken breast burger	837 kcal	[EW]
Skinny chicken burger	407 kcal Grilled chicken breast with salad, instead of chips	[EW]

Gourmet burgers
Served with chips, six onion rings (860 kcal, included in Calories below).

Ultimate burger	1651 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	[EY]
Tennessee burger	Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1380 kcal Grilled chicken breast 1234 kcal Fried buttermilk chicken 1652 kcal	[EY]
BBQ burger	Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1625 kcal Grilled chicken breast 1479 kcal Fried buttermilk chicken 1652 kcal	[EY]

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese	170 kcal	[EQ]
Maple-cured bacon with American-style cheese	168 kcal	[ER]
Cheddar cheese	83 kcal	[ES]
American-style cheese	81 kcal	[ES]
Maple-cured bacon	87 kcal	[ET]
One 3oz beef patty	347 kcal	[EU]
Grilled chicken breast	200 kcal	
Fried buttermilk chicken	340 kcal	
Breaded vegetable patty	279 kcal	
BEYOND MEAT patty	289 kcal	each [EV]

Curries

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

NEW Katsu chicken curry	686 kcal. Sliced whole breaded chicken breast escalope	[FC]
NEW Katsu grilled chicken curry	554 kcal. Sliced grilled chicken breast	[FC]

Classic curries With basmati pilau rice, plain naan, poppadums and mango chutney.

Chicken tikka masala	1183 kcal	[FE]
Mangalorean roasted cauliflower		[FE]
& spinach curry	951 kcal	[FE]

Change your plain naan to a garlic naan (add 58 kcal) [FG]

11" pizzas
On a freshly baked sourdough base.

Margherita	941 kcal. Mozzarella, basil	[FN]
Pepperoni	1159 kcal. Mozzarella, pepperoni	[FP]
Ham and mushroom	1020 kcal. Mozzarella, ham, mushroom, rocket	[FP]
BBQ chicken	1123 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	[FP]
Roasted vegetable	1037 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	[FP]
Vegan roasted vegetable	709 kcal Mushroom, roasted pepper, courgette, onion, basil	[FP]
Spicy meat feast	1339 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	[FR]

Additional toppings

Red onion	10 kcal; Sliced chillies 3 kcal; Mushroom 6 kcal	each [FT]
Garlic & herb dip	180 kcal; Mozzarella 145 kcal; Ham 71 kcal	
Chicken breast	100 kcal; Maple-cured bacon 87 kcal	each [FU]
Pepperoni	109 kcal; Roasted vegetables 135 kcal	each [FV]

Pub classics

NEW Bangers and mash	894 kcal Three Lincolnshire sausages, peas, gravy	[GN]
NEW Vegetarian bangers and mash	747 kcal Three Quorn sausages, peas, gravy	[GP]

Fish and chips

Freshly battered [HE] and chips		[HH]
Peas [HF] kcal or mushy peas [HG] kcal		

Chicken basket

Boneless basket	Three southern-fried chicken strips, chicken breast bites, coleslaw, BBQ sauce. Choose: Spicy rice 902 kcal; Chips 1264 kcal	[FJ]
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Small plates

11" garlic pizza bread	703 kcal	4.30
Nachos	636 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.40
Bowl of chips	964 kcal	2.35
Bowl of chips with curry sauce	1083 kcal	2.55
Cheesy chips	1269 kcal	2.45
Loaded chips	1306 kcal. Cheese, maple-cured bacon, sour cream	2.65
Chicken breast bites	406 kcal. Battered chicken pieces, sticky soy sauce	2.25

Paninis

The freshly made paninis below are all served with chips (add 597 kcal) or ask for a salad instead (add 72 kcal).

NEW Tuna mayo and Cheddar cheese	642 kcal	1.99
Cheddar cheese and tomato	569 kcal	1.99
Wiltshire cured ham and Cheddar cheese	548 kcal	1.99
BBQ chicken, bacon and Cheddar cheese	615 kcal	1.99

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning (6 kcal) [IZ])	[IY]
Small bowl of chips	603 kcal	[JA]
Onion rings		
Garlic pizza bread		
With cheese		
Six	237 kcal [JM]	Twelve 474 kcal [JN]
Eight	352 kcal [JO]	11" 703 kcal [JP]
Eight	424 kcal [JQ]	11" 848 kcal [JR]

Salads and pastas

Chicken & maple-cured bacon salad		[IK]
Choose: Grilled chicken breast	280 kcal	
Southern-fried chicken strips	452 kcal	
Mediterranean salad	314 kcal	[IM]
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, kale, pumpkin seeds, basil, dressing		
Add: Roasted vegetables (135 kcal) [IQ] Grilled chicken breast (200 kcal) [IR]		
Pasta alfredo	659 kcal	[IS]
Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket		
Add: Grilled chicken breast (200 kcal) [IU] Maple-cured bacon (87 kcal) [IV]		
British beef & pancetta lasagne	749 kcal. Side salad	[IW]

