



















Desserts

Millionaire's shortbread  331 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.61
Vanilla ice cream  257 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.26
Cookie crunch  287 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.26
Mini warm chocolate brownie  397 kcal Belgian chocolate sauce, vanilla ice cream	3.43
Mini warm cookie dough sandwich  347 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.43
Mini American-style pancakes  373 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	5.08
Fresh fruit and ice cream   379 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.49
Salted caramel sticky toffee pudding  799 kcal Vanilla ice cream	6.54
Warm chocolate fudge cake  832 kcal. Vanilla ice cream	6.06
Warm chocolate brownie  697 kcal Belgian chocolate sauce, vanilla ice cream	6.06
Warm cookie dough sandwich  601 kcal Salted caramel filling, toffee sauce, vanilla ice cream	6.06
British Bramley apple crumble  602 kcal. Vanilla ice cream	6.37
American-style pancakes  650 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	6.54
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Add: Vanilla ice cream scoop  (97 kcal) 99p ; Toffee sauce  (66 kcal) 47p Belgian chocolate sauce  (61 kcal) 47p ; Banana  (110 kcal) 60p Strawberries  (14 kcal) 60p ; Blueberries  (17 kcal) 60p	

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on the 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% fat or less  Dish under 500 Calories

Adults need around 2000 kcal a day.[§]

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BREAKFAST Served 8am – 12 noon





Large breakfast 1320 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	5.99
Traditional breakfast 774 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	3.69
Small breakfast  435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	2.79
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Add: Black pudding (178 kcal) 80p	
Freedom breakfast 581 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	2.79
Large vegetarian breakfast  1075 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	5.99
Vegetarian breakfast  729 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	3.69
Small vegetarian breakfast   281 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	2.79
Vegan breakfast  616 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	2.79
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	8.39
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	6.54

Tea and toast

Includes tea, coffee or hot chocolate. Free refills*

	with drink	without drink
Two slices of toast with jam or marmalade  458 kcal. White bloomer bread	2.49	1.99






















Breakfast butties and wraps

Bacon butty 574 kcal Three back bacon rashers, buttered white bloomer bread	2.69
Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	2.69
Vegetarian sausage butty  520 kcal Two vegan sausages, buttered white bloomer bread	2.69
Vegan option available with vegan spread   414 kcal	
Breakfast wrap 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	5.90
Vegetarian breakfast wrap  715 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	5.90

Breakfast muffin deal











Includes tea, coffee, hot chocolate (free refills*) or a soft drink.

Egg & cheese muffin  280 kcal Fried egg, American-style cheese, in an English muffin	2.39
Egg & bacon muffin  346 kcal Fried egg, bacon, American-style cheese, in an English muffin	2.59
Egg & sausage muffin  449 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	2.59
Egg & vegetarian sausage muffin  352 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	2.59
Breakfast muffin 514 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	2.79
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Add: Hash brown  (82 kcal) 51p	

Eggs Benedict 756 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.89
Mushroom Benedict  667 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.89
Miner's Benedict 970 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.89
American-style pancakes – choose: Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.  694 kcal	6.54
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup.  554 kcal	6.54 5.85
Small American-style pancakes – choose: Two pancakes, maple-cured bacon, maple-flavour syrup.  322 kcal Two pancakes, maple-flavour syrup.   277 kcal	5.08 4.79
Scrambled egg on toast  570 kcal Three eggs, buttered white bloomer toast	2.79
Beans on toast  566 kcal. Buttered white bloomer toast Vegan option available with vegan spread   460 kcal	2.79
Small beans on toast   252 kcal. Buttered white bloomer toast	2.29
Fresh fruit  186 kcal. Apple, banana, blueberries, strawberries	3.99
Fresh fruit and yoghurt  320 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	4.49
Porridge  253 kcal (plain) Add: Banana  (110 kcal) 60p ; Strawberries  (14 kcal) 60p Blueberries  (17 kcal) 60p ; Honey  (152 kcal) 30p Sliced apple  (46 kcal) 60p ; Maple-flavour syrup  (104 kcal) 30p	1.99

Breakfast extras

Add any of the following:

Black pudding 178 kcal	80p Hash brown  82 kcal	51p
Two back bacon rashers 131 kcal	1.67 Two mushrooms  94 kcal	98p
Lincolnshire sausage 168 kcal	1.15 Two tomato halves  16 kcal	57p
Vegan sausage  72 kcal	1.15 Hollandaise sauce  299 kcal	1.92
Fried egg  56 kcal	98p Slice of toast  192 kcal	1.23
Poached egg  63 kcal		98p
Two scrambled eggs  136 kcal		1.73
Baked beans  126 kcal		98p

Tea, coffee and hot chocolate

FREE REFILLS

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —



£1.19 each

Biscuits

Walkers shortbread  151 kcal

Stem ginger biscuit  123 kcal

Belgian chocolate biscuit  129 kcal

71p each

for the facts
drinkaware.co.uk

jd.wetherspoon.com

FOOD

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



Penzance

The Tremenheere

A few metres from this pub is the site of the 17th mansion of the Tremenheere family. John was mayor of Penzance in 1655, since when the name of Tremenheere has appeared in the list of mayors on no fewer than nine occasions, the last time in 1797.



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: Order food and/or drinks • 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 this pub.



Sustainable fish

The cod and haddock we serve come from fisheries which have been certified as well-managed and sustainable fisheries.



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'.



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.



100% UK and Irish beef

Traceable from farm to fork.



Coffee

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



Award-winning children's menu

Independently run 'secret diner' survey.

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Allergen and nutritional information can be found on the customer information screen, website and Wetherspoon app.

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. 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. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See website for full details: jd.wetherspoon.com *Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. [§]Statement of daily Calorie needs from the Department of Health & Social Care. *Excluding decaffeinated tea and decaffeinated coffee. *Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, 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).

Small plates | 3 for £14.99

8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.		
Margherita  <small>UNDER 500</small> 475 kcal. Mozzarella, fresh basil	6.76	
NEW Spicy chicken    706 kcal	7.35	
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni  556 kcal. Mozzarella, pepperoni	7.35	
Ham and mushroom 512 kcal. Mozzarella, ham, mushroom, rocket	7.35	
BBQ chicken 562 kcal	7.35	
Mozzarella, chicken breast, BBQ sauce, red onion, rocket		
Roasted vegetable  522 kcal	7.35	
Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil		
Vegan roasted vegetable  <small>5%</small> <small>UNDER 500</small> 358 kcal	7.35	
Mushroom, roasted pepper, courgette, onion, fresh basil		
Spicy meat feast    606 kcal	7.95	
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		
11" garlic pizza bread  778 kcal	6.29	
Nachos     768 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.24	
Bowl of chips  964 kcal	3.99	
Bowl of chips with curry sauce  1082 kcal	5.29	
Cheesy chips  1256 kcal	5.49	
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	5.79	
NEW Shawarma-chicken-topped chips     1387 kcal	5.79	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces		
Halloumi-style fries    <small>UNDER 500</small> 458 kcal. Sweet chilli sauce	6.35	
Chicken bites  <small>UNDER 500</small> 403 kcal	6.63	
Ten battered chicken breast pieces, BBQ sauce		
Southern-fried chicken strips  547 kcal	6.58	
Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze		
Chicken wings    1113 kcal. Ten spicy chicken wings, Naga chilli sauce	7.36	
Quorn™ nuggets    <small>UNDER 500</small> 345 kcal	6.18	
Eight coated pieces, sweet chilli sauce		

Wings, bites and strips

Mix and match		
Five chicken wings    <small>UNDER 500</small> 445 kcal	2.99	
Spicy chicken wings		each
Five chicken bites <small>UNDER 500</small> 161 kcal	2 for	
Battered chicken breast pieces	5.49	
Three southern-fried chicken strips  <small>UNDER 500</small> 276 kcal	3 for	
Chicken breast strips	7.49	
Five Quorn™ nuggets  <small>UNDER 500</small> 177 kcal. Five coated pieces		
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Add: Sweet chilli sauce   (62 kcal)		
Naga chilli sauce    (136 kcal); BBQ sauce  (83 kcal)		
Jack Daniel's® Tennessee Honey glaze  (87 kcal)		
Chipotle mayo      (150 kcal); Blue cheese sauce  (270 kcal)		
Garlic & herb dip  (301 kcal)		
	99p	each