

Desserts

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|--|------|
| <b>Millionaire's shortbread</b>  331 kcal<br>Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce   | 2.32 |
| <b>Vanilla ice cream</b>  257 kcal<br>Two scoops, toffee sauce, Belgian chocolate sauce   | 1.97 |
| <b>Cookie crunch</b>  287 kcal<br>Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce   | 1.97 |
| <b>Mini warm chocolate brownie</b>  397 kcal<br>Belgian chocolate sauce, vanilla ice cream  | 3.13 |
| <b>Mini warm cookie dough sandwich</b>  347 kcal<br>Salted caramel filling, toffee sauce, vanilla ice cream   | 3.13 |
| <b>Mini American-style pancakes</b>  373 kcal<br>Two pancakes, maple-flavour syrup, vanilla ice cream   | 3.69 |
| <b>Fresh fruit and ice cream</b>   379 kcal<br>Apple, banana, blueberries, strawberries, vanilla ice cream   | 3.49 |
| <b>Salted caramel sticky toffee pudding</b>  799 kcal<br>Vanilla ice cream  | 5.14 |
| <b>Warm chocolate fudge cake</b>  832 kcal. Vanilla ice cream   | 5.48 |
| <b>Warm chocolate brownie</b>  697 kcal<br>Belgian chocolate sauce, vanilla ice cream   | 5.48 |
| <b>Warm cookie dough sandwich</b>  601 kcal<br>Salted caramel filling, toffee sauce, vanilla ice cream  | 5.48 |
| <b>British Bramley apple crumble</b>  602 kcal. Vanilla ice cream   | 5.77 |
| <b>American-style pancakes</b>  650 kcal<br>Four pancakes, maple-flavour syrup, vanilla ice cream   | 5.14 |
| <hr/>  |      |
| Add: Vanilla ice cream scoop  (97 kcal) <b>99p</b> ; Toffee sauce  (66 kcal) <b>47p</b><br>Belgian chocolate sauce  (61 kcal) <b>47p</b> ; Banana  (110 kcal) <b>60p</b><br>Strawberries  (14 kcal) <b>60p</b> ; Blueberries  (17 kcal) <b>60p</b> |      |






**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.<sup>§</sup>







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




BREAKFAST Served 8am – 12 noon











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| <b>Large breakfast</b> 1320 kcal<br>Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast   | 5.99 |
| <b>Traditional breakfast</b> 774 kcal<br>Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast   | 3.69 |
| <b>Small breakfast</b>  435 kcal<br>Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown  | 2.79 |
| <hr/>   |      |
| Add: Black pudding (178 kcal) <b>80p</b>  |      |
| <b>Freedom breakfast</b> 581 kcal<br>Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato  | 2.79 |
| <b>Large vegetarian breakfast</b>  1075 kcal<br>Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast                                 | 5.99 |
| <b>Vegetarian breakfast</b>  729 kcal<br>Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast   | 3.69 |
| <b>Small vegetarian breakfast</b>   281 kcal<br>Fried egg, vegan sausage, baked beans, hash brown, tomato | 2.79 |
| <b>Vegan breakfast</b>  416 kcal<br>Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread   | 2.79 |
| <b>American breakfast</b> 1258 kcal<br>Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup  | 7.00 |
| <b>Small American breakfast</b> 629 kcal<br>Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup   | 5.14 |

| 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  |      |
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| <b>Bacon butty</b> 574 kcal<br>Three back bacon rashers, buttered white bloomer bread  | 2.69 |
| <b>Sausage butty</b> 714 kcal<br>Two Lincolnshire sausages, buttered white bloomer bread   | 2.69 |
| <b>Vegetarian sausage butty</b>  520 kcal<br>Two vegan sausages, buttered white bloomer bread  | 2.69 |
| <b>Vegan option available with vegan spread</b>   414 kcal |      |
| <b>Breakfast wrap</b> 724 kcal<br>Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese   | 4.51 |
| <b>Vegetarian breakfast wrap</b>  715 kcal<br>Fried egg, two vegan sausages, two hash browns, Cheddar cheese                                   | 4.51 |


| Breakfast muffin deal  |      |
|--|------|
| Includes tea, coffee, hot chocolate (free refills*) or a soft drink.   |      |
| <b>Egg &amp; cheese muffin</b>  280 kcal<br>Fried egg, American-style cheese, in an English muffin                            | 2.39 |
| <b>Egg &amp; bacon muffin</b>  346 kcal<br>Fried egg, bacon, American-style cheese, in an English muffin                      | 2.59 |
| <b>Egg &amp; sausage muffin</b>  449 kcal<br>Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin     | 2.59 |
| <b>Egg &amp; vegetarian sausage muffin</b>  352 kcal<br>Fried egg, vegan sausage, American-style cheese, in an English muffin | 2.59 |
| <b>Breakfast muffin</b> 514 kcal<br>Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin  | 2.79 |
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| Add: Hash brown  (82 kcal) <b>51p</b>   |      |

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| <b>Eggs Benedict</b> 756 kcal<br>Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket   | 5.29         |
| <b>Mushroom Benedict</b>  667 kcal<br>Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket  | 5.29         |
| <b>Miner's Benedict</b> 970 kcal<br>Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket  | 5.29         |
| <b>American-style pancakes – choose:</b><br>Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.  694 kcal  | 5.14         |
| Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal<br>Four pancakes, maple-flavour syrup.  554 kcal  | 5.14<br>4.45 |
| <b>Small American-style pancakes – choose:</b><br>Two pancakes, maple-cured bacon, maple-flavour syrup.  322 kcal<br>Two pancakes, maple-flavour syrup.  277 kcal  | 3.69<br>3.40 |
| <b>Scrambled egg on toast</b>  570 kcal<br>Three eggs, buttered white bloomer toast   | 2.79         |
| <b>Beans on toast</b>  566 kcal. Buttered white bloomer toast<br>Vegan option available with vegan spread  460 kcal  | 2.79         |
| <b>Small beans on toast</b>   252 kcal. Buttered white bloomer toast   | 2.29         |
| <b>Fresh fruit</b>   186 kcal. Apple, banana, blueberries, strawberries  | 2.99         |
| <b>Fresh fruit and yoghurt</b>   320 kcal<br>Apple, banana, blueberries, strawberries, Greek-style honey yoghurt   | 3.49         |
| <b>Porridge</b>  253 kcal (plain)<br>Add: Banana  (110 kcal) <b>60p</b> ; Strawberries  (14 kcal) <b>60p</b><br>Blueberries  (17 kcal) <b>60p</b> ; Honey  (152 kcal) <b>30p</b><br>Sliced apple  (46 kcal) <b>60p</b> ; Maple-flavour syrup  (104 kcal) <b>30p</b> | 1.99         |




| Breakfast extras   |  |      |
|--|--|------|
| Add any of the following:  |  |      |
| <b>Black pudding</b> 178 kcal  | <b>80p</b> Hash brown  82 kcal            | 51p  |
| <b>Two back bacon rashers</b> 131 kcal   | <b>1.67</b> Two mushrooms  94 kcal        | 98p  |
| <b>Lincolnshire sausage</b> 168 kcal   | <b>1.15</b> Two tomato halves  16 kcal  | 57p  |
| <b>Vegan sausage</b>  72 kcal       | <b>1.15</b> Hollandaise sauce  299 kcal | 1.92 |
| <b>Fried egg</b>  56 kcal           | <b>98p</b> Slice of toast  192 kcal     | 1.23 |
| <b>Poached egg</b>  63 kcal         |  | 98p  |
| <b>Two scrambled eggs</b>  136 kcal |  | 1.73 |
| <b>Baked beans</b>  126 kcal        |  | 98p  |

**Tea, coffee and hot chocolate**

**FREE REFILLS\***  
TEA, COFFEE AND HOT CHOCOLATE  
— ALL DAY EVERY DAY —

**LAVAZZA** TORINO, ITALIA, 1895 

**£1.19** each

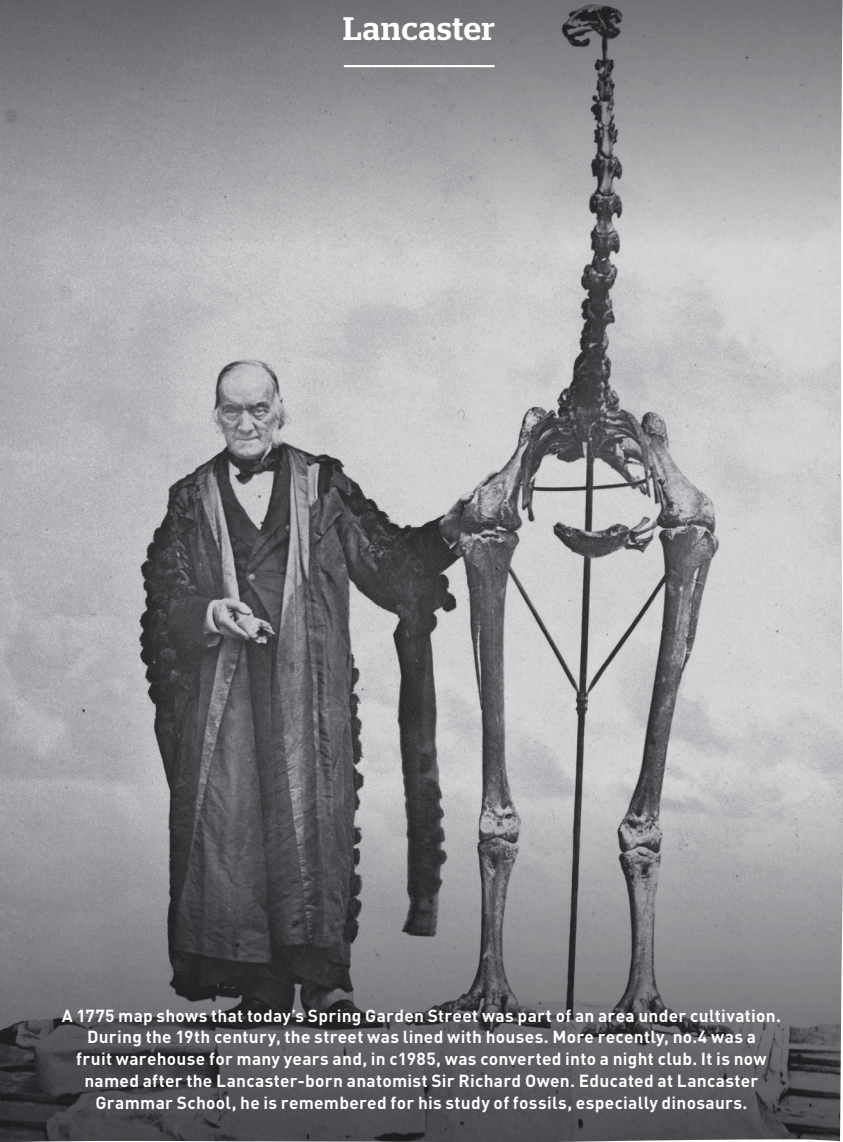
**Biscuits**  
Walkers shortbread  151 kcal  
Stem ginger biscuit  123 kcal  
Belgian chocolate biscuit  129 kcal

**71p** each

for the facts [drinkaware.co.uk](https://drinkaware.co.uk) [jd.wetherspoon.com](https://jd.wetherspoon.com)

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


**The Sir Richard Owen**  
Lancaster



A 1775 map shows that today's Spring Garden Street was part of an area under cultivation. During the 19th century, the street was lined with houses. More recently, no.4 was a fruit warehouse for many years and, in c1985, was converted into a night club. It is now named after the Lancaster-born anatomist Sir Richard Owen. Educated at Lancaster Grammar School, he is remembered for his study of fossils, especially dinosaurs.

**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**  
 **5** (very good)

**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.

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

Adults need around 2000 kcal a day.<sup>§</sup>


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


|                                   |                                       |
|-----------------------------------|---------------------------------------|
| <b>Breakfast</b><br>8am – 12 noon | Traditional breakfast<br><b>£3.69</b> |
|-----------------------------------|---------------------------------------|

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| <b>Tea, coffee and hot chocolate</b><br>Free refills | <b>£1.19</b><br>each |
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| <b>Wings, bites and strips</b><br>Mix and match<br><b>£2.99</b> each |
| <b>2 for £5.49   3 for £7.49</b>                                     |



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|---|
| <b>Small plates</b><br>Mix and match<br><b>3 for £14.99</b> |
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| <b>Deli Deals*</b><br>INCLUDES A DRINK*  |
| Featuring southern-fried chicken wrap just-a-wrap, without a drink<br><b>£4.82</b>  |
| soft drink* <b>£6.00</b>   alcoholic drink* <b>£7.53</b>  |

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| <b>Afternoon deals</b><br>INCLUDES A DRINK*  |
| Mon - Fri, 2pm - 5pm<br>Featuring small freshly battered fish and chips   |
| from soft drink* <b>£6.39</b>   from alcoholic drink* <b>£7.92</b>  |

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| <b>Gourmet burger meals</b><br>INCLUDES A DRINK*  |
| Featuring NEW The Big Smoke burger   |
| soft drink* <b>£9.69</b>   alcoholic drink* <b>£11.22</b>  |

|   |
|---|
| <b>INCLUDES A DRINK* </b><br>Choose from over 150 drinks |
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|--|--|
| <b>100% UK AND IRISH BEEF</b><br><b>LAVAZZA</b> TORINO, ITALIA, 1895  | <b>100% UK and Irish beef</b><br>Traceable from farm to fork.  |
| <b>LAVAZZA</b> TORINO, ITALIA, 1895                                   | <b>Coffee</b><br>The freshly ground 100% Arabica Lavazza coffee" we serve is from Rainforest Alliance-certified farms. |
| <b>OUT TO LUNCH</b>   | <b>Award-winning children's menu</b><br>Independently run 'secret diner' survey.                                       |

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|--|-----------------------------|
| <b>wetherspoon hotels</b><br>Over 50 hotels and 1,329 rooms across England, Ireland, Scotland and Wales.<br><b>Book direct.</b><br>Available only at <a href="https://jd.wetherspoon.com">jd.wetherspoon.com</a> , on the app or by phone. | <b>UNLIMITED FREE Wi-Fi</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. 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](https://jd.wetherspoon.com) \*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. <sup>§</sup>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).



