

Desserts

Fresh fruit and ice cream ^{5%} ⁵⁰⁰ 379 kcal	3.59
Apple, banana, blueberries, strawberries, vanilla ice cream	
Salted caramel sticky toffee pudding ^{5%} ⁵⁰⁰ 799 kcal	5.92
Vanilla ice cream	
Warm chocolate fudge cake ^{5%} 832 kcal. Vanilla ice cream	5.68
Warm chocolate brownie ^{5%} 697 kcal	5.68
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich ^{5%} 601 kcal	5.68
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble ^{5%} 603 kcal. Vanilla ice cream	5.97
American-style pancakes ^{5%} 650 kcal	5.82
Four pancakes, maple-flavour syrup, vanilla ice cream	
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Mini desserts	
Millionaire's shortbread ^{5%} ⁵⁰⁰ 331 kcal	2.47
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream and sauce ^{5%} ⁵⁰⁰ 257 kcal	2.12
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch ^{5%} ⁵⁰⁰ 287 kcal	2.12
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie ^{5%} ⁵⁰⁰ 397 kcal	3.28
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich ^{5%} ⁵⁰⁰ 349 kcal	3.28
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes ^{5%} ⁵⁰⁰ 373 kcal	4.38
Two pancakes, maple-flavour syrup, vanilla ice cream	
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Add: Vanilla ice cream scoop ^{5%} (97 kcal) 1.04 ; Toffee sauce ^{5%} (66 kcal) 52p	
Belgian chocolate sauce ^{5%} (61 kcal) 52p ; Banana ^{5%} (110 kcal) 65p	
Strawberries ^{5%} (14 kcal) 65p ; Blueberries ^{5%} (17 kcal) 65p	

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.⁵

wetherspoon hotels

Over 50 hotels and 1,329 rooms across England, Ireland, Scotland and Wales.

Not available[†] on Booking.com or any website apart from our own.

Book direct.

Our rooms[†] are only available at jdwetherspoon.com, on the app or by phone. [†]UK hotels only.

Scan to find out more.



BREAKFAST

8am - 12 noon

Traditional

Large breakfast 1312 kcal	7.53
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 770 kcal	5.85
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast ⁵⁰⁰ 435 kcal	4.09
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: NEW Black pudding (67 kcal) 85p	
Freedom breakfast 581 kcal	4.20
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast ^{5%} 1067 kcal	7.53
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast ^{5%} 725 kcal	5.85
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast ^{5%} ⁵⁰⁰ 281 kcal	4.09
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast ^{5%} 612 kcal	4.09
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	

Benedicts

Eggs Benedict 774 kcal	6.17
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict ^{5%} 667 kcal	6.17
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 749 kcal	6.17
Two poached eggs, on an English muffin, with NEW black pudding, Hollandaise sauce, rocket	

Lite bite

Scrambled egg on toast ^{5%} 568 kcal	4.09
Three eggs, white bloomer toast	
Beans on toast ^{5%} 558 kcal. Buttered white bloomer toast	4.02
Vegan option available with vegan spread ^{5%} ⁵⁰⁰ 452 kcal	
Fresh fruit ^{5%} ⁵⁰⁰ 186 kcal. Apple, banana, blueberries, strawberries	2.99
Fresh fruit and yoghurt ^{5%} ⁵⁰⁰ 320 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
NEW Porridge, creamy jumbo oats ^{5%} ⁵⁰⁰ 188 kcal (plain)	1.99
Add: Banana ^{5%} (110 kcal) 65p ; Strawberries ^{5%} (14 kcal) 65p	
Blueberries ^{5%} (17 kcal) 65p ; Honey ^{5%} (152 kcal) 35p	
Sliced apple ^{5%} (46 kcal) 65p ; Maple-flavour syrup ^{5%} (104 kcal) 35p	

Breakfast muffin deal

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

Egg & cheese muffin ^{5%} ⁵⁰⁰ 286 kcal	3.41
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin ⁵⁰⁰ 351 kcal	3.87
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin ⁵⁰⁰ 454 kcal	3.87
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin ^{5%} ⁵⁰⁰ 357 kcal	3.87
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin 520 kcal	4.09
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
NEW Smashed avocado muffin ^{5%} ⁵⁰⁰ 302 kcal	4.09
Guacamole, pico de gallo, on an English muffin, rocket	
Add: Poached egg ^{5%} (63 kcal) 1.03 ; Maple-cured bacon (91 kcal) 1.67	
Add: Hash brown ^{5%} (82 kcal) 56p	

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: jdwetherspoon.com [†]Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. ⁵Statement 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).

American

American breakfast 1258 kcal	7.68
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	
Small American breakfast 629 kcal	5.82
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	
Pancakes, maple-flavour syrup ^{5%} 554 kcal	3.85
Four American-style pancakes, maple-flavour syrup	
Add: Maple-cured bacon (91 kcal) 1.67	
Banana, blueberries and strawberries (141 kcal) 1.95	
Small pancakes, maple-flavour syrup ^{5%} ⁵⁰⁰ 277 kcal	2.69
Two American-style pancakes, maple-flavour syrup	
Add: Maple-cured bacon (91 kcal) 1.67	
Butties and wraps	
Bacon butty 565 kcal	3.79
Three back bacon rashers, buttered white bloomer bread	
Sausage butty 706 kcal	3.79
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty ^{5%} 512 kcal	3.79
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread ^{5%} ⁵⁰⁰ 406 kcal	
Breakfast wrap 750 kcal	5.18
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap ^{5%} 742 kcal	5.18
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	

Breakfast extras

Add any of the following:		
NEW Black pudding 67 kcal	85p	Hash brown ^{5%} 82 kcal 56p
Two back bacon rashers 131 kcal	1.72	Two mushrooms ^{5%} 94 kcal 1.03
Lincolnshire sausage 168 kcal	1.20	Two tomato halves ^{5%} 16 kcal 62p
Vegan sausage ^{5%} 72 kcal	1.20	Hollandaise sauce ^{5%} 299 kcal 1.97
Fried egg ^{5%} 56 kcal	1.03	Slice of toast ^{5%} 188 kcal 1.28
Poached egg ^{5%} 63 kcal	1.03	
Two scrambled eggs ^{5%} 136 kcal	1.78	
Baked beans ^{5%} 126 kcal	1.03	

Tea and toast

Includes tea, coffee (free refills) ⁵ or hot chocolate.		with drink	without drink
Two slices of toast with jam or marmalade ^{5%} ⁵⁰⁰ 450 kcal		2.55	2.05
White bloomer bread			

Tea and coffee

FREE REFILLS⁵	
TEA AND COFFEE	
— ALL DAY EVERY DAY —	
LAVAZZA TORINO, ITALIA, 1895	
£1.85 each	
Hot chocolate ^{5%} 169 kcal	1.85
Biscuits	
Walker's shortbread ^{5%} 151 kcal	
Stem ginger biscuit ^{5%} 123 kcal	
Belgian chocolate biscuit ^{5%} 129 kcal	
	75p each
Flat white ^{5%} 92 kcal	
Cappuccino ^{5%} 102 kcal	
Latte ^{5%} 113 kcal	
Espresso ^{5%} 6 kcal	
Black coffee ^{5%} 6 kcal	
White coffee ^{5%} 24 kcal	
Tea	
with semi-skimmed milk ^{5%} 14 kcal	
Dairy alternative: oat satchet ^{5%} 4 kcal	
Decaffeinated tea and coffee available.	

for the facts drinkaware.co.uk

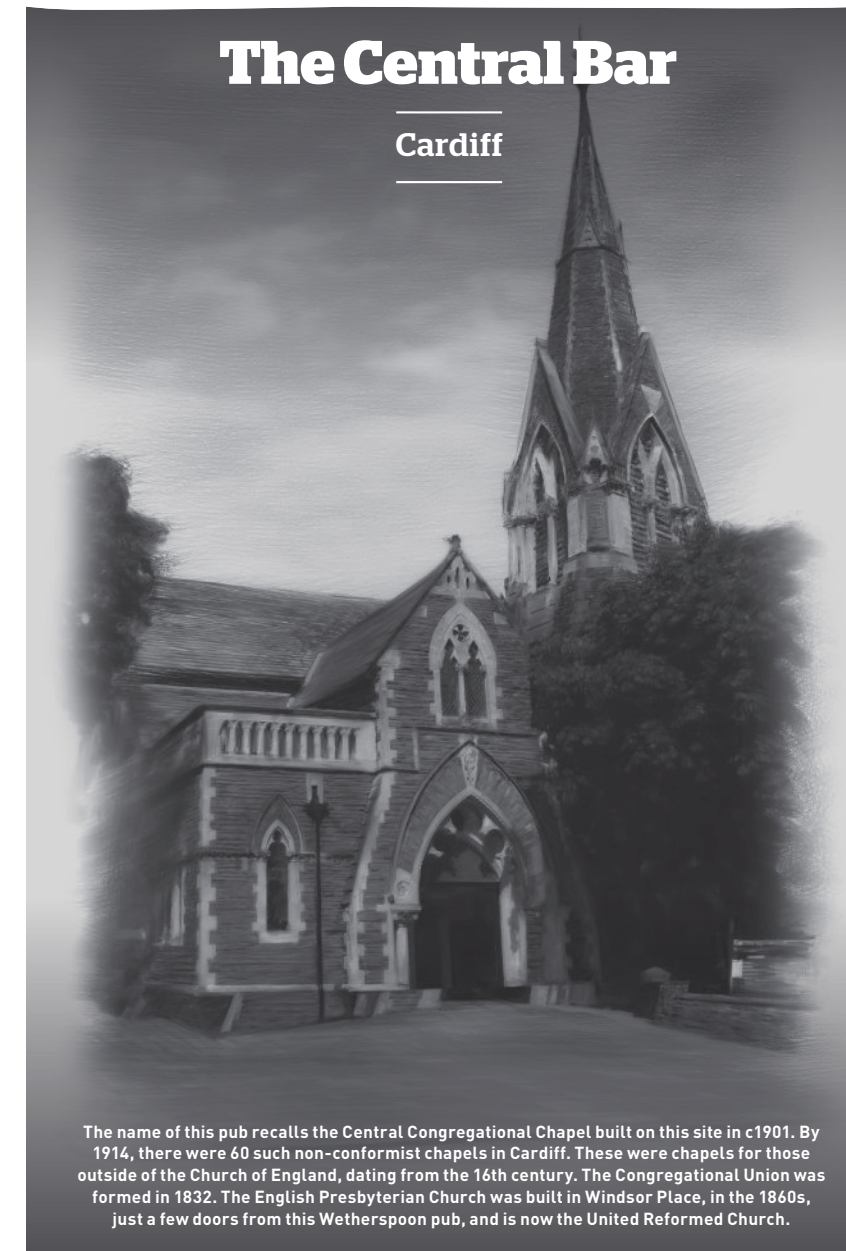
jdwetherspoon.com

FOOD

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

The Central Bar

Cardiff



The name of this pub recalls the Central Congregational Chapel built on this site in c1901. By 1914, there were 60 such non-conformist chapels in Cardiff. These were chapels for those outside of the Church of England, dating from the 16th century. The Congregational Union was formed in 1832. The English Presbyterian Church was built in Windsor Place, in the 1860s, just a few doors from this Wetherspoon pub, and is now the United Reformed Church.



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
Maximum rating of 5 awarded here.



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.

THE LITE BITE

INCLUDES A DRINK^{*}

Choose from over 150 drinks

Jacket potatoes

With side salad and one filling.

Tuna mayo 634 kcal

Coleslaw ^{5%} 602 kcal

Cheese ^{5%} 628 kcal

Baked beans ^{5%} ⁵⁰⁰ 462 kcal

Chilli bean non-carne ^{5%} ⁵⁰⁰ 485 kcal

Mediterranean vegetables

^{5%} ⁵⁰⁰ 475 kcal

soft drink^{*}

£5.49
each

alcoholic drink^{*}

£7.02
each

Extra fillings 99p each

NEW Gourmet jackets

With side salad.

The smoky spud ^{5%} ⁵⁰⁰ 699 kcal

Pulled BBQ beef brisket, cheese, smoky chipotle mayo, sliced chilli

The Mexican spud ^{5%} ⁵⁰⁰ 736 kcal

Chilli bean non-carne, cheese, guacamole, crushed tortilla chips, sliced chilli, coriander

The loaded spud 894 kcal

Garlic butter, cheese, maple-cured bacon, sour cream

soft drink^{*}

£6.99
each

alcoholic drink^{*}

£8.52
each

NEW THE LITE BITE

Grilled chicken breast burger with side salad

⁵⁰⁰ 462 kcal

BBQ chicken melt

with side salad 602 kcal

Sticky Korean grilled chicken bowl with coconut-flavour rice ⁵⁰⁰ 641 kcal

A selection of lite-bite meals from the menu; more choices available.



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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