




















Desserts		
NEW Giant profiterole   433 kcal	5.48	
Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry		
NEW Salted caramel sticky toffee pudding  877 kcal	5.72	
Vanilla ice cream		
NEW Millionaire's shortbread   409 kcal	2.32	
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce		
Vanilla ice cream   334 kcal	1.97	
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch   364 kcal	1.97	
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie   435 kcal	3.13	
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich   431 kcal	3.13	
Salted caramel filling, toffee sauce, vanilla ice cream		
Fresh fruit   470 kcal	4.71	
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake  909 kcal	5.48	
Vanilla ice cream		
Warm chocolate brownie  736 kcal	5.48	
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich  727 kcal	5.48	
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble  673 kcal	5.77	
Vanilla ice cream		

Add: Vanilla ice cream scoop  (135 kcal) **99p**; Toffee sauce  (66 kcal) **47p**
Belgian chocolate sauce  (61 kcal) **47p**; Banana  (110 kcal) **60p**
Strawberries  (27 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

 Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org










Adults need around 2000 kcal a day.⁸

BREAKFAST

Large breakfast 1343 kcal	7.43
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	5.75
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast  435 kcal	3.99
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Black pudding (178 kcal) 80p	
Freedom breakfast 586 kcal	3.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast  1129 kcal	7.43
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast  786 kcal	5.75
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast   291 kcal	3.99
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast  642 kcal	3.99
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
Porridge   252 kcal (plain)	1.99
Add: Banana  (110 kcal) 60p ; Strawberries  (27 kcal) 60p	
Blueberries  (17 kcal) 60p ; Honey  (91 kcal) 30p	
Sliced apple  (46 kcal) 60p	
Eggs Benedict 725 kcal	6.07
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict  638 kcal	6.07
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	6.07
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Scrambled egg on toast  570 kcal	3.99
Three eggs, buttered white bloomer toast	
Beans on toast   566 kcal. Buttered white bloomer toast	3.92
NEW Vegan option available with vegan spread   460 kcal	
Small beans on toast   252 kcal	2.77
Buttered white bloomer toast	
Two slices of toast with jam or marmalade  524 kcal	1.99
White bloomer bread	
Fresh fruit   200 kcal	2.99
Apple, banana, blueberries, strawberries	
NEW Fresh fruit and yoghurt   334 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	

Breakfast extras





Add any of the following:

Black pudding 178 kcal	80p	Hash brown  82 kcal	51p
Lincolnshire sausage 168 kcal	1.15	Vegan sausage  82 kcal	1.15
Slice of toast  225 kcal	1.23	Baked beans  126 kcal	98p
Fried egg  56 kcal	98p	Poached egg  63 kcal	98p
Two scrambled eggs  136 kcal			1.73
Two rashers of back bacon 131 kcal			1.67
Four rashers of maple-cured bacon 91 kcal			1.62
Two mushrooms  100 kcal			98p
Two grilled tomato halves  16 kcal			57p

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 our website for full details: jdwetherspoon.com.
¹Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. ²Statement of daily Calorie needs from the Department of Health & Social Care.
³Excluding decaffeinated. ⁴Drinks 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).

Served
8am – 12 noon

Breakfast butties and wraps

Bacon buttie 574 kcal	3.69
Three rashers of bacon, buttered white bloomer bread	
Sausage buttie 714 kcal	3.69
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage buttie  541 kcal	3.69
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread   435 kcal	
Breakfast wrap 724 kcal	5.08
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap  735 kcal	5.08
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	

Breakfast muffin deal











Includes tea, coffee or hot chocolate. Free refills ⁹	
Egg & cheese muffin   249 kcal	3.31
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin  314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin  417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin   330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin  482 kcal	3.99
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Add: Hash brown  (82 kcal) 51p	

Tea, coffee and hot chocolate




FREE
REFILLS⁹
TEA, COFFEE AND
HOT CHOCOLATE
— ALL DAY EVERY DAY —



£1.71
each

Flat white  92 kcal	White coffee  24 kcal
Cappuccino  102 kcal	Hot chocolate  169 kcal
Latte  113 kcal	Tea
Mocha  147 kcal	with semi-skimmed milk  14 kcal
Espresso  6 kcal	Dairy alternative: oat sachet  4 kcal
Black coffee  6 kcal	Decaffeinated tea and coffee available.

Biscuits

Walkers shortbread	71p	Stem ginger biscuit  123 kcal	71p
Belgian chocolate biscuit  129 kcal	71p	Salted caramel brownie bar  316 kcal	1.64

for the facts
drinkaware.co.uk

jdwetherspoon.com

SIMNOGRILL

FOOD

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

The Prince of Wales

Cardiff



This grade II listed building is the former Prince of Wales Theatre. Richard Burton, Noel Coward and Laurence Olivier are among the great actors who performed here. It was built, facing Wood Street, in 1878, replacing the Royal Theatre which had recently burned down. The Prince of Wales was, itself, rebuilt and an entrance added on St Mary Street. It later became a cinema, then a nightclub and was converted into this pub in 1999.



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: Search for a pub • Book a hotel • Save your favourites • Find an ale

FOOD HYGIENE RATING

12345

VIEW SCORE

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

CERTIFIED SUSTAINABLE SEAFOOD MSC

www.msc.org

Sustainable fish
The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standard for well-managed and sustainable fisheries.

100%

UK AND IRISH

BEEF

100% UK and Irish beef
From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.

RSPCA ASSURED

CERTIFICATION MARK

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.

LAVAZZA

TORINO, ITALY, 1895

100% ARABICA BEANS

OUT TO LUNCH

soil Association

FOOD MADE GOOD

2024 – 2026

Coffee
The freshly ground 100% Arabica Lavazza coffee¹⁰ we serve is from Rainforest Alliance-certified farms.

Award-winning children's menu
Independently run 'secret diner' survey.

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'.

wetherspoon hotels

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

Book direct.

Available only at jdwetherspoon.com, on the app or by phone.

UNLIMITED

FREE Wi-Fi

goodfoodtalks

opening menus for everybody

The spoken menu app for the visually impaired

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Scan to find out more.



