

























SIDES AND EXTRAS				
Bowl of chips	 964 kcal (Add: Spicy seasoning  (7 kcal) 39p)			3.99
Small bowl of chips	 602 kcal			2.49
Five chicken wings	 407 kcal			2.99
Peas	 94 kcal			99p
Side salad	 91 kcal			2.39
Coleslaw	 399 kcal			1.50
Sliced chillies	 3 kcal			93p
Mushy peas	 289 kcal			99p
Roasted vegetables	 135 kcal			1.63
Garlic mayo	 336 kcal			93p
Onion rings	 Six 269 kcal	2.43	Twelve 538 kcal	3.65
Garlic pizza bread	 8" 373 kcal	4.55	11" 746 kcal	5.72
With cheese	 8" 466 kcal	5.13	11" 932 kcal	6.59

DESSERTS				
NEW	Salted caramel sticky toffee pudding	 810 kcal		4.57
	Vanilla ice cream			
NEW	Millionaire's shortbread	 474 kcal		2.32
	Two vanilla ice cream scoops, shortbread biscuit, chocolate sauce, toffee sauce			
	Vanilla ice cream	 261 kcal		1.97
	Two scoops, toffee sauce, chocolate sauce			
	Mini warm chocolate brownie	 400 kcal		3.13
	Chocolate sauce, vanilla ice cream			
	Mini warm cookie dough sandwich	 350 kcal		3.13
	Salted caramel filling, toffee sauce, vanilla ice cream			
	Fresh fruit bowl	 427 kcal		4.71
	Banana, strawberry, pineapple, grapes, apple, honeydew and cantaloupe melon, vanilla ice cream			
	Warm chocolate fudge cake	 842 kcal. Vanilla ice cream		5.48
	Warm chocolate brownie	 698 kcal		5.48
	Chocolate sauce, vanilla ice cream			
	Warm cookie dough sandwich	 598 kcal		5.48
	Salted caramel filling, toffee sauce, vanilla ice cream			
	Bramley apple crumble	 606 kcal. Vanilla ice cream		5.77
	Add: Vanilla ice cream scoop	 (102 kcal) 99p		
	Chocolate sauce	 (57 kcal) 47p		
	Toffee sauce	 (58 kcal) 47p; Banana  (122 kcal) 60p		
	Strawberries	 (13 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

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 J2O 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).

jdwetherspoon.com

BREAKFAST

Served 8am - 12 noon

Large Ulster fry	1512 kcal	5.99	Breakfast wrap	784 kcal	3.92
Two fried eggs, bacon, two sausages, baked beans, potato bread, half a soda bread, two slices of toast, black pudding			Fried egg, bacon, Loughnane's pork sausage, hash brown, Cheddar cheese		
Ulster fry	752 kcal	3.69	Vegetarian breakfast wrap	 760 kcal	3.92
Sausage, fried egg, bacon, baked beans, half a potato bread, half a soda bread			Fried egg, two vegan sausages, two hash browns, Cheddar cheese		
Small breakfast	 499 kcal	2.79	Breakfast soda	760 kcal	5.60
Fried egg, bacon, Loughnane's pork sausage, baked beans, hash brown			Soda bread, filled with sausage, bacon, fried egg		
Add: Black pudding (81 kcal)	80p		Scrambled egg on toast	 648 kcal	2.79
			Three eggs, buttered white bloomer toast		
Large Ulster vegetarian breakfast	 1203 kcal	5.99	Beans on toast	 5%  498 kcal	2.79
Two fried eggs, two vegan sausages, baked beans, potato bread, half a soda bread, tomato, mushroom, two slices of toast			Buttered white bloomer toast		
NEW	Vegan option available with vegan spread  6%  498 kcal				
Ulster vegetarian breakfast	 726 kcal	3.69	Small beans on toast	 5%  218 kcal	2.29
Two fried eggs, vegan sausage, baked beans, potato bread, half a soda bread, tomato, mushroom			Buttered white bloomer toast		
Small vegetarian breakfast	 5%  329 kcal	2.79	Two slices of toast with jam	 383 kcal	1.99
Fried egg, vegan sausage, baked beans, hash brown, tomato			White bloomer toast		
Vegan breakfast	 691 kcal	2.79	Fresh fruit bowl	 6%  223 kcal	2.99
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread			Banana, strawberry, pineapple, grapes, apple, honeydew and cantaloupe melon		
Freedom breakfast	681 kcal	2.79	NEW Creamy jumbo oat porridge	 5%  175 kcal (plain)	1.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato			Add: Banana  (122 kcal) 60p; Strawberries  (13 kcal) 60p		
			Honey  (99 kcal) 30p		

BREAKFAST EXTRAS				
Add any of the following:				
Black pudding	81 kcal	80p	Four rashers of maple-cured bacon	91 kcal
Loughnane's pork sausage	184 kcal	1.15	Two rashers of back bacon	131 kcal
Vegan sausage	 72 kcal	1.15	Two scrambled eggs	 234 kcal
Baked beans	 126 kcal	98p	Fried egg	 105 kcal
Hash brown	 82 kcal	51p	Two mushrooms	 98 kcal
			Two grilled tomato halves	 15 kcal
			Slice of toast	 189 kcal
			Grilled halloumi cheese	 395 kcal

BREAKFAST MUFFINS				
Includes tea, coffee or hot chocolate. Free refills ¹				
Egg & cheese muffin	 269 kcal	2.96	Flat white	 92 kcal
Fried egg, American-style cheese, in a muffin			Cappuccino	 102 kcal
Egg & bacon muffin	 334 kcal	3.42	Latte	 113 kcal
Fried egg, bacon, American-style cheese, in a muffin			Mocha	 147 kcal
Egg & sausage muffin	 452 kcal	3.42	Espresso	 6 kcal
Fried egg, Loughnane's pork sausage, American-style cheese, in a muffin			Black coffee	 6 kcal
Egg & vegetarian sausage muffin	 340 kcal	3.42	White coffee	 24 kcal
Fried egg, vegan sausage, American-style cheese, in a muffin			Hot chocolate	 169 kcal
Breakfast muffin	518 kcal	3.66	Lyons tea	
Fried egg, Loughnane's pork sausage, bacon, American-style cheese, in a muffin			with semi-skimmed milk  14 kcal	
Add: Hash brown  (82 kcal)	51p		(Soya product available  5 kcal)	
			Decaffeinated tea and coffee available.	

TEA, COFFEE AND HOT CHOCOLATE

FREE REFILLS¹

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —

LAVAZZA

1.19 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

Hot chocolate  169 kcal

Lyons tea

with semi-skimmed milk  14 kcal

(Soya product available  5 kcal)

Decaffeinated tea and coffee available.

BISCUITS
Walkers shortbread  151 kcal 76p
White chocolate-chip cookies  141 kcal 76p
Milk chocolate-chip cookies  141 kcal 76p
Whirl shortcake  136 kcal 76p
Oat crunch biscuit  139 kcal 76p

goodfoodtalks

opening menus for everybody

The spoken menu app for the visually impaired

wetherspoon hotels

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UNLIMITED

FREE Wi-Fi

for the facts

drinkaware.co.uk

MENU_2396

wetherspoon FOOD

Food served until 10.30pm Monday to Wednesday, midnight Thursday, 12.30am Friday and Saturday and 11pm Sunday. Children's menu available.

The Spirit Merchant

Newtownards



This site comprises two Victorian dwellings which were later combined. Thomas Rountree, Spirit Merchant, is first listed at 54–56 Regent Street in 1950 and last recorded there in 1988. The premises subsequently became the short-lived Jolly Judge public house.

INCLUDES A DRINK*

Choose from over 150 drinks

100% IRISH BEEF

100% Irish beef

Sourced from farms in Ireland. Traceable from farm to fork.

FOOD MAINE GOOD

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

Free-range eggs

All of the fresh free-range shell eggs we serve are sourced from Irish farms approved by Bord Bia, under the Sustainable Egg Assurance Scheme (SEAS).

DewValley

Bacon

Dew Valley Foods, based in County Tipperary, uses only natural ingredients in the unique curing process of its bacon.

LOUGHNANE'S

Sausages

Made with 100 per cent Irish pork, the quality sausages from Loughnane's of Galway are made with only natural ingredients and using traditional Irish recipes.

LAVAZZA

Coffee

The freshly ground 100% Arabica Lavazza coffee¹ we serve is from Rainforest Alliance-certified farms.

100% ARABICA BEANS

Tea

Lyons is part of the Ethical Tea Partnership, which monitors living and working conditions on tea estates.

LYONS



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

