

Desserts

Millionaire's shortbread ^{UNDER 500} 331 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.42
Vanilla ice cream ^{UNDER 500} 257 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.06
Cookie crunch ^{UNDER 500} 287 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.06
Mini warm chocolate brownie ^{UNDER 500} 397 kcal Belgian chocolate sauce, vanilla ice cream	3.28
Mini warm cookie dough sandwich ^{UNDER 500} 347 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.28
Mini American-style pancakes ^{UNDER 500} 373 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	4.42
Fresh fruit and ice cream ^{5%} ^{UNDER 500} 379 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	3.49
Salted caramel sticky toffee pudding 799 kcal Vanilla ice cream	5.87
Warm chocolate fudge cake 832 kcal. Vanilla ice cream	5.74
Warm chocolate brownie 697 kcal Belgian chocolate sauce, vanilla ice cream	5.74
Warm cookie dough sandwich 601 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.74
British Bramley apple crumble 602 kcal. Vanilla ice cream	6.05
American-style pancakes ^{5%} 650 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	5.87

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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**

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	7.58
Traditional breakfast 774 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	5.89
Small breakfast ^{UNDER 500} 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	3.99
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Add: Black pudding (178 kcal) 80p	
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Freedom breakfast 581 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	3.99
Large vegetarian breakfast 1075 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.58
Vegetarian breakfast 729 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.89
Small vegetarian breakfast ^{5%} ^{UNDER 500} 281 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	3.99
Vegan breakfast ^{5%} 616 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	3.99
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	7.73
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	5.87

Eggs Benedict 756 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.22
Mushroom Benedict 667 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.22
Miner's Benedict 970 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.22
American-style pancakes - choose: Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. ^{5%} 694 kcal	5.87
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. ^{5%} 554 kcal	5.87 5.17
Small American-style pancakes - choose: Two pancakes, maple-cured bacon, maple-flavour syrup. ^{UNDER 500} 322 kcal Two pancakes, maple-flavour syrup. ^{5%} ^{UNDER 500} 277 kcal	4.42 4.13
Scrambled egg on toast 570 kcal Three eggs, buttered white bloomer toast	3.99
Beans on toast ^{5%} 566 kcal. Buttered white bloomer toast Vegan option available with vegan spread ^{5%} ^{UNDER 500} 460 kcal	3.99
Small beans on toast ^{5%} ^{UNDER 500} 252 kcal. Buttered white bloomer toast	2.89
Fresh fruit ^{5%} ^{UNDER 500} 186 kcal. Apple, banana, blueberries, strawberries	2.99
Fresh fruit and yoghurt ^{5%} ^{UNDER 500} 320 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	3.49
Porridge ^{5%} ^{UNDER 500} 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

Tea and toast

Includes tea, coffee or hot chocolate. Free refills*

	with drink	without drink
Two slices of toast with jam or marmalade	2.49	1.99

^{5%} 458 kcal. White bloomer bread

Breakfast butties and wraps

Bacon butty 574 kcal Three back bacon rashers, buttered white bloomer bread	3.69
Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	3.69
Vegetarian sausage butty 520 kcal Two vegan sausages, buttered white bloomer bread	3.69
Vegan option available with vegan spread ^{5%} ^{UNDER 500} 414 kcal	
Breakfast wrap 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	5.23
Vegetarian breakfast wrap 715 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	5.23

Breakfast muffin deal

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

Egg & cheese muffin ^{UNDER 500} 280 kcal Fried egg, American-style cheese, in an English muffin	3.59
Egg & bacon muffin ^{UNDER 500} 346 kcal Fried egg, bacon, American-style cheese, in an English muffin	3.79
Egg & sausage muffin ^{UNDER 500} 449 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	3.79
Egg & vegetarian sausage muffin ^{UNDER 500} 352 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	3.79
Breakfast muffin 514 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	3.99

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Add: Hash brown (82 kcal) **51p**

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 —

£1.71 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

Tea
with semi-skimmed milk 14 kcal
Dairy alternative: oat sachet 4 kcal
Decaffeinated tea and coffee available.

71p each

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

for the facts drinkaware.co.uk jdwetherspoon.com

FOOD

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

The West Quay

Brighton



Formerly a pub called Jackson's Wharf, this large two-storey building takes its name from its location on the marina's west quay. Located at the foot of the cliffs at Black Rock, east of the city centre, Brighton Marina was officially opened in 1979. The marina has since been developed in stages, acquiring its first public house (The Master Mariner) in 1987. Jackson's Wharf was granted planning permission in December 1998 and began trading soon after.



TABLE SERVICE

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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.

Breakfast 8am - 12 noon | Traditional breakfast **£5.89**

Tea, coffee and hot chocolate | **Free refills** | **£1.71** each

Wings, bites and strips
Mix and match
£2.99 each
2 for £5.49 | 3 for £7.49

Small plates
Mix and match
3 for £14.99

Deli Deals
INCLUDES A DRINK
Featuring southern-fried chicken wrap just-a-wrap, without a drink
£5.68
soft drink* **£6.86** | alcoholic drink* **£8.62**

Afternoon deals
INCLUDES A DRINK
Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips
soft drink* **£7.28** | alcoholic drink* **£9.04**

Gourmet burger meals
INCLUDES A DRINK
Featuring NEW The Big Smoke burger
soft drink* **£11.09** | alcoholic drink* **£12.85**

INCLUDES A DRINK
Choose from over 150 drinks

100% UK AND IRISH BEEF

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

100% UK and Irish beef

Traceable from farm to fork.

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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. †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).

