

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 |
| Five chicken breast bites     | 161 kcal   | 2.99 |
| Eight Whitby breaded scampi   | 464 kcal   | 5.19 |
| Grilled halloumi-style cheese | 🌿 447 kcal                                       | 2.07 |
| Mediterranean side salad      | 🌿 198 kcal                                       | 3.32 |
| Sliced chillies               | 🔥🔥🔥🔥🔥 3 kcal                                     | 93p  |
| Peas                          | 🌿 133 kcal                                       | 99p  |
| Side salad                    | 🌿 91 kcal  | 2.39 |
| Chicken gravy                 | 50 kcal  | 99p  |
| Beer-battered onion rings     | Six 269 kcal                                     | 2.43 |
| Garlic pizza bread            | 8" 386 kcal                                      | 4.55 |
| With cheese                   | 8" 473 kcal                                      | 5.13 |

Desserts

|   |  |
|---|--|
| Chocolate & salted caramel torte  | 5.48   |
| Chocolate biscuit base, chocolate & salted caramel filling                              |  |
| Vanilla ice cream   | 🌿 746 kcal or coconut ice cream 🌿 701 kcal                     |
| Salted caramel sticky toffee pudding  | 5.14   |
| Vanilla ice cream   | 877 kcal or custard 741 kcal                                   |
| Millionaire's shortbread  | 🌿 506 409 kcal   |
| Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce |  |
| Vanilla ice cream   | 🌿 506 334 kcal   |
| Two scoops, toffee sauce, Belgian chocolate sauce                                       | 1.97   |
| Cookie crunch   | 🌿 506 364 kcal   |
| Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce                 | 1.97   |
| Mini warm chocolate brownie   | 🌿 500 435 kcal   |
| Belgian chocolate sauce, vanilla ice cream  | 3.13   |
| Mini warm cookie dough sandwich   | 🌿 506 431 kcal   |
| Salted caramel filling, toffee sauce, vanilla ice cream                                 | 3.13   |
| Mini American-style pancakes  | 🌿 500 412 kcal   |
| Two pancakes, maple-flavour syrup, vanilla ice cream                                    | 3.69   |
| Fresh fruit   | 🌿 5% 506 470 kcal  |
| Apple, banana, blueberries, strawberries, vanilla ice cream                             | 4.71   |
| Warm chocolate fudge cake   | 🌿 909 kcal. Vanilla ice cream                                  |
| Warm chocolate brownie  | 🌿 736 kcal   |
| Belgian chocolate sauce, vanilla ice cream  | 5.48   |
| Warm cookie dough sandwich  | 🌿 727 kcal   |
| Salted caramel filling, toffee sauce, vanilla ice cream                                 | 5.48   |
| British Bramley apple crumble   | 5.77   |
| Vanilla ice cream   | 🌿 673 kcal, coconut ice cream 🌿 628 kcal or custard 🌿 537 kcal |
| American-style pancakes   | 🌿 5% 689 kcal  |
| Four pancakes, maple-flavour syrup, vanilla ice cream                                   | 5.14   |
| Add: Custard  | 🌿 (134 kcal) 1.33  |
| Vanilla ice cream scoop   | 🌿 (135 kcal) 99p   |
| Belgian chocolate sauce   | 🌿 (61 kcal) 47p  |
| Toffee sauce  | 🌿 (66 kcal) 47p  |
| Banana  | 🌿 (110 kcal) 60p   |
| Strawberries  | 🌿 (27 kcal) 60p  |
| Blueberries   | 🌿 (17 kcal) 60p  |

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, 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% 5% fat or less UNDER 500 Dish under 500 Calories

Seafod 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

|  |      |
|--|------|
| <b>Large breakfast</b> 1343 kcal   | 6.59 |
| Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast  |      |
| <b>Traditional breakfast</b> 807 kcal  | 4.99 |
| Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast   |      |
| <b>Small breakfast</b>  435 kcal  | 2.99 |
| Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown  |      |
| .....  |      |
| <b>Add: Black pudding (178 kcal)</b> 80p   |      |
| .....  |      |
| <b>Freedom breakfast</b> 586 kcal  | 2.99 |
| Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato  |      |
| <b>Large vegetarian breakfast</b>  1129 kcal  | 6.59 |
| Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast  |      |
| <b>Vegetarian breakfast</b>  786 kcal   | 4.99 |
| Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast   |      |
| <b>Small vegetarian breakfast</b>    291 kcal | 2.99 |
| Fried egg, vegan sausage, baked beans, hash brown, tomato  |      |
| <b>Vegan breakfast</b>  642 kcal  | 2.99 |
| Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread   |      |
| <b>American breakfast</b> 1258 kcal  | 7.00 |
| Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup  |      |
| <b>Small American breakfast</b> 629 kcal   | 5.14 |
| Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup  |      |
| <b>Creamy jumbo oat porridge</b>   | 1.99 |
|   188 kcal (plain)   |      |
| <b>Add: Banana</b>  (110 kcal) <b>60p</b> ; <b>Maple-flavour syrup</b>  (125 kcal) <b>30p</b>                                  |      |
| <b>Strawberries</b>  (27 kcal) <b>60p</b> ; <b>Blueberries</b>  (17 kcal) <b>60p</b>   |      |
| <b>Honey</b>  (91 kcal) <b>30p</b> ; <b>Sliced apple</b>  (46 kcal) <b>60p</b>   |      |
| <b>Shakshuka</b>   547 kcal  | 5.29 |
| Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta   |      |
| <b>Add: Grilled halloumi-style cheese</b>  (447 kcal) <b>2.07</b>   |      |
| <b>Maple-cured bacon (91 kcal)</b> <b>1.62</b>   |      |
| <b>Fiesta brunch</b>   661 kcal  | 4.03 |
| Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa, rocket   |      |
| <b>Eggs Benedict</b> 725 kcal  | 5.29 |
| Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket  |      |
| <b>Mushroom Benedict</b>  638 kcal  | 5.29 |
| Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket   |      |
| <b>Miner's Benedict</b> 939 kcal   | 5.29 |
| Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket  |      |

|                  |                   |
|------------------|-------------------|
| for the facts    | jdwetherspoon.com |
| drinkaware.co.uk |                   |

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) \*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. \*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). \*Choose from: Diet Pepsi, Pepsi, Pepsi Max or Pepsi Max cherry (398ml glass); apple, cranberry or orange juice (398ml glass); apple & mango, apple & raspberry or orange & passion fruit J20; Brecon Carreg natural mineral water (still/sparkling 500ml bottle), blackcurrant, lime or orange standard cordial (398ml glass); blood orange or lemon Sanpellegrino (330ml can); Passion Fruit Cooler or Raspberry Refresher 0% cocktail (215ml glass); Monster Energy, Energy Ultra, Energy Ultra Peachy Keen, Energy Ultra Rosé, Mango Loco or Pipeline Punch (500ml can); Old Jamaica ginger beer (330ml can); R White's raspberry lemonade (330ml can); Remedy kombucha raspberry lemonade (250ml can)

Served  
8am – 12 noon

Breakfast extras

|                                   |          |      |
|-----------------------------------|----------|------|
| Add any of the following:         |          |      |
| Black pudding                     | 178 kcal | 80p  |
| Lincolnshire sausage              | 168 kcal | 1.15 |
| Slice of toast                    | 225 kcal | 1.23 |
| Fried egg                         | 56 kcal  | 98p  |
| Two mushrooms                     | 100 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 grilled tomato halves         | 16 kcal  | 57p  |
| Grilled halloumi-style cheese     | 447 kcal | 2.07 |





Breakfast butties and wraps

|  |                   |      |
|--|-------------------|------|
| Bacon buttie   | 574 kcal          | 2.69 |
| Three rashers of bacon, buttered white bloomer bread               |                   |      |
| Sausage buttie   | 714 kcal          | 2.69 |
| Two Lincolnshire sausages, buttered white bloomer bread            |                   |      |
| Vegetarian sausage buttie  | 541 kcal          | 2.69 |
| Two vegan sausages, buttered white bloomer bread                   |                   |      |
| Vegan option available with vegan spread                           | 🌿 5% 506 435 kcal |      |
| Breakfast wrap   | 724 kcal          | 4.51 |
| Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese |                   |      |
| Vegetarian breakfast wrap  | 735 kcal          | 4.51 |
| Fried egg, two vegan sausages, two hash browns, Cheddar cheese     |                   |      |

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          |
| 🌿 524 kcal. White bloomer bread                      |            |               |

Breakfast muffin deal

|   |  |               |
|---|--|---------------|
| Includes tea, coffee, hot chocolate (free refills) or ANY soft drink.   |  |               |
| <b>Egg &amp; cheese muffin</b>  |  UNDER 500      | 249 kcal 3.31 |
| Fried egg, American-style cheese, in an English muffin  |  |               |
| <b>Egg &amp; bacon muffin</b>   |  UNDER 500     | 314 kcal 3.77 |
| Fried egg, bacon, American-style cheese, in an English muffin   |  |               |
| <b>Egg &amp; sausage muffin</b>   |  UNDER 500    | 417 kcal 3.77 |
| Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin  |  |               |
| <b>Egg &amp; vegetarian sausage muffin</b>  |  UNDER 500    | 330 kcal 3.77 |
| Fried egg, vegan sausage, American-style cheese, in an English muffin   |  |               |
| <b>Breakfast muffin</b>   |  UNDER 500    | 482 kcal 3.99 |
| Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin   |  |               |
| <b>Smashed avocado muffin</b>   |  5% UNDER 500 | 271 kcal 3.99 |
| Guacamole, pico de gallo, on an English muffin, rocket  |  |               |
| <b>Add: Maple-cured bacon (91 kcal) 1.62. Poached egg  (63 kcal) 98p</b> |  |               |
| <b>Grilled halloumi-style cheese  (447 kcal) 2.07</b>                    |  |               |
| <b>Add: Hash brown  (82 kcal) 51p</b>                                    |  |               |

Tea, coffee and hot chocolate


|  |                                  |
|--|----------------------------------|
| FREE REFILLS<br>TEA, COFFEE AND HOT CHOCOLATE<br>— ALL DAY EVERY DAY — |                                  |
| LAVAZZA TORINO, ITALIA, 1895   |                                  |
| 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.                                |                                  |
| Biscuits   |                                  |
| Walkers shortbread   | 🌿 151 kcal 71p                   |
| Stem ginger biscuit  | 🌿 123 kcal 71p                   |
| Belgian chocolate biscuit  | 🌿 129 kcal 71p                   |
| Salted caramel brownie bar   | 🌿 316 kcal 1.64                  |

FOOD

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



The growing of willow twigs in Stowmarket led to the development of basket-making; this thrived until the early 20th century. The long flexible twigs, known as osiers, were grown in beds in various parts of the town. These premises housed the building firm Seaman's for nearly 100 years. Founded in 1912, by Octavius Seaman, the premises were acquired from a monumental and marble mason, who was first recorded on this site in 1839.



## 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**

1 2 3 4 5

VIEW SCORE

**Food hygiene rating**

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

**100% UK AND IRISH BEEF**

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

**100% UK and Irish beef**

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

**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.

**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.8

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| <b>Breakfast</b><br>8am – 12 noon | Traditional breakfast<br><b>£4.99</b> |
|-----------------------------------|---------------------------------------|

|  |                      |
|--|----------------------|
| <b>Tea, coffee and hot chocolate</b><br>Free refills | <b>£1.71</b><br>each |
|--|----------------------|

**Deli Deals**  
INCLUDES A DRINK\* 🍷🍷

Featuring NEW small southern-fried chicken wrap just-a-wrap, without a drink

**£3.23**

|              |                  |
|--------------|------------------|
| soft drink*  | alcoholic drink* |
| <b>£4.41</b> | <b>£5.94</b>     |

**Burger meals**  
INCLUDES A DRINK\* 🍷🍷

Featuring 3oz American burger

|              |                  |
|--------------|------------------|
| soft drink*  | alcoholic drink* |
| <b>£5.74</b> | <b>£7.27</b>     |

**Afternoon deals**  
INCLUDES A DRINK\* 🍷🍷

Mon – Fri, 2pm – 5pm

Featuring small freshly battered fish and chips

|              |                  |
|--------------|------------------|
| soft drink*  | alcoholic drink* |
| <b>£6.39</b> | <b>£7.92</b>     |

**Steak Club**  
INCLUDES A DRINK\* 🍷🍷

Tuesday 11.30am – 11pm

Featuring classic 8oz sirloin

|              |                  |
|--------------|------------------|
| soft drink*  | alcoholic drink* |
| <b>£9.97</b> | <b>£11.50</b>    |

**Curry Club**  
INCLUDES A DRINK\* 🍷🍷

Thursday 11.30am – 11pm

Featuring the katsu curry range

|              |                  |
|--------------|------------------|
| soft drink*  | alcoholic drink* |
| <b>£8.21</b> | <b>£9.74</b>     |

**INCLUDES A DRINK\* 🍷🍷**  
Choose from over 150 drinks

**LAVAZZA**

TORINO, ITALIA, 1895

100% ARABICA BEANS

**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.

**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'.

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