



































Desserts		
NEW 11" sharing dessert pizza   883 kcal	5.99	Banana, strawberries, chocolate cookie, toffee sauce, Belgian chocolate sauce
NEW Chocolate & salted caramel torte	5.33	Chocolate biscuit base, chocolate & salted caramel filling
Vanilla ice cream  746 kcal or coconut ice cream  701 kcal		
NEW Salted caramel sticky toffee pudding 	4.99	Vanilla ice cream 877 kcal or custard 741 kcal
NEW Millionaire's shortbread   409 kcal	2.17	Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce
Vanilla ice cream   334 kcal	1.82	Two scoops, toffee sauce, Belgian chocolate sauce
Cookie crunch   364 kcal	1.82	Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce
Mini warm chocolate brownie   435 kcal	2.98	Belgian chocolate sauce, vanilla ice cream
Mini warm cookie dough sandwich   431 kcal	2.98	Salted caramel filling, toffee sauce, vanilla ice cream
Mini American-style pancakes   412 kcal	3.54	Two pancakes, maple-flavour syrup, vanilla ice cream
Fresh fruit   470 kcal	4.56	Apple, banana, blueberries, strawberries, vanilla ice cream
Warm chocolate fudge cake  909 kcal. Vanilla ice cream	5.33	
Warm chocolate brownie  736 kcal	5.33	Belgian chocolate sauce, vanilla ice cream
Warm cookie dough sandwich  727 kcal	5.33	Salted caramel filling, toffee sauce, vanilla ice cream
British Bramley apple crumble	5.62	Vanilla ice cream  673 kcal, coconut ice cream  628 kcal or custard  537 kcal
American-style pancakes   689 kcal	4.99	Four pancakes, maple-flavour syrup, vanilla ice cream
Add: Custard  (134 kcal) 1.23. Vanilla ice cream scoop  (135 kcal) 94p		
Belgian chocolate sauce  (61 kcal) 42p. Toffee sauce  (66 kcal) 42p		
Banana  (110 kcal) 62p. Strawberries  (27 kcal) 62p. Blueberries  (17 kcal) 62p		






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% fat or less  Dish under 500 Calories

Adults need around 2000 kcal a day.[§]

wetherspoonhotels


































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Scan to find out more.

BREAKFAST			Served 8am – 12 noon
Breakfast extras			
Add any of the following:			
Black pudding	178 kcal	75p	Hash brown  82 kcal 46p
Lincolnshire sausage	168 kcal	1.05	Vegan sausage  82 kcal 1.05
Slice of toast	 225 kcal	1.13	Baked beans  126 kcal 93p
Fried egg	 56 kcal	93p	Poached egg  63 kcal 93p
Two scrambled eggs	 136 kcal		1.63
Two rashers of back bacon	131 kcal		1.57
Four rashers of maple-cured bacon	91 kcal		1.52
Two mushrooms	 100 kcal		93p
Two grilled tomato halves	 16 kcal		52p
Breakfast butties and wraps			
Bacon butty	574 kcal		3.88
Three rashers of bacon, buttered white bloomer bread			
Sausage butty	714 kcal		3.88
Two Lincolnshire sausages, buttered white bloomer bread			
Vegetarian sausage butty	 541 kcal		3.88
Two vegan sausages, buttered white bloomer bread			
NEW Vegan option available with vegan spread    435 kcal			
Breakfast wrap	724 kcal		4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese			
Vegetarian breakfast wrap	 735 kcal		4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese			
Breakfast muffin deal			
Includes tea, coffee or hot chocolate. Free refills [§]			
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		4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin			
Smashed avocado muffin	   271 kcal		4.01
Guacamole, pico de gallo, on an English muffin, rocket			
Add: Maple-cured bacon (91 kcal) 1.52; Poached egg  (63 kcal) 93p			
Add: Hash brown  (82 kcal) 46p			
Tea, coffee and hot chocolate			
FREE REFILLS [§]			
TEA, COFFEE AND HOT CHOCOLATE			
— ALL DAY EVERY DAY —			
  			
£1.56 each			
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		
for the facts			
drinkaware.co.uk			
jdwetherspoon.com			

FOOD

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

The Parkstone and Heatherlands

Winton, Bournemouth

This building is better known to Winton's older residents as the long-standing Co-op, the original of which (on this site) was a branch of the Parkstone and Heatherlands Society. Following a public meeting attended by 100 people, in May 1903, the society's new store opened for business the following September. Molesworth House, as the store was then called, was replaced by a high, domed building, which became a familiar landmark. The dome was later removed and the building refaced.



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

5

Free-range eggs 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

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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.

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'.

100% ARABICA BEANS

RSPCA ASSURED

CERTIFICATION MARK

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Breakfast 8am – 12 noon	Traditional breakfast £4.99
Tea, coffee and hot chocolate Free refills 	£1.56 each
Deli Deals [®] INCLUDES A DRINK   Featuring NEW small southern-fried chicken wrap just-a-wrap, without a drink £3.08 soft drink* £4.11 alcoholic drink* £5.64	
Burger meals INCLUDES A DRINK   Featuring 3oz American burger soft drink* £5.44 alcoholic drink* £6.97	
Afternoon deals INCLUDES A DRINK   Mon – Fri, 2pm – 5pm Featuring small all-day brunch soft drink* £6.09 alcoholic drink* £7.62	
Curry Club [®] INCLUDES A DRINK   Thursday 11.30am – 11pm Featuring the katsu curry range soft drink* £7.91 alcoholic drink* £9.44	
INCLUDES A DRINK   Choose from over 150 drinks	

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goodfoodtalks

opening menus for everybody

The spoken menu app for the visually impaired

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UNLIMITED



















































FREE Wi-Fi

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. *Non-refundable advance purchase rates, available to book direct on our website, app and on the telephone. [§]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, spritz cocktails, 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).

for the facts
drinkaware.co.uk
jdwetherspoon.com
STD5570

MENU_5570





































Small plates | Any 3 for £14.93

8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.		
Margherita  	467 kcal. Mozzarella, basil	5.91
NEW Spicy chicken   	706 kcal	6.51
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni 	575 kcal. Mozzarella, pepperoni	6.51
Ham and mushroom	505 kcal. Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken	555 kcal. Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable 	514 kcal	6.51
Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
Roasted vegetable and vegan cheese   	416 kcal	6.51
Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast   	615 kcal	7.09
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		
NEW Char-grilled halloumi-style cheese 	514 kcal	4.96
Rocket, roasted pepper, courgette, onion, salsa		
11" garlic pizza bread 	772 kcal	5.57
Nachos   	695 kcal	5.81
Cheese, guacamole, salsa, sour cream, sliced chillies		
Bowl of chips 	964 kcal	3.44
NEW Shawarma-chicken-topped chips   	1387 kcal	5.75
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces		
Bowl of chips with curry sauce 	1082 kcal	4.91
Cheesy chips 	1256 kcal	4.74
Loaded chips	1303 kcal. Cheese, maple-cured bacon, sour cream	5.75
Tomato & basil soup   	374 kcal. White bloomer bread	4.23
NEW Vegan option available with vegan spread   	285 kcal	
With any of the small plates below, choose one dip:		
Sweet chilli   37 kcal; Sticky soy  100 kcal		
Naga chilli    136 kcal; Jack Daniel's® Tennessee Honey glaze  87 kcal		
Chipotle mayo    150 kcal; Blue cheese  270 kcal; BBQ sauce  83 kcal		
Chicken bites 	322 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips  	459 kcal. Five chicken breast strips	6.09
Chicken wings   	813 kcal. Ten spicy chicken wings	6.75
Quorn™ nuggets  	331 kcal. Eight coated pieces	5.19















Noodles, salads and pastas

INCLUDES A DRINK  		
	soft drink*	alcoholic drink*
Ramen noodle bowl    	466 kcal	6.99 8.52
Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth		
Add: Chicken breast (93 kcal) 1.15		
Poached egg  (63 kcal) 93p		
Chicken & maple-cured bacon salad	9.47	11.00
Choose: Chicken breast  283 kcal		
Southern-fried chicken breast strips  465 kcal		
Mediterranean salad  	334 kcal	8.35 9.88
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing		
Add: Tuna mayo (298 kcal) 1.06		
Roasted vegetables  (90 kcal) 1.53		
Chicken breast (187 kcal) 1.97		
Burrito salad bowl 	668 kcal	8.62 10.15
Spicy rice, cheese, roasted pepper, courgette, onion, tortilla chips, guacamole, sliced chillies		
Add: Chicken breast (187 kcal) 1.97		
Chilli bean non-carne   (149 kcal) 1.97		
Pasta alfredo 	618 kcal	8.90 10.43
Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket		
Add: Chicken breast (187 kcal) 1.97		
Maple-cured bacon (91 kcal) 1.52		
British beef & pancetta lasagne	9.47	11.00
Choose: Side salad 761 kcal; Chips 1295 kcal		













Burgers

INCLUDES A DRINK  		
Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.		
Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).		
American burger 696 kcal	soft drink* 5.44 each	
Red onion, gherkin, ketchup, American-style mustard		
Classic beef burger 677 kcal	alcoholic drink* 6.97 each	
Iceberg lettuce, tomato, red onion		
Skinny beef burger  375 kcal		
Iceberg lettuce, tomato, red onion, with a side salad, instead of chips		
American cheese burger 730 kcal	soft drink* 6.04	alcoholic drink* 7.57
American-style cheese, red onion, gherkin, ketchup, American-style mustard		
Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).		
Double American burger 1138 kcal	soft drink* 7.73 each	
Red onion, gherkin, ketchup, American-style mustard		
Double classic beef burger 1119 kcal	alcoholic drink* 9.26 each	
Iceberg lettuce, tomato, red onion		
Double American cheese burger 1207 kcal	soft drink* 8.30	alcoholic drink* 9.83
American-style cheese, red onion, gherkin, ketchup, American-style mustard		
Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calories below).		
Ultimate burger 1656 kcal		
Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin		
Tennessee burger	soft drink* 9.93 each	
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze		
Choose: Beef (two 3oz beef patties) 1567 kcal; Chicken breast 1417 kcal		
BBQ burger	alcoholic drink* 11.46 each	
Maple-cured bacon, Cheddar cheese, BBQ sauce		
Choose: Beef (two 3oz beef patties) 1644 kcal; Chicken breast 1494 kcal		
Heatwave burger    1722 kcal		
Chicken breast, Naga chilli mayo, American-style cheese, hash brown, topped with a spicy chicken wing		
Fiesta burger  1380 kcal		
 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion		
Triple American cheese & bacon burger 1770 kcal	soft drink* 11.38	
Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard		
alcoholic drink* 12.91		
Curries INCLUDES A DRINK  		
Classic curries With basmati pilau rice, plain naan and poppadums.		
Mangalorean roasted cauliflower & spinach curry    927 kcal	soft drink* 9.84 each	alcoholic drink* 11.37 each
Chicken tikka masala  1190 kcal		
Chicken jalfrezi    935 kcal		
Beef Madras     1043 kcal		
Change your plain naan to a garlic naan  (add 92 kcal) 47p		
Simple curries With basmati pilau rice or chips.		
Simple Mangalorean roasted cauliflower & spinach curry    568 kcal; Chips 970 kcal		
Simple chicken tikka masala  830 kcal; Chips 1232 kcal	soft drink* 7.62 each	alcoholic drink* 9.15 each
Simple chicken jalfrezi    575 kcal; Chips 977 kcal		
Simple beef Madras     684 kcal; Chips 1086 kcal		
Add: Two plain poppadums  (86 kcal) 47p		
Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.		
Katsu grilled chicken curry  542 kcal	soft drink* 8.73 each	alcoholic drink* 10.26 each
Sliced chicken breast		
Katsu Quorn™ nugget curry  686 kcal		
Eight coated pieces		
Adults need around 2000 kcal a day. [§]		



























Chicken burgers

Served with a small portion of chips (329 kcal, included in Calories below).		
NEW Korean crunchy chicken strip burger 712 kcal	soft drink* 5.44 each	alcoholic drink* 6.97 each
Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce		
Crunchy chicken strip burger  776 kcal		
Two southern-fried chicken strips, iceberg lettuce, mayonnaise		
Served with chips (602 kcal, included in Calories below).		
Chicken breast burger 970 kcal		
Skinny chicken burger   394 kcal	soft drink* 7.73 each	alcoholic drink* 9.26 each
Chicken breast, with a side salad, instead of chips		
Meat-free burgers Served with chips (602 kcal, included in Calories below).		
Beyond Burger™  1043 kcal	soft drink* 7.73	alcoholic drink* 9.26
 BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce		
Just-a-burger Served on its own, without chips or a drink.		
American burger  367 kcal		3.36 each
Red onion, gherkin, ketchup, American-style mustard		
Crunchy chicken strip burger   447 kcal		
Two southern-fried chicken strips, iceberg lettuce, mayonnaise		
Additional toppings and burger patties		
Maple-cured bacon with Cheddar cheese 173 kcal		2.14
Maple-cured bacon with American-style cheese 160 kcal		2.14
Cheddar cheese  82 kcal		1.52
American-style cheese  69 kcal		1.52
NEW Vegan cheese  57 kcal		1.52
Maple-cured bacon 91 kcal		1.52
Crunchy chicken strip  92 kcal		1.50
3oz beef patty 168 kcal		
Chicken breast 187 kcal		
 BEYOND MEAT patty  184 kcal		each 1.97


Chicken

Chicken baskets		
Boneless basket 		
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce		
Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal		
Chicken wing basket   	soft drink* 8.68 each	
Eight wings, coleslaw, Naga chilli dip		
Choose: Side salad 987 kcal; Spicy rice 1127 kcal; Chips 1522 kcal		
Chicken bites basket	alcoholic drink* 10.21 each	
Ten battered chicken breast pieces, coleslaw, sticky soy sauce		
Choose: Side salad 623 kcal; Spicy rice  763 kcal; Chips 1157 kcal		
Southern-fried chicken strips basket 		
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze		
Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal		
Quorn™ ‘no chicken’ nuggets basket    		
Eight coated pieces, coleslaw, sweet chilli sauce		
Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal		
BBQ chicken melt	soft drink* 10.08	alcoholic drink* 11.61
Char-grilled chicken, Cheddar cheese, bacon, BBQ sauce		
Choose: Side salad  609 kcal; Mediterranean salad 739 kcal		
Jacket potato  856 kcal; Mashed potato 827 kcal; Chips 1143 kcal		

11" pizzas

Sourdough base - proved, stretched, topped and freshly baked to order.		
Margherita 	934 kcal. Mozzarella, basil	soft drink* 8.68 alcoholic drink* 10.21
NEW Spicy chicken   	1374 kcal	
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni  	1151 kcal	soft drink* 9.84 each
Mozzarella, pepperoni		
Ham and mushroom 1011 kcal		alcoholic drink* 11.37 each
Mozzarella, ham, mushroom, rocket		
BBQ chicken 1097 kcal		
Mozzarella, BBQ sauce, chicken breast, red onion, rocket		
Roasted vegetable  1028 kcal		
Mozzarella, mushroom, roasted pepper, courgette, onion, basil		
Roasted vegetable and vegan cheese    829 kcal		
Mushroom, roasted pepper, courgette, onion, basil		
Spicy meat feast    1214 kcal	11.02	12.55
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		
Additional toppings		
Red onion  10 kcal; Sliced chillies        3 kcal; Mushroom  4 kcal each 88p		
Garlic & herb dip  180 kcal; Mozzarella  150 kcal; Ham 71 kcal		
Chicken breast 94 kcal; Maple-cured bacon 91 kcal		
each 1.15		
Pepperoni  109 kcal; Roasted vegetables  90 kcal		each 1.53

Small pub classics

	soft drink*	alcoholic drink*
Small Wiltshire cured ham, egg and chips  455 kcal	6.61	8.14
One slice of Wiltshire cured ham, fried egg		
Small all-day brunch 681 kcal	6.91	8.44
Lincolnshire sausage, bacon, fried egg, baked beans, chips		
Add: Black pudding (178 kcal) 75p		
Small vegetarian all-day brunch  611 kcal	6.91	8.44
Two vegan sausages, fried egg, baked beans, chips		