

BREAKFAST Served until 11am



Eggs Benedict; Fresh fruit; Large breakfast

Large breakfast 1343 kcal	14.50
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	12.95
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast 501 kcal	9.60
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Two slices of black pudding (355 kcal) 2.30	
Slice of toast (255 kcal) 1.60	
Large vegetarian breakfast 1099 kcal	14.50
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast 765 kcal	12.95
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast 281 kcal	9.60
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast 622 kcal	11.90
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	

MUFFINS AND BUTTIES

Egg & cheese muffin 413 kcal	7.90
Fried egg, American-style cheese, in an English muffin, two hash browns	
Egg & bacon muffin 478 kcal	8.30
Fried egg, bacon, American-style cheese, in an English muffin, two hash browns	
Egg & sausage muffin 581 kcal	8.30
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin, two hash browns	
Egg & vegetarian sausage muffin 484 kcal	8.30
Fried egg, vegan sausage, American-style cheese, in an English muffin, two hash browns	
Breakfast muffin 646 kcal	8.70
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin, two hash browns	
Smashed avocado muffin 435 kcal	8.70
Guacamole, pico de gallo, on an English muffin, rocket, two hash browns	
Add: Maple-cured bacon (91 kcal) 2.30 ; Poached egg (63 kcal) 1.20	
Bacon butty 639 kcal	7.30
Four rashers of bacon, buttered white bloomer bread	
Sausage butty 714 kcal	7.30
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty 520 kcal	7.30
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread (414 kcal)	
Breakfast sandwich 733 kcal	9.05
Lincolnshire sausage, bacon, egg, buttered white bloomer bread	

Freedom breakfast 586 kcal	11.90
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Eggs Benedict 725 kcal	12.95
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict 638 kcal	12.95
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	12.95
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Scrambled egg on toast 570 kcal	6.85
Three eggs, buttered white bloomer toast	
Beans on toast 566 kcal	6.20
Buttered white bloomer toast	
Vegan option available with vegan spread (460 kcal)	
Two slices of toast with jam or marmalade 480 kcal	3.85
White bloomer bread	
All-butter croissant with jam 572 kcal	4.35
Airport exclusive	
Fresh fruit 232 kcal	6.20
Apple, banana, blueberries, strawberries	
Fresh fruit and yoghurt 366 kcal	7.60
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
Strawberries, blueberries, yoghurt and berry granola 340 kcal	7.60
Airport exclusive	
Porridge 252 kcal (plain)	4.70
Add: Banana (110 kcal) 1.35 ; Strawberries (14 kcal) 1.35 ; Blueberries (17 kcal) 1.35 ; Honey (91 kcal) 1.00 ; Sliced apple (46 kcal) 1.35	

BREAKFAST EXTRAS

Add any of the following:	
Two slices of black pudding (355 kcal)	2.30
Lincolnshire sausage 168 kcal	2.30
Vegan sausage 82 kcal	2.30
Slice of toast 225 kcal	1.60
Two hash browns 164 kcal	2.30
Two rashers of back bacon 131 kcal	2.30
Two scrambled eggs 136 kcal	2.00
Fried egg 56 kcal	1.20
Poached egg 63 kcal	1.20
Baked beans 126 kcal	1.70
Two mushrooms 100 kcal	1.70
Two grilled tomato halves 16 kcal	95p

TEA, COFFEE AND HOT CHOCOLATE

FREE REFILLS
TEA, COFFEE AND HOT CHOCOLATE
— 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.

£3.50

Biscuits
Walkers shortbread 151 kcal **85p**; **Stem ginger biscuit** 123 kcal **85p**
Belgian chocolate biscuit 129 kcal **85p**

Coffee
The freshly ground 100% Arabica Lavazza coffee^{††} we serve is from Rainforest Alliance-certified farms.

LAVAZZA
TORINO, ITALIA, 1895

100% ARABICA BEANS
RAINFOREST ALLIANCE CERTIFIED PEOPLE & NATURE
DECAF AVAILABLE

Adults need around 2000 kcal a day.[‡]

jdwetherspoon.com

MENU_5785

FOOD

Breakfast until 11am
Main menu from 11am

The Flying Horse Gatwick Airport



Gatwick Airport covers the site of Gatwick Race Course, which had held race meetings here for 50 years from 1890. The name 'The Flying Horse' links the old race course with the airport.

wetherspoon

FOOD HYGIENE RATING

0 1 2 3 4 5
VERY GOOD

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



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

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.[‡]

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated 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: jdweetherspoon.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.

SMALL PLATES

11" garlic pizza bread 777 kcal	8.30
Ultimate nachos 863 kcal Airport exclusive	10.05
Emmental & Cheddar cheese sauce, guacamole, pico de gallo, sour cream, sliced chillies	
Add: Chilli bean non-carne 149 kcal	3.50
Pulled beef brisket 70 kcal	3.50
Bowl of chips 964 kcal	4.95
Bowl of chips with curry sauce 1082 kcal	6.90
Ultimate cheesy chips 1224 kcal Airport exclusive	6.55
Emmental & Cheddar cheese sauce	
Fully loaded chips 1417 kcal Airport exclusive	9.35
Emmental & Cheddar cheese sauce, maple-cured bacon, sour cream	
Chicken bites 422 kcal	9.60
Ten battered chicken breast pieces, BBQ sauce	
Southern-fried chicken strips 609 kcal	9.60
Five chicken breast strips, chipotle mayo	
Chicken wings 949 kcal	10.70
Ten spicy chicken wings, Naga chilli dip	



Ultimate nachos; Chicken bites; Chicken wings

PANINIS

The paninis below, freshly made to order, are all served with chips (add 602 kcal) or ask for a side salad instead (add 111 kcal).

Cheddar cheese and tomato 604 kcal	10.65
Wiltshire cured ham and Cheddar cheese 580 kcal	10.65
BBQ chicken, bacon and Cheddar cheese 576 kcal	10.65

SALADS AND PASTAS

Chicken & maple-cured bacon salad 384 kcal	13.70
Chicken breast	
Mediterranean vegetable salad 352 kcal	10.85
Tenderstem® broccoli, pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing	
Add: Chicken breast (188 kcal)	3.50
Pasta alfredo 618 kcal	11.35
Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket	
Add: Chicken breast (188 kcal)	3.50
Maple-cured bacon (91 kcal)	2.30
British beef & pancetta lasagne	14.30
Choose: Side salad 761 kcal; Chips 1295 kcal	



Pasta alfredo; Mediterranean vegetable salad

BURGERS



Smoky brisket stack; Buffalo burger; Cheese melt burger

100% UK AND IRISH BEEF **100% UK and Irish beef**
Sourced from farms in the UK and Ireland. Traceable from farm to fork.

Classic burgers
Served with chips (602 kcal, included in Calories below). With iceberg lettuce, tomato, red onion.

Beef burger 1143 kcal	14.25
Plant-based burger 1049 kcal	14.25
Garlic & herb sauce	
Fried buttermilk chicken burger 1158 kcal	14.25
Breaded whole chicken breast fillet	

Gourmet burgers
Served with chips, six onion rings (871 kcal, included in Calories below). With iceberg lettuce, tomato, red onion.

Cheese melt burger 1611 kcal	16.75
Beef patty, American-style cheese, smothered with Emmental & Cheddar cheese sauce	
Smoky brisket stack 2041 kcal	16.75
Beef patty, pulled BBQ beef brisket, American-style cheese, maple-cured bacon	
Buffalo burger 1802 kcal	16.75
Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing	
Ultimate beef burger 1723 kcal	16.75
Beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	
Tennessee glaze burger	16.75
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze	
Choose: Beef 1591 kcal	
Fried buttermilk chicken 1605 kcal	
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With red onion, gherkin, ketchup, American-style mustard	
American cheese stack 1469 kcal Airport exclusive	16.75
Beef patty, American-style cheese	

Additional toppings

Maple-cured bacon with Cheddar cheese 173 kcal	2.85
Maple-cured bacon with American-style cheese 160 kcal	2.85
Cheddar cheese 82 kcal	1.75
American-style cheese 69 kcal	1.75
Maple-cured bacon 91 kcal	2.30

Additional burger patties

Beef patty 337 kcal	3.50
Fried buttermilk chicken 351 kcal	3.50
Plant-based patty 152 kcal	2.50

Airport exclusive Dish created exclusively for Wetherspoon's airport pubs.

11" PIZZAS

Sourdough base – proved, stretched, topped and freshly baked to order.

Margherita 948 kcal. Mozzarella, basil	13.75
Pepperoni 1166 kcal. Mozzarella, pepperoni	14.85
Ham and mushroom 1026 kcal. Mozzarella, ham, mushroom, rocket	14.85
BBQ chicken 1112 kcal	14.85
Mozzarella, BBQ sauce, chicken breast, red onion, rocket	
Roasted vegetable 1028 kcal	14.85
Mozzarella, mushroom, roasted pepper, courgette, onion, basil	
Vegan roasted vegetable 709 kcal	14.85
Mushroom, roasted pepper, courgette, onion, basil	
Spicy meat feast 1229 kcal	16.75
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	
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Additional toppings	
Red onion 10 kcal	
Sliced chillies 3 kcal; Mushroom 4 kcal	each 1.50
.....	
Mozzarella 150 kcal; Ham 71 kcal	
Chicken breast 94 kcal; Maple-cured bacon 91 kcal	each 1.80
.....	
Pepperoni 109 kcal; Garlic & herb dip 180 kcal	each 2.10



Pepperoni; Spicy meat feast

WORLD FLAVOURS

Sticky Korean fried chicken bowl	13.95
Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies	
Choose: Coconut-flavour rice 867 kcal; Chips 1235 kcal	
Ramen noodle bowl 477 kcal	11.65
Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth	
Add: Chicken breast (188 kcal)	3.50
Poached egg (63 kcal)	1.20
Classic curries	
With basmati pilau rice, plain naan, poppadums, sliced chillies and coriander.	
Chicken tikka masala 1190 kcal	15.35
Sweet potato, chickpea & spinach curry 916 kcal	15.35
Sweet potato tossed in a rich coconut sauce with chickpeas and spinach	
Katsu curries	
With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.	
Katsu grilled chicken curry 542 kcal	14.35
Sliced grilled chicken breast	
Katsu chicken curry 706 kcal	14.35
Sliced whole breaded chicken breast fillet	



Ramen noodle bowl; Katsu chicken curry; Sticky Korean fried chicken bowl

PUB CLASSICS

Freshly battered fish and chips	16.75
Cod, peas 1240 kcal or mushy peas 1298 kcal	
Add: Two slices of bread (404 kcal)	1.60
Chip shop-style curry sauce (118 kcal)	1.70
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All-day brunch 1245 kcal	14.40
Two Lincolnshire sausages, bacon, two fried eggs, baked beans, chips	
Add: Two slices of black pudding (355 kcal)	2.30
Vegetarian all-day brunch 992 kcal	14.40
Three vegan sausages, two fried eggs, baked beans, chips	
Wiltshire cured ham, eggs and chips 926 kcal	14.05
Three slices of Wiltshire cured ham, two fried eggs	
Chilli bean non-carne 629 kcal	14.05
Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	



All-day brunch; Freshly battered fish and chips

SIDES AND EXTRAS

Bowl of chips 964 kcal	4.95
Side salad 91 kcal	2.40
Mediterranean side salad 198 kcal	3.95
Emmental & Cheddar cheese sauce 122 kcal	2.60
Tenderstem® broccoli and peas 118 kcal	3.05
Onion rings	
Six 269 kcal	3.65
Twelve 538 kcal	5.50
Garlic pizza bread	
8" 389 kcal	7.35
11" 777 kcal	8.30
With cheese	
8" 478 kcal	8.75
11" 927 kcal	10.75

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.*