

## 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	
<b>NEW</b> 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	Mushy peas	248 kcal	99p
Side salad	91 kcal	2.39	Coleslaw	399 kcal	1.50
Chicken gravy	50 kcal	99p	Roasted vegetables	135 kcal	1.63
Onion rings	Six 269 kcal	2.43	Twelve	538 kcal	3.65
Garlic pizza bread	8" 386 kcal	4.77	11"	772 kcal	6.00
With cheese	8" 473 kcal	5.38	11"	922 kcal	6.92

## Desserts

<b>NEW</b> Chocolate & salted caramel torte	5.75
Chocolate biscuit base, chocolate & salted caramel filling	
Vanilla ice cream	746 kcal or coconut ice cream
701 kcal	
<b>NEW</b> Salted caramel sticky toffee pudding	5.38
Vanilla ice cream	877 kcal or custard
741 kcal	
Millionaire's shortbread	409 kcal
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal, Vanilla ice cream
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	6.05
Vanilla ice cream	673 kcal, coconut ice cream
628 kcal or custard	537 kcal
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
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 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% 5% fat or less 500 Dish under 500 Calories

Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.<sup>8</sup>

# 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		
Add: Black pudding (178 kcal)	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	7.34
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
<b>Small American breakfast</b>	629 kcal	5.38
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
<b>Porridge</b>	252 kcal (plain)	1.99
Add: Banana (110 kcal)	60p: Maple-flavour syrup (125 kcal)	30p
Strawberries (27 kcal)	60p: Blueberries (17 kcal)	60p
Honey (91 kcal)	30p: Sliced apple (46 kcal)	60p
<b>NEW</b> Shakshuka	547 kcal	5.55
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta		
Add: Grilled halloumi-style cheese (447 kcal)	2.07	
Maple-cured bacon (91 kcal)	1.62	
<b>NEW</b> Fiesta brunch	659 kcal	4.23
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
<b>Eggs Benedict</b>	725 kcal	5.55
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
<b>Mushroom Benedict</b>	638 kcal	5.55
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
<b>Miner's Benedict</b>	939 kcal	5.55
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
<b>NEW</b> Hash brown basket	410 kcal	2.14
<b>American-style pancakes</b>		
<b>NEW</b> Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	708 kcal	5.38
Four pancakes, maple-cured bacon, maple-flavour syrup.	645 kcal	4.66
Four pancakes, maple-flavour syrup.	554 kcal	
<b>Small American-style pancakes</b>		
Two pancakes, maple-cured bacon, maple-flavour syrup.	322 kcal	3.87
Two pancakes, maple-flavour syrup.	277 kcal	3.57
<b>Scrambled egg on toast</b>	570 kcal	2.99
Three eggs, buttered white bloomer toast		
<b>Beans on toast</b>	566 kcal. Buttered white bloomer toast	2.99
Vegan option available with vegan spread	460 kcal	
<b>Small beans on toast</b>	252 kcal. Buttered white bloomer toast	2.49
<b>Two slices of toast with jam or marmalade</b>	524 kcal	1.99
White bloomer bread		
<b>Fresh fruit</b>	200 kcal. Apple, banana, blueberries, strawberries	2.99
<b>NEW</b> Fresh fruit and yoghurt	334 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

## Tea, coffee and hot chocolate

### FREE REFILLS

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —





## £1.71 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](http://drinkaware.co.uk) [jdwetherspoon.com](http://jdwetherspoon.com)

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](http://jdwetherspoon.com) \*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. †Stations 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 (25ml). \*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	Hash brown	82 kcal	51p
Lincolnshire sausage	168 kcal	1.15	Vegan sausage	82 kcal	1.15
Slice of toast	225 kcal	1.23	Baked beans	126 kcal	98p
Fried egg	56 kcal	98p	Poached egg	63 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 mushrooms	100 kcal				98p
Two grilled tomato halves	16 kcal				57p
Grilled halloumi-style cheese	447 kcal				2.07

### Breakfast butties and wraps

<b>Bacon butty</b>	574 kcal	2.69
Three rashers of bacon, buttered white bloomer bread		
<b>Sausage butty</b>	714 kcal	2.69
Two Lincolnshire sausages, buttered white bloomer bread		
<b>Vegetarian sausage butty</b>	541 kcal	2.69
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread	435 kcal	
<b>Breakfast wrap</b>	724 kcal	4.72
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
<b>Vegetarian breakfast wrap</b>	735 kcal	4.72
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

### Breakfast muffin deal

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

## 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 satchet 4 kcal

Decaffeinated tea and coffee available.

for the facts [drinkaware.co.uk](http://drinkaware.co.uk) [jdwetherspoon.com](http://jdwetherspoon.com)

# FOOD

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



## The Red Lion & Pineapple



This distinctive building takes its name from two older pubs which were demolished during Acton Tram Depot's construction. They were replaced on an adjacent site by a new establishment called The Red Lion and Pineapple. Built for horse-drawn trams, in 1895, the depot was later used by electric trams, then trolleybuses, closing in 1937. By 1937, the depot reopened as a bus garage. It closed in 2008 and was replaced by a block of flats.

### 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

**Food hygiene rating**

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

**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.

**100% UK AND IRISH BEEF**

**100% UK and Irish beef**

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

**RSPCA ASSURED**

CERTIFICATION MARK

**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.<sup>8</sup>

**Breakfast**

8am - 12 noon

Traditional breakfast

**£4.99**

**Tea, coffee and hot chocolate**

Free refills

**£1.71** each

**Deli Deals**

INCLUDES A DRINK

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

**£3.38**

soft drink\* **£4.62** | alcoholic drink\* **£6.15**

**Burger meals**

INCLUDES A DRINK

Featuring **3oz American burger**

soft drink\* **£6.01** | alcoholic drink\* **£7.54**

**Afternoon deals**

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink\* **£6.69** | alcoholic drink\* **£8.22**

**Steak Club**

INCLUDES A DRINK

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink\* **£10.46** | alcoholic drink\* **£11.99**

**Curry Club**

INCLUDES A DRINK

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink\* **£8.61** | alcoholic drink\* **£10.14**

**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.

**FOOD MILE GOOD**

2024 - 2026

**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'.

**wetherspoon hotels**

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