

































## Sides and extras






<b>Bowl of chips</b>  964 kcal (Add: Salt & chilli seasoning   (7 kcal) 50p	<b>4.09</b>
<b>Small bowl of chips</b> 	<b>2.59</b>
<b>Five chicken wings</b>   445 kcal	<b>3.10</b>
<b>Five chicken breast bites</b> 153 kcal	<b>3.10</b>
<b>Eight Whitby breaded scampi</b> 464 kcal	<b>5.49</b>
<b>Side salad</b> 	<b>2.49</b>
<b>Mediterranean side salad</b> 	<b>3.42</b>
<b>Mediterranean vegetables</b> 	<b>1.67</b>
<b>NEW Tenderstem® broccoli and peas</b> 	<b>1.50</b>
<b>Gravy</b> 	<b>99p</b>
<b>Sliced chilli</b>     3 kcal	<b>99p</b>
<b>Peas</b> 148 kcal	<b>1.09</b>
<b>Onion rings</b> 	<b>3.80</b>
<b>Garlic pizza bread</b> 	<b>5.97</b>
<b>With cheese</b> 	<b>6.84</b>

## Desserts

<b>Fresh fruit and ice cream</b>  	<b>3.69</b>
Apple, banana, blueberries, strawberries, vanilla ice cream	
<b>Salted caramel sticky toffee pudding</b> 	<b>5.44</b>
Vanilla ice cream	
<b>Warm chocolate fudge cake</b> 	<b>5.78</b>
Vanilla ice cream	
<b>Warm chocolate brownie</b> 	<b>5.78</b>
Belgian chocolate sauce, vanilla ice cream	
<b>Warm cookie dough sandwich</b> 	<b>5.78</b>
Salted caramel filling, toffee sauce, vanilla ice cream	
<b>British Bramley apple crumble</b> 	<b>6.07</b>
Vanilla ice cream	
<b>American-style pancakes</b> 	<b>5.34</b>
Four pancakes, maple-flavour syrup, vanilla ice cream	

### Mini desserts

<b>Millionaire's shortbread</b> 	<b>2.52</b>
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
<b>Vanilla ice cream and sauce</b> 	<b>2.17</b>
Two scoops, toffee sauce, Belgian chocolate sauce	
<b>Cookie crunch</b> 	<b>2.17</b>
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
<b>Mini warm chocolate brownie</b> 	<b>3.33</b>
Belgian chocolate sauce, vanilla ice cream	
<b>Mini warm cookie dough sandwich</b> 	<b>3.33</b>
Salted caramel filling, toffee sauce, vanilla ice cream	
<b>Mini American-style pancakes</b> 	<b>3.84</b>
Two pancakes, maple-flavour syrup, vanilla ice cream	

Add: Vanilla ice cream scoop  (97 kcal) **1.09**; Toffee sauce  (66 kcal) **57p**  
 Belgian chocolate sauce  (61 kcal) **57p**; Banana  (110 kcal) **70p**  
 Strawberries  (14 kcal) **70p**; Blueberries  (17 kcal) **70p**

### 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% fat or less  Dish under 500 Calories


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

# BREAKFAST


8am - 12 noon


### Traditional

<b>Large breakfast</b> 1312 kcal	<b>6.79</b>
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
<b>Traditional breakfast</b> 770 kcal	<b>5.19</b>
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	



<b>Small breakfast</b>  435 kcal	<b>4.19</b>
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Black pudding (67 kcal) <b>90p</b>	

<b>Freedom breakfast</b> 581 kcal	<b>4.40</b>
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	

<b>Large vegetarian breakfast</b>  1067 kcal	<b>6.79</b>
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	


<b>Vegetarian breakfast</b>  725 kcal	<b>5.19</b>
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	

<b>Small vegetarian breakfast</b>   281 kcal	<b>4.19</b>
Fried egg, vegan sausage, baked beans, hash brown, tomato	

<b>Vegan breakfast</b>   612 kcal	<b>4.19</b>
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	


### Benedicts

<b>Eggs Benedict</b> 774 kcal	<b>5.49</b>
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	

<b>Mushroom Benedict</b>  667 kcal	<b>5.49</b>
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	

<b>Miner's Benedict</b> 749 kcal	<b>5.49</b>
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	

### Lite bite







<b>Scrambled egg on toast</b>  568 kcal	<b>3.97</b>
Three eggs, white bloomer toast	

<b>Beans on toast</b>   558 kcal. Buttered white bloomer toast	<b>4.01</b>
Vegan option available with vegan spread   452 kcal	

<b>Fresh fruit</b>   186 kcal. Apple, banana, blueberries, strawberries	<b>2.99</b>
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<b>Fresh fruit and yoghurt</b>   320 kcal	<b>3.49</b>
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	


<b>Porridge, creamy jumbo oats</b>   188 kcal (plain)	<b>1.99</b>
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Add: Banana  (110 kcal) <b>70p</b> ; Strawberries  (14 kcal) <b>70p</b>	
Blueberries  (17 kcal) <b>70p</b> ; Honey  (152 kcal) <b>40p</b>	
Sliced apple  (46 kcal) <b>70p</b> ; Maple-flavour syrup  (104 kcal) <b>40p</b>	

## Breakfast muffin deal

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

<b>Egg &amp; cheese muffin</b>  286 kcal	<b>3.61</b>
Fried egg, American-style cheese, in an English muffin	



<b>Egg &amp; bacon muffin</b>  351 kcal	<b>4.07</b>
Fried egg, bacon, American-style cheese, in an English muffin	

<b>Egg &amp; sausage muffin</b>  454 kcal	<b>4.07</b>
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	

<b>Egg &amp; vegetarian sausage muffin</b>  357 kcal	<b>4.07</b>
Fried egg, vegan sausage, American-style cheese, in an English muffin	

<b>Breakfast muffin</b> 520 kcal	<b>4.29</b>
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	

<b>Smashed avocado muffin</b>   302 kcal	<b>4.29</b>
Guacamole, pico de gallo, on an English muffin, rocket	



Add: Poached egg  (63 kcal) <b>1.08</b> ; Maple-cured bacon (91 kcal) <b>1.67</b>	
Add: Hash brown  (82 kcal) <b>61p</b>	

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](http://jdwetherspoon.com) \*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. <sup>§</sup>Statement of daily Calorie needs from the Department of Health & Social Care. <sup>¶</sup>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). \*Excludes bank holidays.

### American

<b>American breakfast</b> 1258 kcal	<b>7.20</b>
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	
<b>Small American breakfast</b> 629 kcal	<b>5.34</b>
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	


<b>Pancakes, maple-flavour syrup</b>  554 kcal	<b>3.39</b>
Four American-style pancakes, maple-flavour syrup	
Add: Maple-cured bacon (91 kcal) <b>1.67</b>	
Banana, blueberries and strawberries (141 kcal) <b>1.95</b>	

<b>Small pancakes, maple-flavour syrup</b>   277 kcal	<b>2.20</b>
Two American-style pancakes, maple-flavour syrup	
Add: Maple-cured bacon (91 kcal) <b>1.67</b>	

### Butties and wraps


<b>Bacon butty</b> 565 kcal	<b>3.89</b>
Three back bacon rashers, buttered white bloomer bread	

<b>Sausage butty</b> 706 kcal	<b>3.89</b>
Two Lincolnshire sausages, buttered white bloomer bread	






<b>Vegetarian sausage butty</b>  512 kcal	<b>3.89</b>
Two vegan sausages, buttered white bloomer bread	

<b>Vegan option available with vegan spread</b>   406 kcal	
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<b>Breakfast wrap</b> 750 kcal	<b>4.71</b>
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	


<b>Vegetarian breakfast wrap</b>  742 kcal	<b>4.71</b>
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	

## Breakfast extras

Add any of the following:		
<b>Black pudding</b> 67 kcal	<b>90p</b>	<b>61p</b>
<b>Two back bacon rashers</b> 131 kcal	<b>1.77</b>	<b>1.08</b>
<b>Lincolnshire sausage</b> 168 kcal	<b>1.25</b>	<b>67p</b>
<b>Vegan sausage</b>  72 kcal	<b>1.25</b>	<b>2.02</b>
<b>Fried egg</b>  56 kcal	<b>1.08</b>	<b>1.33</b>
<b>Poached egg</b>  63 kcal	<b>1.08</b>	<b>1.08</b>
<b>Two scrambled eggs</b>  136 kcal	<b>1.83</b>	<b>1.83</b>
<b>Baked beans</b>  126 kcal	<b>1.08</b>	<b>1.08</b>

## Tea and toast

Includes tea, coffee (free refills) or hot chocolate.

<b>Two slices of toast with jam or marmalade</b>  450 kcal	
White bloomer bread	

with drink	without drink
<b>2.65</b>	<b>2.15</b>

## Tea and coffee

<b>Flat white</b>  92 kcal	
<b>Cappuccino</b>  102 kcal	
<b>Latte</b>  113 kcal	
<b>Espresso</b>  6 kcal	
<b>Black coffee</b>  6 kcal	
<b>White coffee</b>  24 kcal	
<b>Tea</b>	
with semi-skimmed milk  14 kcal	
Dairy alternative: oat sachet  4 kcal	
Decaffeinated tea and coffee available.	

<b>Hot chocolate</b>  169 kcal	<b>1.89</b>
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<b>Biscuits</b>	
<b>Walker's shortbread</b>  151 kcal	
<b>Stem ginger biscuit</b>  123 kcal	<b>75p</b>
<b>Belgian chocolate biscuit</b>  129 kcal	

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

[jdwetherspoon.com](http://jdwetherspoon.com)

# FOOD

Main menu 11.30am - 12 midnight. Children's menu available.

## The Five Swans

Newcastle upon Tyne



Newcastle Civic Centre (opposite this pub) is a grade II listed building, officially opened by King Olav V of Norway in 1968. The central lawn in the Quadrangle is open to the public and contains a fine bronze sculpture by David Wynne of Swans in Flight. The Five Swans rising from the pool of water 'reflect the city's long-established links with Scandanavia'. The five countries (Denmark, Sweden, Finland, Norway and Iceland) are each represented by a wild swan.



**Food hygiene rating**  
Maximum rating of 5 awarded here.



**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.



**100% UK and Irish beef**  
Traceable from farm to fork.



**Sustainable fish**  
The cod and haddock we serve come from fisheries which have been certified as well-managed and sustainable fisheries.

