












Desserts

NEW Salted caramel sticky toffee pudding  877 kcal Vanilla ice cream	6.54
NEW Millionaire's shortbread  409 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.61
Vanilla ice cream  334 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.26
Cookie crunch  364 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.26
Mini warm chocolate brownie  435 kcal Belgian chocolate sauce, vanilla ice cream	3.43
Mini warm cookie dough sandwich  431 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.43
Fresh fruit  470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	5.31
Warm chocolate fudge cake  909 kcal Vanilla ice cream	6.06
Warm chocolate brownie  736 kcal Belgian chocolate sauce, vanilla ice cream	6.06
Warm cookie dough sandwich  727 kcal Salted caramel filling, toffee sauce, vanilla ice cream	6.06
British Bramley apple crumble  673 kcal Vanilla ice cream	6.37

Add: Vanilla ice cream scoop  (135 kcal) **99p**. Toffee sauce  (66 kcal) **47p**
Belgian chocolate sauce  (61 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% fat or less  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.⁸

BREAKFAST


Served
8am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	7.59
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	5.99
Small breakfast  435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	3.99
Add: Black pudding (178 kcal) 80p	
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	3.99
Large vegetarian breakfast  1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.59
Vegetarian breakfast  786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.99
Small vegetarian breakfast  291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	3.99
Vegan breakfast  642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	3.99
Porridge  252 kcal (plain) Add: Banana  (110 kcal) 60p . Strawberries  (27 kcal) 60p Blueberries  (17 kcal) 60p . Honey  (91 kcal) 30p Sliced apple  (46 kcal) 60p	1.99
Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.89
Mushroom Benedict  638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.89
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.89
Scrambled egg on toast  570 kcal Three eggs, buttered white bloomer toast	3.99
Beans on toast  566 kcal. Buttered white bloomer toast NEW Vegan option available with vegan spread  460 kcal	3.99
Two slices of toast with jam or marmalade  524 kcal White bloomer bread	1.99
Fresh fruit  200 kcal Apple, banana, blueberries, strawberries	3.99
NEW Fresh fruit and yoghurt  334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	4.49

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
Two mushrooms  100 kcal			98p
Two grilled tomato halves  16 kcal			57p

Tea and toast

Includes tea, coffee or hot chocolate. Free refills*			
		with drink	without drink
Two slices of toast with jam or marmalade  524 kcal. White bloomer bread		2.49	1.99

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: jd.wetherspoon.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)

Breakfast butties and wraps

Bacon butty 574 kcal Three rashers of bacon, buttered white bloomer bread	3.69
Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	3.69
Vegetarian sausage butty  541 kcal Two vegan sausages, buttered white bloomer bread	3.69
NEW Vegan option available with vegan spread  435 kcal	
Breakfast wrap 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	5.90
Vegetarian breakfast wrap  735 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	5.90

Breakfast muffin deal















Includes tea, coffee, hot chocolate (free refills*) or ANY soft drink*.	
Egg & cheese muffin  249 kcal Fried egg, American-style cheese, in an English muffin	4.70
Egg & bacon muffin  314 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.89
Egg & sausage muffin  417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	4.89
Egg & vegetarian sausage muffin  330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	4.89
Breakfast muffin  482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	4.99
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	White coffee  24 kcal
Cappuccino  102 kcal	Hot chocolate  169 kcal
Latte  113 kcal	Tea with semi-skimmed milk  14 kcal
Mocha  147 kcal	Dairy alternative: oat sachet  4 kcal
Espresso  6 kcal	Decaffeinated tea and coffee available.
Black coffee  6 kcal	
Biscuits	
Walkers shortbread 71p	Stem ginger biscuit 71p
 151 kcal	 123 kcal
Belgian chocolate biscuit  129 kcal	Salted caramel brownie bar  316 kcal

for the facts
drinkaware.co.uk

jd.wetherspoon.com

FOOD

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

The Green Parrot

Perranporth



Built as a private residence, this building was converted into The Green Parrot in c1977. The old house stood in wooded grounds and was originally named Pentrig House, from the Cornish meaning 'end of the sea' or 'low tide'. In the late 1890s and early 1900s, it was the home of Joseph Teague, 'Capt. & Hon. Major' in the 1st Volunteer Battalion, Duke of Cornwall's Light Infantry, Perranporth.



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

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



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.

Breakfast
8am - 12 noon
Traditional breakfast
£5.99

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

£4.94

soft drink* **£5.79** | alcoholic drink* **£7.55**

Burger meals

INCLUDES A DRINK* 

Featuring 3oz American burger

soft drink* **£6.79** | alcoholic drink* **£8.55**

Afternoon deals

INCLUDES A DRINK* 

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink* **£8.74** | alcoholic drink* **£10.50**

Steak Club®

INCLUDES A DRINK* 

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* **£12.31** | alcoholic drink* **£14.07**

Curry Club®

INCLUDES A DRINK* 

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink* **£10.56** | alcoholic drink* **£12.32**

INCLUDES A DRINK* 
Choose from over 150 drinks

LAVAZZA



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'.

wetherspoon hotels

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Book direct.

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Scan to find out more.



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goodfoodtalks

opening menus for everybody
The spoken menu app for the visually impaired

MENU_6383

SEA

