

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
NEW Five chicken breast bites	161 kcal	2.99
Eight Whitby breaded scampi	464 kcal	5.19
Grilled halloumi-style cheese	🌿 447 kcal	2.07
Peas	🌿 133 kcal	99p
Mushy peas	🌿 248 kcal	99p
Side salad	🌿 91 kcal	2.39
Mediterranean side salad	🌿 198 kcal	3.32
Roasted vegetables	🌿 135 kcal	1.63
Coleslaw	🌿 399 kcal	1.50
Sliced chillies	🔥🔥🔥🔥 3 kcal	93p
Chicken gravy	50 kcal	99p
Onion rings	🌿	Six 269 kcal 2.43 Twelve 538 kcal 3.65
Garlic pizza bread	🌿	8" 386 kcal 4.55 11" 772 kcal 5.72
With cheese	🌿	8" 473 kcal 5.13 11" 922 kcal 6.59

Desserts

NEW Salted caramel sticky toffee pudding	🌿	5.14	
Vanilla ice cream 877 kcal or custard 741 kcal			
NEW Millionaire's shortbread	🌿 500 409 kcal	2.32	
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce			
Vanilla ice cream	🌿 500 334 kcal	1.97	
Two scoops, toffee sauce, Belgian chocolate sauce			
Cookie crunch	🌿 500 364 kcal	1.97	
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce			
Mini warm chocolate brownie	🌿 500 435 kcal	3.13	
Belgian chocolate sauce, vanilla ice cream			
Mini warm cookie dough sandwich	🌿 500 431 kcal	3.13	
Salted caramel filling, toffee sauce, vanilla ice cream			
Mini American-style pancakes	🌿 500 412 kcal	3.69	
Two pancakes, maple-flavour syrup, vanilla ice cream			
Fresh fruit	🌿 500 470 kcal	4.71	
Apple, banana, blueberries, strawberries, vanilla ice cream			
Warm chocolate fudge cake	🌿 909 kcal. Vanilla ice cream	5.48	
Warm chocolate brownie	🌿 736 kcal	5.48	
Belgian chocolate sauce, vanilla ice cream			
Warm cookie dough sandwich	🌿 727 kcal	5.48	
Salted caramel filling, toffee sauce, vanilla ice cream			
British Bramley apple crumble	🌿	5.77	
Vanilla ice cream 673 kcal or custard 537 kcal			
American-style pancakes	🌿 500 689 kcal	5.14	
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% 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.*

BREAKFAST

Large breakfast	1343 kcal	5.99
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	3.69
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	🌿 500 435 kcal	2.79
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding	(178 kcal) 80p	
Freedom breakfast	586 kcal	2.79
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	🌿 1129 kcal	5.99
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	🌿 786 kcal	3.69
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	🌿 500 291 kcal	2.79
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	🌿 642 kcal	2.79
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	7.00
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	5.14
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	🌿 500 252 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

Tea and toast

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

Breakfast butties and wraps

Bacon butty	574 kcal. Three rashers of bacon, buttered white bloomer bread	2.69
Sausage butty	714 kcal. Two Lincolnshire sausages, buttered white bloomer bread	2.69
Vegetarian sausage butty	🌿 541 kcal	2.69
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread	🌿 500 435 kcal	
Breakfast wrap	724 kcal	4.51
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	🌿 735 kcal	4.51
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Breakfast muffin deal

Includes tea, coffee, hot chocolate (free refills*) or ANY soft drink*.		
Egg & cheese muffin	🌿 500 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	🌿 500 314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	🌿 500 417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	🌿 500 330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	🌿 500 482 kcal	3.99
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	🌿 500 271 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	

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. †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 120 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 120; 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

NEW Fiesta brunch	🌿 659 kcal	3.57
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.29
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	🌿 638 kcal	5.29
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.29
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
American-style pancakes		
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	🌿 500 708 kcal	5.14
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal		
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup.	🌿 500 322 kcal	3.69
Two pancakes, maple-flavour syrup.	🌿 500 277 kcal	3.40
Scrambled egg on toast	🌿 570 kcal	2.79
Three eggs, buttered white bloomer toast		
Beans on toast	🌿 566 kcal. Buttered white bloomer toast	2.79
NEW Vegan option available with vegan spread	🌿 500 460 kcal	
Small beans on toast	🌿 500 252 kcal	2.29
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	🌿 524 kcal	1.99
White bloomer bread		
Fresh fruit	🌿 500 200 kcal	2.99
Apple, banana, blueberries, strawberries		
NEW Fresh fruit and yoghurt	🌿 500 334 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

Breakfast extras

Add any of the following:		
Black pudding	178 kcal	80p
Lincolnshire sausage	168 kcal	1.15
Slice of toast	🌿 225 kcal	1.23
Fried egg	🌿 56 kcal	98p
Two mushrooms	🌿 100 kcal	98p
Two scrambled eggs	🌿 136 kcal	1.73
Two rashers of back bacon	131 kcal	1.67
Two grilled tomato halves	🌿 16 kcal	57p
Four rashers of maple-cured bacon	91 kcal	1.62
Grilled halloumi-style cheese	🌿 447 kcal	2.07
Hash brown	🌿 82 kcal	51p
Vegan sausage	🌿 82 kcal	1.15
Baked beans	🌿 126 kcal	98p
Poached egg	🌿 63 kcal	98p

Tea, coffee and hot chocolate

FREE REFILLS	Flat white	🌿 92 kcal
TEA, COFFEE AND HOT CHOCOLATE	Cappuccino	🌿 102 kcal
— ALL DAY EVERY DAY —	Latte	🌿 113 kcal
LAVAZZA	Mocha	🌿 147 kcal
100% ARABICA BEANS	Espresso	🌿 6 kcal
5 GREEN LEAF	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.	

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

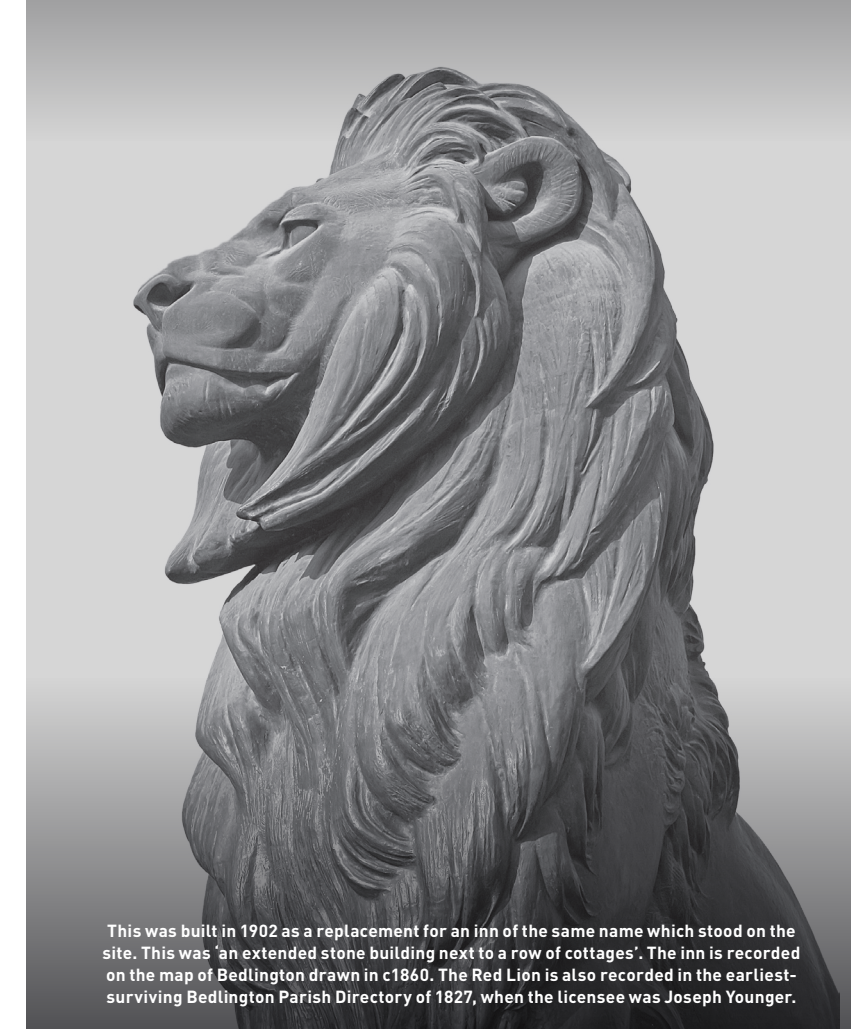
for the facts drinkaware.co.uk jdwetherspoon.com

FOOD

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

The Red Lion

Bedlington



This was built in 1902 as a replacement for an inn of the same name which stood on the site. This was 'an extended stone building next to a row of cottages'. The inn is recorded on the map of Bedlington drawn in c1860. The Red Lion is also recorded in the earliest-surviving Bedlington Parish Directory of 1827, when the licensee was Joseph Younger.



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

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
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.*

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

Breakfast 8am - 12 noon	Traditional breakfast £3.69
Tea, coffee and hot chocolate Free refills	£1.19 each

Deli Deals

INCLUDES A DRINK 🌿🍷

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

£2.88

soft drink*	alcoholic drink*
£4.05	£5.58

Burger meals

INCLUDES A DRINK 🌿🍷

Featuring 3oz American burger

soft drink*	alcoholic drink*
£4.89	£6.42

Afternoon deals

INCLUDES A DRINK 🌿🍷

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink*	alcoholic drink*
£6.05	£7.58

Steak Club

INCLUDES A DRINK 🌿🍷

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink*	alcoholic drink*
£9.97	£11.50

Curry Club

INCLUDES A DRINK 🌿🍷

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink*	alcoholic drink*
£8.21	£9.74

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.

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
Over 50 hotels and 1,329 rooms across England, Ireland, Scotland and Wales.

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UNLIMITED FREE Wi-Fi

