



















Desserts

NEW Giant profiterole  <small>UNDER 500</small> 433 kcal	6.06
Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry	
NEW Salted caramel sticky toffee pudding  877 kcal	6.31
Vanilla ice cream	
NEW Millionaire's shortbread  <small>UNDER 500</small> 409 kcal	2.61
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream  <small>UNDER 500</small> 334 kcal	2.26
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch  <small>UNDER 500</small> 364 kcal	2.26
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie  <small>UNDER 500</small> 435 kcal	3.43
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich  <small>UNDER 500</small> 431 kcal	3.43
Salted caramel filling, toffee sauce, vanilla ice cream	
Fresh fruit  <small>5% UNDER 500</small> 470 kcal	5.31
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake  909 kcal	6.06
Vanilla ice cream	
Warm chocolate brownie  736 kcal	6.06
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich  727 kcal	6.06
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble  673 kcal	6.37
Vanilla ice cream	
<hr/>	
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

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












Available only at [jdwetherspoon.com](https://www.jdwetherspoon.com),
on the app or by phone.

Scan to find
out more.












BREAKFAST

Served
8am – 12 noon

Large breakfast 1343 kcal	7.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	5.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast  435 kcal	3.99
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
<hr/>	
Add: Black pudding (178 kcal) 80p	
<hr/>	
Freedom breakfast 586 kcal	3.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast  1129 kcal	7.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast  786 kcal	5.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast  <small>5% UNDER 500</small> 291 kcal	3.99
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast  642 kcal	3.99
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
Porridge  <small>5% UNDER 500</small> 252 kcal (plain)	1.99
Add: Banana  (110 kcal) 60p ; Strawberries  (27 kcal) 60p	
Blueberries  (17 kcal) 60p ; Honey  (91 kcal) 30p	
Sliced apple  (46 kcal) 60p	
Eggs Benedict 725 kcal	6.65
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict  638 kcal	6.65
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	6.65
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Scrambled egg on toast  570 kcal	3.99
Three eggs, buttered white bloomer toast	
Beans on toast  <small>5% UNDER 500</small> 566 kcal. Buttered white bloomer toast	3.92
NEW Vegan option available with vegan spread  <small>5% UNDER 500</small> 460 kcal	
Small beans on toast  <small>5% UNDER 500</small> 252 kcal	2.77
Buttered white bloomer toast	
Two slices of toast with jam or marmalade  524 kcal	1.99
White bloomer bread	
Fresh fruit  <small>5% UNDER 500</small> 200 kcal	2.99
Apple, banana, blueberries, strawberries	
NEW Fresh fruit and yoghurt  <small>5% UNDER 500</small> 334 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	




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

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](https://www.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 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).

Breakfast butties and wraps

Bacon buttie 574 kcal	3.69
Three rashers of bacon, buttered white bloomer bread	
Sausage buttie 714 kcal	3.69
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage buttie  541 kcal	3.69
Two vegan sausages, buttered white bloomer bread	
NEW Vegan option available with vegan spread  <small>5% UNDER 500</small> 435 kcal	
Breakfast wrap 724 kcal	5.67
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap  735 kcal	5.67
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	

Breakfast muffin deal


Includes tea, coffee or hot chocolate. Free refills*	
Egg & cheese muffin  <small>UNDER 500</small> 249 kcal	4.47
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin  <small>UNDER 500</small> 314 kcal	4.93
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin <small>UNDER 500</small> 417 kcal	4.93
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin  <small>UNDER 500</small> 330 kcal	4.93
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin <small>UNDER 500</small> 482 kcal	4.99
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
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
Mocha  147 kcal	with semi-skimmed milk  14 kcal
Espresso  6 kcal	Dairy alternative: oat sachet  4 kcal
Black coffee  6 kcal	Decaffeinated tea and coffee available.

Biscuits

Walkers shortbread	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

SIMNOGRILL

FOOD

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

The Mount Stuart

Cardiff



This former dock building was erected in the 1880s and served as the long-time offices of the Mount Stuart Dry Docks Company Ltd. The offices were built alongside Graving Dock No.1, part of Cardiff Docks, built by the Marquesses of Bute. The now-demolished Mount Stuart public house stood just outside the dock gates. Both the dock offices and the pub were named after the Marquesses' ancestral home on the Isle of Bute.



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.



100% UK and Irish beef

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



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.



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'.

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