

























# BREAKFAST Served 9am - 12 noon

<b>Large breakfast</b> 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	<b>7.59</b>
<b>Traditional breakfast</b> 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	<b>5.99</b>
<b>Small breakfast</b>  435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	<b>3.99</b>
<b>Freedom breakfast</b> 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>3.99</b>
<b>Large vegetarian breakfast</b>  1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	<b>7.59</b>
<b>Vegetarian breakfast</b>  786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>5.99</b>
<b>Small vegetarian breakfast</b>    291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	<b>3.99</b>
<b>Vegan breakfast</b>  642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>3.99</b>
<b>Breakfast wrap</b> 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	<b>5.90</b>
<b>Vegetarian breakfast wrap</b>  735 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	<b>5.90</b>
<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	<b>6.89</b>
<b>Mushroom Benedict</b>  638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	<b>6.89</b>
<b>Scrambled egg on toast</b>  570 kcal Three eggs, buttered white bloomer toast	<b>3.99</b>
<b>Beans on toast</b>   566 kcal. Buttered white bloomer toast	<b>3.99</b>
<b>NEW</b> <b>Vegan option available with vegan spread</b>    460 kcal	
<b>Two slices of toast with jam or marmalade</b>  524 kcal White bloomer bread	<b>1.99</b>
<b>Porridge</b>    252 kcal (plain)	<b>1.99</b>
<b>Add: Banana</b>  (110 kcal) <b>60p</b> ; <b>Strawberries</b>  (27 kcal) <b>60p</b> <b>Blueberries</b>  (17 kcal) <b>60p</b> ; <b>Honey</b>  (91 kcal) <b>30p</b> <b>Sliced apple</b>  (46 kcal) <b>60p</b>	

TEA, COFFEE AND HOT CHOCOLATE

FREE REFILLS<sup>1</sup>

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —

  
TORINO, ITALIA, 1895



**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 sachet  4 kcal

Decaffeinated tea and coffee available.

£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**

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](#)  
<sup>1</sup>Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. <sup>2</sup>Statement of daily Calorie needs from the Department of Health & Social Care.  
<sup>3</sup>Excluding decaffeinated. <sup>4</sup>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 MUFFIN DEAL

Includes tea, coffee or hot chocolate. Free refills*		
<b>Egg &amp; cheese muffin</b>   249 kcal Fried egg, American-style cheese, in an English muffin	<b>4.70</b>	
<b>Egg &amp; bacon muffin</b>  314 kcal Fried egg, bacon, American-style cheese, in an English muffin	<b>4.89</b>	
<b>Egg &amp; sausage muffin</b>  417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	<b>4.89</b>	
<b>Egg &amp; vegetarian sausage muffin</b>   330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	<b>4.89</b>	
<b>Breakfast muffin</b>  482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	<b>4.99</b>	
Add: Hash brown  (82 kcal) <b>51p</b>		

## BREAKFAST EXTRAS

Add any of the following:	
<b>Lincolnshire sausage</b> 168 kcal	<b>1.15</b>
<b>Vegan sausage</b>  82 kcal	<b>1.15</b>
<b>Slice of toast</b>  225 kcal	<b>1.23</b>
<b>Fried egg</b>  56 kcal	<b>98p</b>
<b>Hash browns</b>  82 kcal	<b>51p</b>
<b>Two rashers of back bacon</b> 131 kcal	<b>1.67</b>
<b>Baked beans</b>  126 kcal	<b>98p</b>
<b>Poached egg</b>  63 kcal	<b>98p</b>
<b>Two mushrooms</b>  100 kcal	<b>98p</b>
<b>Two grilled tomato halves</b>  16 kcal	<b>57p</b>



**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

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.<sup>5</sup>

for the facts  
**drinkaware.co.uk**  
**jdwetherspoon.com**

# FOOD

Breakfast 9am – 12 noon.  
Main menu 11.30am – 11pm.

## The Mardi Gras The Trafford Centre



Mardi Gras (‘fat Tuesday’, in English – or we call it Shrove Tuesday) is a season of music, parades, floats and balls, described as ‘America’s greatest party’. Mardi Gras was introduced to New Orleans by French settlers and first celebrated in the early 18th century. Since the first modern-day pageant was presented in 1857, more than 1,800 Mardi Gras parades have been staged in New Orleans.

wetherspoon



## 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



SMALL PLATES | ANY 3 FOR £14.99

11" garlic pizza bread	772 kcal	7.13
Nachos	695 kcal	6.69
Cheese, guacamole, salsa, sour cream, sliced chillies		
Bowl of chips	964 kcal	4.49
Bowl of chips with curry sauce	1082 kcal	5.79
Cheesy chips	1256 kcal	5.99
Loaded chips	1303 kcal	6.29
Cheese, maple-cured bacon, sour cream		
With any of the small plates below, choose one dip:		
Sweet chilli	37 kcal;	Sticky soy 100 kcal; Naga chilli 136 kcal
Jack Daniel's® Tennessee Honey glaze	87 kcal;	Chipotle mayo 150 kcal
Blue cheese	270 kcal;	BBQ sauce 83 kcal
Halloumi-style fries	396 kcal	7.08
Chicken bites	322 kcal	7.03
Ten battered chicken breast pieces		
Southern-fried chicken strips	459 kcal	6.80
Five chicken breast strips		
Chicken wings	813 kcal	6.86
Ten spicy chicken wings		
Quorn™ nuggets	331 kcal	6.41
Eight coated pieces		

DELI DEALS® INCLUDES A DRINK

All wraps and paninis are freshly made to order.

12" WRAPS

Quorn™ nuggets 508 kcal

Tomato, cucumber, salsa

Southern-fried chicken 609 kcal

Salad leaves, smoky chipotle mayo

Fried halloumi-style cheese 707 kcal

Salad leaves, sweet chilli sauce, tomato, cucumber

PANINIS

Cheddar cheese and tomato 527 kcal

Wiltshire cured ham and Cheddar cheese 508 kcal

BBQ chicken, bacon and Cheddar cheese 586 kcal

Add: Side salad (91 kcal); Spicy rice (208 kcal)

Chips (602 kcal) 1.54 each

SALADS AND PASTAS

INCLUDES A DRINK

	soft drink*	alcoholic drink*
Chicken & maple-cured bacon salad	10.99	12.75
Choose: Chicken breast 283 kcal		
Southern-fried chicken breast strips 465 kcal		
Mediterranean salad	9.99	11.75
Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing		
Add: Chicken breast (187 kcal) 2.07		
Pasta alfredo	12.81	14.57
Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket		
Add: Chicken breast (187 kcal) 2.07		
Maple-cured bacon (91 kcal) 1.62		
British beef & pancetta lasagne	13.37	15.13
Choose: Side salad 761 kcal; Chips 1295 kcal		

JACKET POTATOES INCLUDES A DRINK

With side salad and one filling. Extra fillings 1.40 each.

Coleslaw 559 kcal

Cheese 512 kcal

Baked beans 482 kcal

Chilli bean non-carne 442 kcal

Roasted vegetables 383 kcal

soft drink\* 10.86 each

alcoholic drink\* 12.62 each

BURGERS INCLUDES A DRINK

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.



Fried buttermilk chicken BBQ burger; Ultimate burger; Double American burger

BEEF BURGERS

Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).

Double American burger 1138 kcal

Red onion, gherkin, ketchup, American-style mustard

Double classic beef burger 1119 kcal

Iceberg lettuce, tomato, red onion

soft drink\* 11.73 each

alcoholic drink\* 13.49 each

Double American cheese burger 1207 kcal

American-style cheese, red onion, gherkin, ketchup, American-style mustard

soft drink\* 12.32

alcoholic drink\* 14.08

GOURMET BURGERS

Served with chips, six onion rings (871 kcal, included in Calories below).

Ultimate burger 1656 kcal

Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin

Tennessee burger

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze

Choose: Beef (two 3oz beef patties) 1567 kcal

Fried buttermilk chicken 1703 kcal

BBQ burger

Maple-cured bacon, Cheddar cheese, BBQ sauce

Choose: Beef (two 3oz beef patties) 1644 kcal

Fried buttermilk chicken 1780 kcal

soft drink\* 13.94 each

alcoholic drink\* 15.70 each

Triple American cheese

& bacon burger 1770 kcal

Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

soft drink\* 15.38

alcoholic drink\* 17.14

CHICKEN BURGER

Served with chips (602 kcal, included in Calories below).

Fried buttermilk chicken burger 1255 kcal

Breaded whole chicken breast fillet

soft drink\* 11.73

alcoholic drink\* 13.49

MEAT-FREE BURGER

Served with chips (602 kcal, included in Calories below).

Beyond Burger™ 1043 kcal

BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce

soft drink\* 11.73

alcoholic drink\* 13.49

ADDITIONAL TOPPINGS

Maple-cured bacon with Cheddar cheese 173 kcal

2.24

Maple-cured bacon with American-style cheese 160 kcal

2.24

Cheddar cheese 82 kcal

1.62

American-style cheese 69 kcal

1.62

Maple-cured bacon 91 kcal

1.62

CHICKEN BASKETS INCLUDES A DRINK

Boneless basket Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce

Choose: Side salad 720 kcal

Spicy rice 861 kcal; Chips 1255 kcal

Chicken wing basket

Eight wings, coleslaw, Naga chilli dip

Choose: Side salad 987 kcal

Spicy rice 1127 kcal; Chips 1522 kcal

Chicken bites basket

Ten battered chicken breast pieces, coleslaw, sticky soy sauce

Choose: Side salad 623 kcal

Spicy rice 763 kcal; Chips 1157 kcal

Southern-fried chicken strips basket

Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze

Choose: Side salad 748 kcal

Spicy rice 888 kcal; Chips 1282 kcal

Quorn™ ‘no chicken’ nuggets basket

Eight coated pieces, coleslaw, sweet chilli sauce

Choose: Side salad 569 kcal

Spicy rice 709 kcal; Chips 1104 kcal



Chicken wing basket; Boneless basket

PUB CLASSICS INCLUDES A DRINK

	soft drink*	alcoholic drink*
Freshly battered cod and chips	14.14	15.90
Peas 1240 kcal or mushy peas 1298 kcal		
Add: Two slices of bread (404 kcal) 1.44		
Chip shop-style curry sauce (118 kcal) 1.56		
Wiltshire cured ham, eggs and chips	11.79	13.55
Two slices of Wiltshire cured ham, two fried eggs		
Sausages, chips and beans	11.49	13.25
Three Lincolnshire sausages		
Vegan sausages, chips and beans	11.49	13.25
Three vegan sausages		
NEW Chilli bean non-carne	12.37	14.13
Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips		



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.

SIDES AND EXTRAS

Bowl of chips	964 kcal	4.49
Side salad	91 kcal	2.39
Mediterranean side salad	198 kcal	3.32
Peas	133 kcal	99p
Onion rings	269 kcal	2.43
Garlic pizza bread	386 kcal	5.95
With cheese	473 kcal	6.53
	538 kcal	3.65
	772 kcal	7.13
	922 kcal	8.00

11" PIZZAS INCLUDES A DRINK

Sourdough base – proved, stretched, topped and freshly baked to order.

soft drink\* alcoholic drink\*

Margherita 934 kcal

Mozzarella, basil

12.72

14.48

Pepperoni 1151 kcal

Mozzarella, pepperoni

Ham and mushroom 1011 kcal

Mozzarella, ham, mushroom, rocket

soft drink\*

13.89 each

BBQ chicken 1097 kcal

Mozzarella, BBQ sauce, chicken breast, red onion, rocket

Roasted vegetable 1028 kcal

Mozzarella, mushroom, roasted pepper, courgette, onion, basil

alcoholic drink\*

15.65 each

Vegan roasted vegetable 709 kcal

Mushroom, roasted pepper, courgette, onion, basil

Spicy meat feast 1214 kcal

Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket

15.07

16.83

Additional toppings

Red onion 10 kcal

Sliced chillies 3 kcal; Mushroom 4 kcal

each 93p

Mozzarella 150 kcal; Ham 71 kcal

Chicken breast 94 kcal; Maple-cured bacon 91 kcal

each 1.25

Pepperoni 109 kcal

1.63



Margherita

CURRIES INCLUDES A DRINK

CLASSIC CURRIES

With basmati pilau rice, plain naan and poppadums.

Mangalorean roasted cauliflower & spinach curry 927 kcal

Chicken tikka masala 1190 kcal

soft drink\* 13.89 each

alcoholic drink\* 15.65 each

KATSU CURRIES With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

Katsu grilled chicken curry 542 kcal

Sliced chicken breast

Katsu Quorn™ nugget curry 686 kcal

Eight coated pieces

soft drink\* 12.78 each

alcoholic drink\* 14.54 each

Katsu chicken curry 828 kcal

Sliced whole breaded chicken breast fillet

DESSERTS

Vanilla ice cream 334 kcal

Two scoops, toffee sauce, Belgian chocolate sauce

2.48

Warm chocolate fudge cake 909 kcal

Vanilla ice cream

6.29

Warm chocolate brownie 736 kcal

Belgian chocolate sauce, vanilla ice cream

6.29

Warm cookie dough sandwich 727 kcal

Salted caramel filling, toffee sauce, vanilla ice cream

6.29

Add: 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

Adults need around 2000 kcal a day.\*