

















Desserts

NEW Giant profiterole  429 kcal	5.72
Choux pastry filled with vanilla cream, Belgian chocolate sauce, topped with a fresh strawberry	
Chocolate & salted caramel torte	5.72
Chocolate biscuit base, chocolate & salted caramel filling, topped with a fresh strawberry	
Vanilla ice cream  554 kcal or NEW salted caramel ice cream  557 kcal	
Millionaire's shortbread  331 kcal	2.55
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream  257 kcal	2.20
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch  287 kcal	2.20
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie  397 kcal	3.37
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich  347 kcal	3.37
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes  373 kcal	3.92
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit and ice cream  379 kcal	3.49
Apple, banana, blueberries, strawberries, vanilla ice cream	
Salted caramel sticky toffee pudding  799 kcal	5.37
Vanilla ice cream	
Warm chocolate fudge cake  832 kcal. Vanilla ice cream	5.72
Warm chocolate brownie  697 kcal	5.72
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich  601 kcal	5.72
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble  602 kcal. Vanilla ice cream	5.99
American-style pancakes  650 kcal	5.37
Four pancakes, maple-flavour syrup, vanilla ice cream	

Add: Vanilla ice cream scoop  (97 kcal) **99p**; Toffee sauce  (66 kcal) **47p**
Belgian chocolate sauce  (61 kcal) **47p**; Banana  (110 kcal) **60p**
Strawberries  (14 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

Adults need around 2000 kcal a day.[§]

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






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Available only at jd.wetherspoon.com,
on the app or by phone.


Scan to find
out more.






BREAKFAST Served 8am – 12 noon

Large breakfast 1320 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 774 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast  435 kcal	2.99
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Black pudding (178 kcal) 80p	
Freedom breakfast 581 kcal	2.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast  1075 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast  729 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast  281 kcal	2.99
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast  616 kcal	2.99
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
American breakfast 1258 kcal	7.24
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	
Small American breakfast 629 kcal	5.37
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	

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	1.99
 458 kcal. White bloomer bread		



















Breakfast butties and wraps

Bacon butty 574 kcal	2.69
Three back bacon rashers, buttered white bloomer bread	
Sausage butty 714 kcal	2.69
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty  520 kcal	2.69
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread  414 kcal	
Breakfast wrap 724 kcal	4.74
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap  715 kcal	4.74
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	











Breakfast muffin deal

Includes tea, coffee, hot chocolate (free refills*) or a soft drink.	
Egg & cheese muffin  280 kcal	2.59
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin  346 kcal	2.79
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin  449 kcal	2.79
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin  352 kcal	2.79
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin 514 kcal	2.99
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Halloumi & smashed avocado stack  674 kcal	2.99
Fried halloumi-style cheese, sweet chilli sauce, guacamole, in an English muffin	
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 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 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).

Eggs Benedict 756 kcal	5.72
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict  667 kcal	5.72
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 970 kcal	5.72
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
American-style pancakes – choose:	
Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.  694 kcal	5.37
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	5.37
Four pancakes, maple-flavour syrup.  554 kcal	4.67
Small American-style pancakes – choose:	
Two pancakes, maple-cured bacon, maple-flavour syrup.  322 kcal	3.92
Two pancakes, maple-flavour syrup.  277 kcal	3.62
Scrambled egg on toast  570 kcal	2.99
Three eggs, buttered white bloomer toast	
Beans on toast  566 kcal. Buttered white bloomer toast	2.99
Vegan option available with vegan spread  460 kcal	
Small beans on toast  252 kcal. Buttered white bloomer toast	2.49
Fresh fruit  186 kcal. Apple, banana, blueberries, strawberries	2.99
Fresh fruit and yoghurt  320 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
Creamy jumbo oat porridge  188 kcal (plain)	1.99
Add: Banana  (110 kcal) 60p ; Strawberries  (14 kcal) 60p	
Blueberries  (17 kcal) 60p ; Honey  (152 kcal) 30p	
Sliced apple  (46 kcal) 60p ; Maple-flavour syrup  (104 kcal) 30p	

Breakfast extras



Add any of the following:	
NEW Hash brown basket (five pieces)  410 kcal	2.14
Black pudding 178 kcal	80p
Hash brown  82 kcal	51p
Two back bacon rashers 131 kcal	1.67
Two mushrooms  94 kcal	98p
Lincolnshire sausage 168 kcal	1.15
Two tomato halves  16 kcal	57p
Vegan sausage  72 kcal	1.15
Hollandaise sauce  299 kcal	1.92
Fried egg  56 kcal	98p
Poached egg  63 kcal	98p
Two scrambled eggs  136 kcal	1.73
Baked beans  126 kcal	98p

Tea, coffee and hot chocolate

FREE REFILLS


TEA, COFFEE AND HOT CHOCOLATE


— ALL DAY EVERY DAY —

£1.71 each

Biscuits

Walkers shortbread  151 kcal

Stem ginger biscuit  123 kcal

Belgian chocolate biscuit  129 kcal

71p each

for the facts drinkaware.co.uk jd.wetherspoon.com

FOOD

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

The Whalebone

Downham Market



In the early 1700s, nearby King's Lynn was a flourishing whaling port, fishing the waters off Greenland, with Lynn's famous Greenland Fishery frequented by whalers. This property's sales particulars stated that the premises 'have been occupied as such, with full trade upwards of 60 years' (since c1748). During these years, the inn was called The Whalebone. Perhaps this is why it got its name or possibly from a souvenir whalebone brought back.



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: Order food and/or drinks • 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 this pub.



Sustainable fish

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



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'.



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.



100% UK and Irish beef

Traceable from farm to fork.



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.

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



















































































































































































































































































































The spoken menu app for the visually impaired



Allergen and nutritional information can be found on the customer information screen, website and Wetherspoon app.

Adults need around 2000 kcal a day.[§]

Small plates | 3 for £14.99

8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.		
Margherita  <small>UNDER 500</small> 475 kcal. Mozzarella, fresh basil	6.19	
NEW Korean BBQ beef    <small>UNDER 500</small> 683 kcal	6.76	
Pulled beef brisket, Korean-style sauce, red onion, sliced chillies, rocket		
Spicy chicken    706 kcal	6.76	
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni  556 kcal. Mozzarella, pepperoni	6.76	
Ham and mushroom 512 kcal. Mozzarella, ham, mushroom, rocket	6.76	
BBQ chicken 562 kcal	6.76	
Mozzarella, chicken breast, BBQ sauce, red onion, rocket		
Mediterranean vegetable   513 kcal	6.76	
Mozzarella, mushroom, roasted pepper, courgette, aubergine, onion, fresh basil		
Vegan Mediterranean vegetable    <small>UNDER 500</small> 349 kcal	6.76	
Mushroom, roasted pepper, courgette, aubergine, onion, fresh basil		
Spicy meat feast    606 kcal	7.35	
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		
11" garlic pizza bread  778 kcal	5.72	
Nachos                                                   768 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.24	
Add: NEW Chilli bean non-carne   (149 kcal) 2.07		
NEW Pulled beef brisket (70 kcal) 3.09 ; Spicy pulled chicken thigh  (249 kcal) 3.09		
Bowl of chips  964 kcal	3.99	
Bowl of chips with curry sauce  1082 kcal	5.29	
Cheesy chips  1256 kcal	5.49	
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	5.79	
Shawarma-chicken-topped chips     1387 kcal	5.79	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces		
Halloumi-style fries                                                   458 kcal. Sweet chilli sauce	5.34	
Chicken bites                                                   403 kcal. Ten battered chicken breast pieces, BBQ sauce	6.46	
Southern-fried chicken strips  547 kcal	6.46	
Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze		
Chicken wings                                                   1113 kcal. Ten spicy chicken wings, Naga chilli sauce	7.14	
Quorn™ nuggets                                                   345 kcal	5.34	
Eight coated pieces, sweet chilli sauce		
Spicy coated king prawns                                                   441 kcal	7.14	
Six coated pieces, sweet chilli sauce		

Wings, bites and strips

Mix and match		
Five chicken wings 