

## SIDES AND EXTRAS

<b>Bowl of chips</b> 964 kcal (Add: Spicy seasoning 7 kcal) 50c	<b>5.45</b>
<b>Small bowl of chips</b> 602 kcal	<b>3.10</b>
<b>Five chicken wings</b> 407 kcal	<b>4.00</b>
<b>Peas</b> 94 kcal	<b>1.15</b>
<b>Side salad</b> 91 kcal	<b>2.70</b>
<b>Coleslaw</b> 399 kcal	<b>1.70</b>
<b>Sliced chillies</b> 3 kcal	<b>95c</b>
<b>Mushy peas</b> 289 kcal	<b>1.15</b>
<b>Roasted vegetables</b> 135 kcal	<b>2.95</b>
<b>Garlic mayo</b> 336 kcal	<b>95c</b>
<b>Onion rings</b> Six 269 kcal <b>3.10</b> Twelve 538 kcal <b>4.45</b>	
<b>Garlic pizza bread</b> 8" 373 kcal <b>5.10</b> 11" 746 kcal <b>6.35</b>	
<b>With cheese</b> 8" 466 kcal <b>5.65</b> 11" 932 kcal <b>7.20</b>	

## DESSERTS

<b>NEW Salted caramel sticky toffee pudding</b> 810 kcal Vanilla ice cream	<b>7.10</b>
<b>NEW Millionaire's shortbread</b> 474 kcal Two vanilla ice cream scoops, shortbread biscuit, chocolate sauce, toffee sauce	<b>4.40</b>
<b>Vanilla ice cream</b> 261 kcal Two scoops, toffee sauce, chocolate sauce	<b>3.80</b>
<b>Mini warm chocolate brownie</b> 400 kcal Chocolate sauce, vanilla ice cream	<b>5.00</b>
<b>Mini warm cookie dough sandwich</b> 350 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>5.00</b>
<b>Fresh fruit bowl</b> 427 kcal Banana, strawberry, pineapple, grapes, apple, honeydew and cantaloupe melon, vanilla ice cream	<b>5.40</b>
<b>Warm chocolate fudge cake</b> 842 kcal. Vanilla ice cream	<b>7.65</b>
<b>Warm chocolate brownie</b> 698 kcal Chocolate sauce, vanilla ice cream	<b>7.65</b>
<b>Warm cookie dough sandwich</b> 598 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>7.65</b>
<b>Bramley apple crumble</b> 606 kcal. Vanilla ice cream	<b>8.10</b>
<b>Add: Vanilla ice cream scoop</b> (102 kcal) <b>1.10</b>	
<b>Chocolate sauce</b> (57 kcal) <b>50c</b>	
<b>Toffee sauce</b> (58 kcal) <b>50c</b> ; <b>Banana</b> (122 kcal) <b>85c</b>	
<b>Strawberries</b> (13 kcal) <b>85c</b>	

### ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, 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

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 euros, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: [jdwetherspoon.com](http://jdwetherspoon.com) \*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. \*Non-refundable advance purchase rates, available to book direct on the website, app and telephone. \*\*Excluding decaffeinated. \*Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude Lucozade Energy original and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 35.5ml in all free houses, except Northern Ireland (35ml). \*Excludes fruit juices and Lucozade.

[jdwetherspoon.com](http://jdwetherspoon.com)

# BREAKFAST

Served 8am - 12 noon

Add a soft drink<sup>†</sup> or free refills<sup>□</sup> of tea, coffee or hot chocolate to your breakfast for €1.25

<b>Large Irish breakfast</b> 1432 kcal Two fried eggs, bacon, two Loughnane's pork sausages, baked beans, two hash browns, black pudding, two slices of toast	<b>9.20</b>	<b>Freedom breakfast</b> 681 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>4.95</b>
<b>Traditional Irish breakfast</b> 835 kcal Fried egg, bacon, Loughnane's pork sausage, baked beans, hash brown, black pudding, slice of toast	<b>4.95</b>	<b>Scrambled egg on toast</b> 648 kcal Three eggs, buttered white bloomer toast	<b>4.65</b>
<b>Small breakfast</b> 499 kcal Fried egg, bacon, Loughnane's pork sausage, baked beans, hash brown	<b>2.95</b>	<b>Beans on toast</b> 498 kcal Buttered white bloomer toast	<b>4.10</b>
<b>Add: Black pudding</b> (81 kcal) <b>90c</b>		<b>NEW Vegan option available with vegan spread</b> 498 kcal	
<b>Large vegetarian breakfast</b> 1043 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	<b>9.20</b>	<b>Small beans on toast</b> 218 kcal Buttered white bloomer toast	<b>2.95</b>
<b>Vegetarian breakfast</b> 826 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>4.95</b>	<b>Two slices of toast with jam</b> 383 kcal White bloomer toast	<b>3.40</b>
<b>Small vegetarian breakfast</b> 329 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	<b>2.95</b>	<b>Fresh fruit bowl</b> 223 kcal Banana, strawberry, pineapple, grapes, apple, honeydew and cantaloupe melon	<b>4.50</b>
<b>Vegan breakfast</b> 691 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>4.95</b>	<b>NEW Creamy jumbo oat porridge</b> 175 kcal (plain) <b>Add: Banana</b> (122 kcal) <b>85c</b> <b>Strawberries</b> (13 kcal) <b>85c</b> <b>Honey</b> (99 kcal) <b>55c</b>	<b>4.10</b>

## BREAKFAST ROLLS AND WRAPS

Add a soft drink<sup>†</sup> or free refills<sup>□</sup> of tea, coffee or hot chocolate to your breakfast for €1.25

<b>Bacon roll</b> 648 kcal Four rashers of bacon, buttered white baguette	<b>2.95</b>	<b>Breakfast wrap</b> 784 kcal Fried egg, bacon, Loughnane's pork sausage, hash brown, Cheddar cheese	<b>3.75</b>
<b>Sausage roll</b> 753 kcal Two Loughnane's pork sausages, buttered white baguette	<b>2.95</b>	<b>Vegetarian breakfast wrap</b> 760 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	<b>3.75</b>
<b>Vegetarian sausage roll</b> 529 kcal Two vegan sausages, buttered white baguette	<b>2.95</b>		

## BREAKFAST EXTRAS

Add any of the following:

<b>Black pudding</b> 81 kcal	<b>90c</b>	<b>Four rashers of maple-cured bacon</b> 91 kcal	<b>2.10</b>	<b>Two mushrooms</b> 98 kcal	<b>1.35</b>
<b>Loughnane's pork sausage</b> 184 kcal	<b>1.45</b>	<b>Two rashers of back bacon</b> 131 kcal	<b>2.10</b>	<b>Two grilled tomato halves</b> 15 kcal	<b>95c</b>
<b>Vegan sausage</b> 72 kcal	<b>1.45</b>	<b>Two scrambled eggs</b> 234 kcal	<b>2.40</b>	<b>Slice of toast</b> 189 kcal	<b>1.70</b>
<b>Baked beans</b> 126 kcal	<b>95c</b>	<b>Fried egg</b> 105 kcal	<b>1.75</b>		
<b>Hash brown</b> 82 kcal	<b>80c</b>				

## BREAKFAST MUFFINS

Add a soft drink<sup>†</sup> or free refills<sup>□</sup> of tea, coffee or hot chocolate to your breakfast for €1.25

<b>Egg &amp; cheese muffin</b> 269 kcal Fried egg, American-style cheese, in a muffin	<b>2.95</b>
<b>Egg &amp; bacon muffin</b> 334 kcal Fried egg, bacon, American-style cheese, in a muffin	<b>3.40</b>
<b>Egg &amp; sausage muffin</b> 452 kcal Fried egg, Loughnane's pork sausage, American-style cheese, in a muffin	<b>3.40</b>
<b>Egg &amp; vegetarian sausage muffin</b> 340 kcal Fried egg, vegan sausage, American-style cheese, in a muffin	<b>3.40</b>
<b>Breakfast muffin</b> 518 kcal Fried egg, Loughnane's pork sausage, bacon, American-style cheese, in a muffin	<b>3.60</b>
<b>Add: Hash brown</b> (82 kcal) <b>80c</b>	

## TEA, COFFEE AND HOT CHOCOLATE

**FREE REFILLS**  
TEA, COFFEE AND HOT CHOCOLATE  
— ALL DAY EVERY DAY —

**LAVAZZA**  
TORINO, ITALIA, 1895

**€1.50** each

**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  
**Lyons tea** with semi-skimmed milk 14 kcal (Soya product available 5 kcal) Decaffeinated tea and coffee available.

### BISCUITS

**Walkers shortbread** 151 kcal **1.30**  
**White chocolate-chip cookies** 141 kcal **1.30**  
**Milk chocolate-chip cookies** 141 kcal **1.30**  
**Whirl shortcake** 136 kcal **1.30**  
**Oat crunch biscuit** 139 kcal **1.30**

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ROINOGRILL MENU\_7330

wetherspoon

# FOOD

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

The Forty Foot  
Dún Laoghaire



The Forty Foot is part of the Pavilion Theatre complex, overlooking Dún Laoghaire harbour. Less than a mile further along the rock-strewn coast is Sandycove and the famous 'Forty Foot'. Originally known as the 'Forty Foot Hole', this deep-water inlet was a gentlemen-only bathing place for nearly 200 years. It is now a year-round venue open to all and the vagaries of the weather.

**INCLUDES A DRINK\***

Choose from over 150 drinks

**100% IRISH BEEF**

**100% Irish beef**  
Sourced from farms in Ireland. Traceable from farm to fork.



**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**  
All of the fresh free-range shell eggs we serve are sourced from Irish farms approved by Bord Bia, under the Sustainable Egg Assurance Scheme (SEAS).



**Bacon**  
Dew Valley Foods, based in County Tipperary, uses only natural ingredients in the unique curing process of its bacon.



**Sausages**  
Made with 100 per cent Irish pork, the quality sausages from Loughnane's of Galway are made with only natural ingredients and using traditional Irish recipes.

**LAVAZZA**  
TORINO, ITALIA, 1895



**Coffee**  
The freshly ground 100% Arabica Lavazza coffee\* we serve is from Rainforest Alliance-certified farms.

**LYONS**

**Tea**  
Lyons is part of the Ethical Tea Partnership, which monitors living and working conditions on tea estates.



## 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

