

BREAKFAST Served until 11am



Large breakfast 1343 kcal	14.50
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	12.95
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast 501 kcal	9.60
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
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Add: Two slices of black pudding (355 kcal) 2.30	
Slice of toast UNDER 500 1.60	
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Large vegetarian breakfast UNDER 500 1099 kcal	14.50
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast UNDER 500 765 kcal	12.95
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast UNDER 500 281 kcal	9.60
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast UNDER 500 622 kcal	11.90
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	

MUFFINS AND BUTTIES

Egg & cheese muffin UNDER 500 413 kcal	7.90
Fried egg, American-style cheese, in an English muffin, two hash browns	
Egg & bacon muffin UNDER 500 478 kcal	8.30
Fried egg, bacon, American-style cheese, in an English muffin, two hash browns	
Egg & sausage muffin 581 kcal	8.30
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin, two hash browns	
Egg & vegetarian sausage muffin UNDER 500 484 kcal	8.30
Fried egg, vegan sausage, American-style cheese, in an English muffin, two hash browns	
Breakfast muffin 646 kcal	8.70
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin, two hash browns	
Smashed avocado muffin UNDER 500 435 kcal	8.70
Guacamole, pico de gallo, on an English muffin, rocket, two hash browns	
Add: Maple-cured bacon (91 kcal) 2.30 ; Poached egg UNDER 500 (63 kcal) 1.20	
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Bacon butty 639 kcal	7.30
Four rashers of bacon, buttered white bloomer bread	
Sausage butty 714 kcal	7.30
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty UNDER 500 520 kcal	7.30
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread UNDER 500 414 kcal	
Breakfast sandwich 733 kcal	9.05
Lincolnshire sausage, bacon, egg, buttered white bloomer bread	

Freedom breakfast 586 kcal	11.90
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Eggs Benedict 725 kcal	12.95
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict UNDER 500 638 kcal	12.95
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	12.95
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Scrambled egg on toast UNDER 500 570 kcal	6.85
Three eggs, buttered white bloomer toast	
Beans on toast UNDER 500 566 kcal	6.20
Buttered white bloomer toast	
Vegan option available with vegan spread UNDER 500 460 kcal	
Two slices of toast with jam or marmalade UNDER 500 480 kcal	3.85
White bloomer bread	
All-butter croissant with jam 572 kcal Airport exclusive	4.35
Fresh fruit UNDER 500 232 kcal	6.20
Apple, banana, blueberries, strawberries	
Fresh fruit and yoghurt UNDER 500 366 kcal	7.60
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
Strawberries, blueberries, yoghurt and berry granola UNDER 500 340 kcal Airport exclusive	7.60
Porridge UNDER 500 252 kcal (plain)	4.70
Add: Banana (110 kcal) 1.35 ; Strawberries (14 kcal) 1.35	
Blueberries (17 kcal) 1.35 ; Honey (91 kcal) 1.00	
Sliced apple (46 kcal) 1.35	

BREAKFAST EXTRAS

Add any of the following:	
Two slices of black pudding 355 kcal	2.30
Lincolnshire sausage 168 kcal	2.30
Vegan sausage 82 kcal	2.30
Slice of toast 225 kcal	1.60
Two hash browns 164 kcal	2.30
Two rashers of back bacon 131 kcal	2.30
Two scrambled eggs 136 kcal	2.00
Fried egg 56 kcal	1.20
Poached egg 63 kcal	1.20
Baked beans 126 kcal	1.70
Two mushrooms 100 kcal	1.70
Two grilled tomato halves 16 kcal	95p

TEA, COFFEE AND HOT CHOCOLATE

FREE REFILLS[†]

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —



Biscuits

Walkers shortbread UNDER 500 151 kcal **85p**; **Stem ginger biscuit** UNDER 500 123 kcal **85p**
Belgian chocolate biscuit UNDER 500 129 kcal **85p**

Flat white UNDER 500 92 kcal
Cappuccino UNDER 500 102 kcal
Latte UNDER 500 113 kcal
Mocha UNDER 500 147 kcal
Espresso 6 kcal
Black coffee 6 kcal
White coffee 24 kcal
Hot chocolate 169 kcal

£3.50

Tea with semi-skimmed milk UNDER 500 14 kcal
Dairy alternative: oat sachet 4 kcal
Decaffeinated tea and coffee available.

Coffee

The freshly ground 100% Arabica Lavazza coffee^{††} we serve is from Rainforest Alliance-certified farms.

LAVAZZA

TORINO, ITALIA, 1895



Adults need around 2000 kcal a day.[§]

jdwetherspoon.com

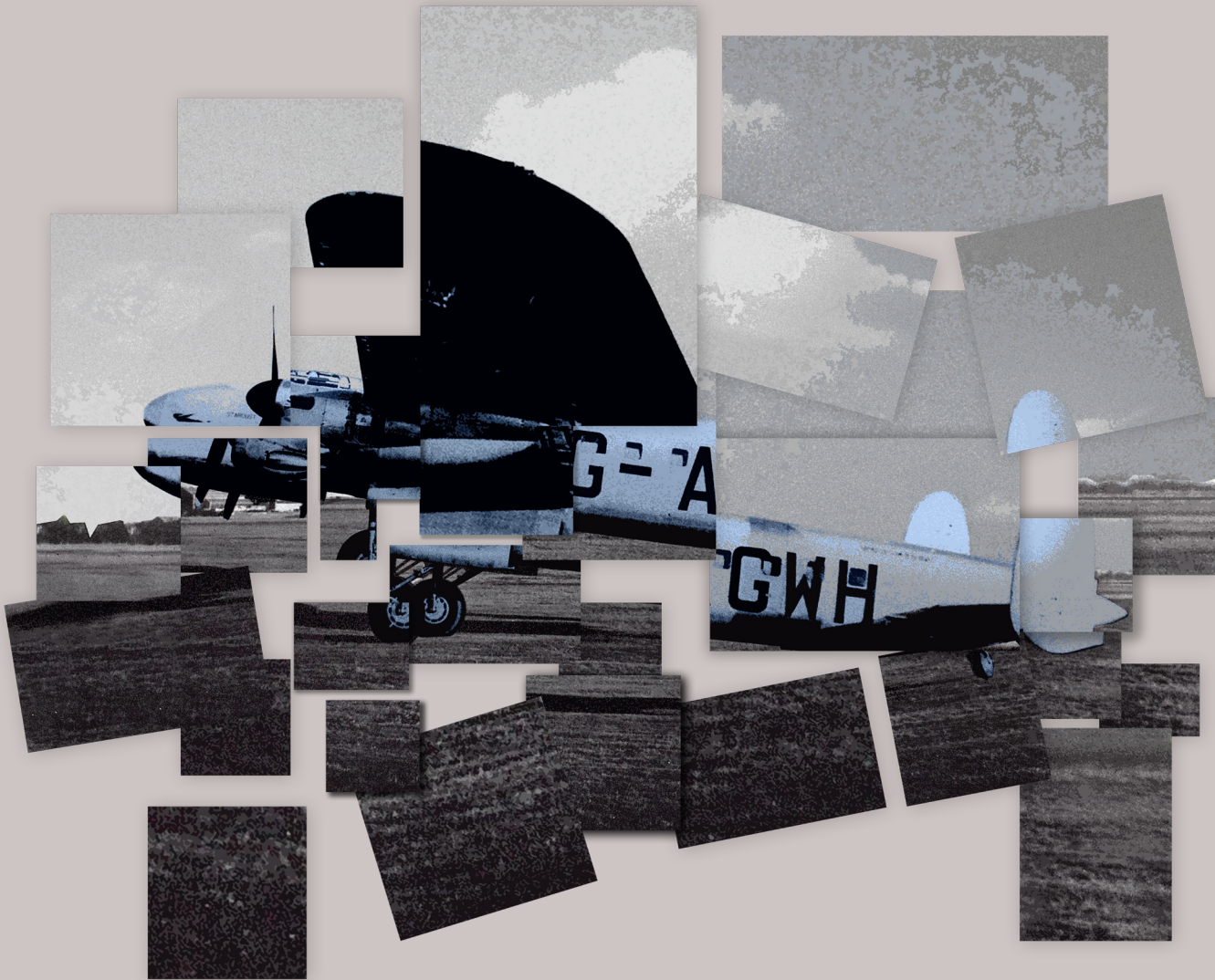
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STAR LIGHT



HEATHROW AIRPORT
— FOOD MENU —



At the end of World War II, land around an isolated rural hamlet called Heath Row was requisitioned for an international airport, at which, on 6 December 1945, Don Bennett landed the first civil aircraft (a 13-seat Avro 691 Lancastrian 3) named Star Light. On 1 January 1946, the same legendary war-time pilot captained Star Light again on an inaugural flight to Buenos Aires. On 26 March, the new airport was officially named London Airport. In 1966, it was renamed Heathrow Airport.



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

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.[§]

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated 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: jdwwetherspoon.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.




SMALL PLATES

11" garlic pizza bread  777 kcal	8.30
Ultimate nachos   863 kcal Airport exclusive	10.05
Emmental & Cheddar cheese sauce, guacamole, pico de gallo, sour cream, sliced chillies	
Add: Chilli bean non-carne   149 kcal 3.50	
Pulled beef brisket 70 kcal 3.50	
Bowl of chips  964 kcal	4.95
Bowl of chips with curry sauce  1082 kcal	6.90
Ultimate cheesy chips  1224 kcal Airport exclusive	6.55
Emmental & Cheddar cheese sauce	
Fully loaded chips 1417 kcal Airport exclusive	9.35
Emmental & Cheddar cheese sauce, maple-cured bacon, sour cream	
Chicken bites   422 kcal	9.60
Ten battered chicken breast pieces, BBQ sauce	
Chicken wings  949 kcal	10.70
Ten spicy chicken wings, Naga chilli dip	







Ultimate nachos; Chicken bites; Chicken wings

PANINIS

The paninis below, freshly made to order, are all served with chips  (add 602 kcal) or ask for a side salad instead  (add 111 kcal).	
Cheddar cheese and tomato  604 kcal	10.65
Wiltshire cured ham and Cheddar cheese 580 kcal	10.65
BBQ chicken, bacon and Cheddar cheese 576 kcal	10.65

SALADS AND PASTA

Chicken & maple-cured bacon salad  384 kcal	13.70
Chicken breast	
Mediterranean vegetable salad   352 kcal	10.85
Tenderstem® broccoli, pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing	
Add: Chicken breast (188 kcal) 3.50	
Pasta alfredo  618 kcal	11.35
Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket	
Add: Chicken breast (188 kcal) 3.50	
Maple-cured bacon (91 kcal) 2.30	




Pasta alfredo; Mediterranean vegetable salad

BURGERS






Smoky brisket stack; Buffalo burger; Cheese melt burger

100% UK AND IRISH BEEF	100% UK and Irish beef Sourced from farms in the UK and Ireland. Traceable from farm to fork.
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Classic burgers Served with chips (602 kcal, included in Calories below). With iceberg lettuce, tomato, red onion.	
Beef burger 1143 kcal	14.25
Plant-based burger  1049 kcal Garlic & herb sauce	14.25
Fried buttermilk chicken burger 1158 kcal Breaded whole chicken breast fillet	14.25

Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calories below). With iceberg lettuce, tomato, red onion.	
Cheese melt burger 1611 kcal Beef patty, American-style cheese, smothered with Emmental & Cheddar cheese sauce	16.75
Smoky brisket stack 2041 kcal Beef patty, pulled BBQ beef brisket, American-style cheese, maple-cured bacon	16.75
Buffalo burger  1802 kcal Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing	16.75
Ultimate beef burger 1723 kcal Beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	16.75
Tennessee glaze burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef 1591 kcal Fried buttermilk chicken 1605 kcal	16.75

Additional toppings	
Maple-cured bacon with Cheddar cheese 173 kcal	2.85
Maple-cured bacon with American-style cheese 160 kcal	2.85
Cheddar cheese  82 kcal	1.75
American-style cheese  69 kcal	1.75
Maple-cured bacon 91 kcal	2.30

Additional burger patties	
Beef patty 337 kcal	3.50
Fried buttermilk chicken 351 kcal	3.50
Plant-based patty  152 kcal	2.50

Airport exclusive	Dish created exclusively for Wetherspoon's airport pubs.
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






11" PIZZAS

Sourdough base – proved, stretched, topped and freshly baked to order.	
Margherita  948 kcal. Mozzarella, basil	13.75
Pepperoni  1166 kcal. Mozzarella, pepperoni	14.85
Ham and mushroom 1026 kcal Mozzarella, ham, mushroom, rocket	14.85
BBQ chicken 1112 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	14.85
Roasted vegetable  1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	14.85
Spicy meat feast  1229 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	16.75
Additional toppings	
Red onion  10 kcal	
Sliced chillies   3 kcal; Mushroom  4 kcal	each 1.50
Mozzarella  150 kcal; Ham 71 kcal	
Chicken breast 94 kcal; Maple-cured bacon 91 kcal	each 1.80
Pepperoni  109 kcal; Garlic & herb dip 180 kcal	each 2.10



Pepperoni; Spicy meat feast







WORLD FLAVOURS

Sticky Korean fried chicken bowl 	13.95
Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies	
Choose: Coconut-flavour rice 867 kcal; Chips 1235 kcal	
Ramen noodle bowl    477 kcal	11.65
Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth	
Add: Chicken breast (188 kcal) 3.50	
Poached egg  (63 kcal) 1.20	
Classic curries With basmati pilau rice, plain naan, poppadums, sliced chillies and coriander.	
Chicken tikka masala  1190 kcal	15.35
Sweet potato, chickpea & spinach curry    916 kcal	15.35
Sweet potato tossed in a rich coconut sauce with chickpeas and spinach	
Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.	
Katsu grilled chicken curry   542 kcal	14.35
Sliced grilled chicken breast	
Katsu chicken curry  706 kcal	14.35
Sliced whole breaded chicken breast fillet	



Ramen noodle bowl; Katsu chicken curry; Sticky Korean fried chicken bowl









PUB CLASSICS

Freshly battered fish and chips	16.75
Cod, peas 1240 kcal or mushy peas 1298 kcal	
Add: Two slices of bread  (404 kcal) 1.60	
Chip shop-style curry sauce  (118 kcal) 1.70	
All-day brunch 1245 kcal	14.40
Two Lincolnshire sausages, bacon, two fried eggs, baked beans, chips	
Add: Two slices of black pudding (355 kcal) 2.30	
Vegetarian all-day brunch  992 kcal	14.40
Three vegan sausages, two fried eggs, baked beans, chips	
Chilli bean non-carne    629 kcal	14.05
Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	



All-day brunch; Freshly battered fish and chips

SIDES AND EXTRAS

Bowl of chips  964 kcal	4.95
Side salad  91 kcal	2.40
Mediterranean side salad  198 kcal	3.95
Emmental & Cheddar cheese sauce  122 kcal	2.60
Tenderstem® broccoli and peas  118 kcal	3.05
Onion rings  269 kcal	3.65
Six 269 kcal	3.65
Twelve 538 kcal	5.50
Garlic pizza bread  389 kcal	7.35
8" 389 kcal	7.35
11" 777 kcal	8.30
With cheese  478 kcal	8.75
8" 478 kcal	8.75
11" 927 kcal	10.75






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

Adults need around 2000 kcal a day.*