

Sides and extras

Bowl of chips  964 kcal (Add: Salt & chilli seasoning    (7 kcal) 55p)	4.19
Small bowl of chips  602 kcal	2.69
Five chicken wings    445 kcal	3.15
Five chicken breast bites 153 kcal	3.15
Eight Whitby breaded scampi 464 kcal	5.59
Side salad  111 kcal	2.59
Mediterranean side salad  214 kcal	3.52
Mediterranean vegetables  108 kcal	1.77
NEW Tenderstem® broccoli and peas  91 kcal	1.60
Gravy  37 kcal	99p
Sliced chilli       3 kcal	99p
Peas  148 kcal	1.19
Onion rings  244 kcal	2.60
Garlic pizza bread  8" 389 kcal	4.85
With cheese  8" 479 kcal	5.43

Desserts

Fresh fruit and ice cream    379 kcal	3.69
Apple, banana, blueberries, strawberries, vanilla ice cream	
Salted caramel sticky toffee pudding  799 kcal	5.44
Vanilla ice cream	
Warm chocolate fudge cake  832 kcal. Vanilla ice cream	5.78
Warm chocolate brownie  697 kcal	5.78
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich  601 kcal	5.78
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble  603 kcal. Vanilla ice cream	6.05
American-style pancakes   650 kcal	5.35
Four pancakes, maple-flavour syrup, vanilla ice cream	

Mini desserts

Millionaire's shortbread   331 kcal	2.52
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream and sauce   257 kcal	2.17
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch   287 kcal	2.17
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie   397 kcal	3.33
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich   349 kcal	3.33
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes   373 kcal	3.85
Two pancakes, maple-flavour syrup, vanilla ice cream	

Add: Vanilla ice cream scoop  (97 kcal) **1.09**; Toffee sauce  (66 kcal) **57p**
Belgian chocolate sauce  (61 kcal) **57p**; Banana  (110 kcal) **70p**
Strawberries  (14 kcal) **70p**; Blueberries  (17 kcal) **70p**

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.*

BREAKFAST

8am – 12 noon

Traditional	
Large breakfast 1312 kcal	6.89
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 770 kcal	5.29
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast  435 kcal	3.29
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Black pudding (67 kcal) 95p	
Freedom breakfast 581 kcal	3.50
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Large vegetarian breakfast  1067 kcal	6.89
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast  725 kcal	5.29
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast    281 kcal	3.29
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast   612 kcal	3.29
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	
Benedicts	
Eggs Benedict 774 kcal	5.59
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict  667 kcal	5.59
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 749 kcal	5.59
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Lite bite	
Scrambled egg on toast  568 kcal	3.29
Three eggs, white bloomer toast	
Beans on toast   558 kcal. Buttered white bloomer toast	3.29
Vegan option available with vegan spread    452 kcal	
Fresh fruit    186 kcal. Apple, banana, blueberries, strawberries	3.09
Fresh fruit and yoghurt    320 kcal	3.59
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
Porridge, creamy jumbo oats    188 kcal (plain)	2.09
Add: Banana  (110 kcal) 70p ; Strawberries  (14 kcal) 70p	
Blueberries  (17 kcal) 70p ; Honey  (152 kcal) 40p	
Sliced apple  (46 kcal) 70p ; Maple-flavour syrup  (104 kcal) 40p	

Breakfast muffin deal

Includes tea, coffee (free refills), hot chocolate or a soft drink.	
Egg & cheese muffin   286 kcal	2.99
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin   351 kcal	3.19
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin   454 kcal	3.19
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin   357 kcal	3.19
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin 520 kcal	3.39
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin    302 kcal	3.39
Guacamole, pico de gallo, on an English muffin, rocket	
Add: Poached egg  (63 kcal) 1.18 ; Maple-cured bacon (91 kcal) 1.77	
Add: Hash brown  (82 kcal) 65p	

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: jdetherspoon.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). *Excludes bank holidays.

American

American breakfast 1258 kcal	7.29
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	
Small American breakfast 629 kcal	5.45
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	
Pancakes, maple-flavour syrup   554 kcal	3.49
Four American-style pancakes, maple-flavour syrup	
Add: Maple-cured bacon (91 kcal) 1.77	
Banana, blueberries and strawberries (141 kcal) 2.05	
Small pancakes, maple-flavour syrup    277 kcal	2.29
Two American-style pancakes, maple-flavour syrup	
Add: Maple-cured bacon (91 kcal) 1.77	
Butties and wraps	
Bacon butty 565 kcal	2.99
Three back bacon rashers, buttered white bloomer bread	
Sausage butty 706 kcal	2.99
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty  512 kcal	2.99
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread    406 kcal	
Breakfast wrap 750 kcal	4.79
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Vegetarian breakfast wrap  742 kcal	4.79
Fried egg, two vegan sausages, two hash browns, Cheddar cheese	

Breakfast extras

Add any of the following:			
Black pudding 67 kcal	95p	Hash brown  82 kcal	65p
Two back bacon rashers 131 kcal	1.87	Two mushrooms  94 kcal	1.18
Lincolnshire sausage 168 kcal	1.35	Two tomato halves  16 kcal	70p
Vegan sausage  72 kcal	1.35	Hollandaise sauce  299 kcal	2.12
Fried egg  56 kcal	1.18	Slice of toast  188 kcal	1.43
Poached egg  63 kcal			1.18
Two scrambled eggs  136 kcal			1.93
Baked beans  126 kcal			1.18

Tea and toast

Includes tea, coffee (free refills) or hot chocolate.		
Two slices of toast with jam or marmalade   450 kcal		
White bloomer bread		
	with drink	without drink
	2.75	2.25

Tea and coffee

FREE REFILLS TEA AND COFFEE — ALL DAY EVERY DAY —	
LAVAZZA TORINO, ITALIA, 1895	 
Flat white  92 kcal	
Cappuccino  102 kcal	
Latte  113 kcal	
Espresso  6 kcal	
Black coffee  6 kcal	
White coffee  24 kcal	
Tea	
with semi-skimmed milk  14 kcal	
Dairy alternative: oat sachel  4 kcal	
Decaffeinated tea and coffee available.	
Hot chocolate  169 kcal	1.89
Biscuits	
Walker's shortbread  151 kcal	
Stem ginger biscuit  123 kcal	
Belgian chocolate biscuit  129 kcal	
	75p each

for the facts
drinkaware.co.uk

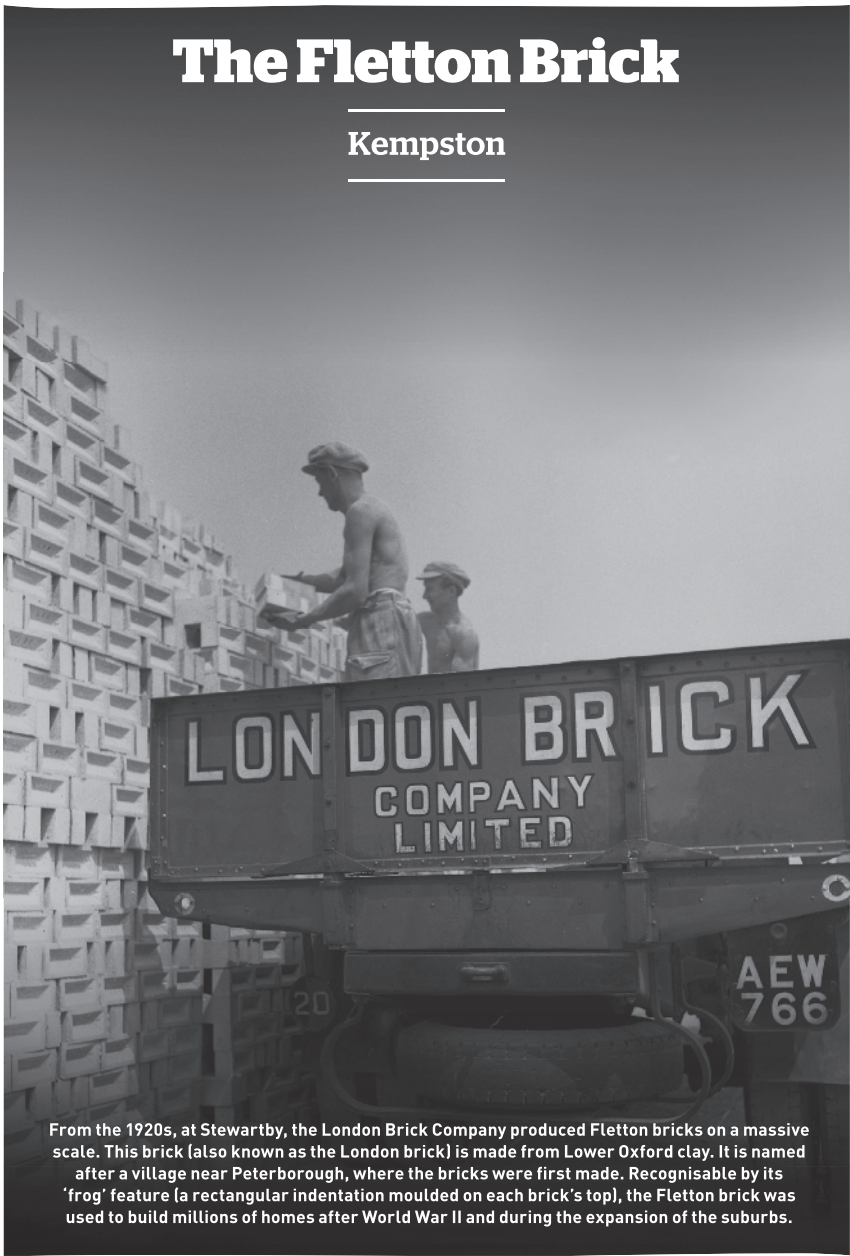
jdetherspoon.com

FOOD

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

The Fletton Brick

Kempston



From the 1920s, at Stewartby, the London Brick Company produced Fletton bricks on a massive scale. This brick (also known as the London brick) is made from Lower Oxford clay. It is named after a village near Peterborough, where the bricks were first made. Recognisable by its 'frog' feature (a rectangular indentation moulded on each brick's top), the Fletton brick was used to build millions of homes after World War II and during the expansion of the suburbs.



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



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



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'.



100% UK and Irish beef
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.

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



Adults need around 2000 kcal a day.*

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

FREE REFILLS
TEA AND COFFEE

LAVAZZA
TORINO, ITALIA, 1895
£1.89
each

Breakfast muffin deal

£3.39
8am – 12 noon

Includes tea, coffee (free refills), hot chocolate or a soft drink.

Small plates

Mix and match

3 for £14.99

Monday* – 3 for £10

Jacket potatoes

INCLUDES A DRINK*  

Featuring tuna mayo

soft drink*

£4.99

alcoholic drink*

£6.52</

Small plates | 3 for £14.99

8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.		
Margherita	475 kcal. Mozzarella, fresh basil	6.39
Spicy chicken	687 kcal	6.99
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni	565 kcal. Mozzarella, pepperoni	6.99
Ham and mushroom 517 kcal. Mozzarella, ham, mushroom, rocket		
BBQ chicken	562 kcal. Mozzarella, chicken breast, BBQ sauce, red onion, rocket	6.99
Mediterranean vegetable		
Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil		
Vegan Mediterranean vegetable	349 kcal	6.99
Mushroom, roasted pepper, courgette, onion, fresh basil		
Spicy meat feast	616 kcal	7.59
Mozzarella, ham, pepperoni, chicken breast, sliced chilli, rocket		
11" garlic pizza bread		
Nachos	1011 kcal	6.29
Cheese, guacamole, pico de gallo, sour cream, sliced chilli		
Add: Chilli bean non-carne (149 kcal)		
Pulled BBQ beef brisket (160 kcal)	3.24: Spicy pulled chicken thigh (249 kcal)	3.24
Bowl of chips		
Bowl of chips with curry sauce		
Cheesy chips		
Loaded chips		
Shawarma-chicken-topped chips		
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces		
Halloumi-style fries		
Chicken bites		
Ten battered chicken breast pieces, sticky soy sauce		
Southern-fried chicken strips		
Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze		
Chicken wings		
Quorn™ nuggets		

Wings, bites and strips | Mix and match

Five chicken wings	445 kcal. Spicy chicken wings	3.15 each
Five chicken bites	153 kcal. Battered chicken breast pieces	
Three southern-fried chicken strips	276 kcal	2 for 5.79
Chicken breast strips		
Five Quorn™ nuggets	192 kcal. Five coated pieces	3 for 7.95
Add: Sweet chilli sauce (62 kcal)		
Naga chilli sauce (136 kcal); BBQ sauce (83 kcal)		
Jack Daniel's® Tennessee Honey glaze (87 kcal)		
Chipotle mayo (150 kcal); Blue cheese sauce (270 kcal)		
Garlic & herb dip (301 kcal); Sticky soy sauce (105 kcal)		

Deli Deals | INCLUDES A DRINK

All 8" pizzas, paninis and wraps are freshly made to order.		
8" pizzas Choose any 8" pizza from the small plates section.		
Paninis		
Cheddar cheese and tomato		
Wiltshire cured ham and Cheddar cheese		
BBQ chicken, maple-cured bacon and Cheddar cheese		
Tuna mayo and Cheddar cheese		
12" wraps (just-a-wrap, without a drink 4.79 each)		
Brunch wrap		
Vegetarian brunch wrap		
Korean fried chicken		
Shawarma chicken		
Southern-fried chicken		
Fried halloumi-style cheese		
Quorn™ nuggets		
Cold chicken breast		
Add: Side salad		

THE LITE BITE

Burgers | INCLUDES A DRINK

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.		
NEW Burger deals		
American		
American cheese		
Crunchy chicken		
Korean fried chicken		

Served with chips, iceberg lettuce, tomato, red onion.

The classic burger	1143 kcal. 6oz beef patty	
Grilled chicken breast burger		
Fried buttermilk chicken		
The plant burger		
Halloumi-style cheese and sweet chilli		

Gourmet burgers | INCLUDES A DRINK

Served with six beer-battered onion rings, chips, iceberg lettuce, tomato, red onion.		
The Big Smoke		
Cheese meltdown		
Buffalo		
BBQ stack		
The ultimate burger		
Tennessee		

The Empire State	1883 kcal	
Additional toppings		
BBQ sauce		
Maple-cured bacon with Cheddar cheese		
Cheddar cheese		
American-style cheese		
Crunchy chicken strip		
Additional burger patties		
Fried buttermilk chicken		
Fried halloumi-style cheese		
Plant-based patty		

If your meal comes with chips (602 kcal), you can swap for:

Side salad	(111 kcal); Spicy rice (203 kcal); Maris Piper mash (280 kcal)
Mediterranean side salad	(214 kcal); Jacket potato (282 kcal)

Chicken | INCLUDES A DRINK

Spice bag		
Quorn™ ‘no chicken’ spice bag		
Crunchy chicken		
Sticky Korean fried chicken bowl		
Sticky Korean grilled chicken bowl		
Sticky Korean fried Quorn™ ‘no chicken’ bowl		

Boneless basket

Chicken bites basket		
Southern-fried chicken strips basket		
Quorn™ ‘no chicken’ nuggets basket		

Curries | INCLUDES A DRINK

Classic curries		
Sweet potato, chickpea & spinach curry		
Chicken tikka masala		
Chicken jalfrezi		
Beef Madras		
Change your plain naan to a garlic naan		
Simple curries		
Simple sweet potato, chickpea & spinach curry		
Simple chicken tikka masala		
Simple chicken jalfrezi		
Simple beef Madras		
Add: One vegetable samosa and two onion bhajis		

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chilli, coriander.		
Katsu grilled chicken curry		
Katsu Quorn™ nugget curry		
Katsu chicken curry		

Pub classics | INCLUDES A DRINK

Freshly battered fish and chips		
Whitby breaded scampi		
Add: Two slices of bread		
Chip shop-style curry sauce		

NEW Chicken deals

NEW Chicken and Tenderstem® broccoli		
NEW Chicken pomodoro		
BBQ chicken melt		

All-day brunch	1245 kcal	9.99	11.52
Vegetarian all-day brunch	992 kcal	9.99	11.52
Steak & ale pudding	Peas, gravy	9.10	10.63
Bangers and mash	888 kcal	9.10	10.63
Vegetarian bangers and mash	598 kcal	9.10	10.63
Wiltshire cured ham, eggs and chips	874 kcal	8.49	10.02
Sausages, chips and beans	1170 kcal	8.19	9.72
Vegan sausages, chips and beans	880 kcal	8.19	9.72
Chilli bean non-carne	644 kcal	9.10	10.63

Afternoon deal

Mon – Fri, 2pm – 5pm		
Choose from the above pub classic meals.	soft drink*	alcoholic drink*

Small pub classics | INCLUDES A DRINK

Served with a small portion of chips (329 kcal, included in Calories below).		
Small freshly battered fish and chips		
Small Whitby breaded scampi		
Add: Two slices of bread		
Small Wiltshire cured ham, egg and chips		
Small all-day brunch		
Small vegetarian all-day brunch		

Afternoon deal

Mon – Fri, 2pm – 5pm		
Choose from the above small pub classic meals.	soft drink*	alcoholic drink*

Jacket potatoes | INCLUDES A DRINK

With side salad and one filling.		
Tuna mayo		
Chilli bean non-carne		
Mediterranean vegetables		
Gourmet jackets With side salad.		
The smoky spud		
The Mexican spud		
The loaded spud		

11" pizzas | INCLUDES A DRINK

Sourdough base – proved, stretched, topped and freshly baked to order.		
Margherita		
Spicy chicken		
Pepperoni		
Ham and mushroom		
BBQ chicken		
Mediterranean vegetable		
Vegan Mediterranean vegetable		
Spicy meat feast		
Additional toppings		
Chicken breast		
Pepperoni		

Noodles, salads and pastas | INCLUDES A DRINK

Ramen noodle bowl		
Chicken & maple-cured bacon salad		
Mediterranean salad		
Fried halloumi-style cheese & Mediterranean vegetable salad		
Additional toppings:		
Pasta alfredo		
British beef & pancetta lasagne		