

## Desserts

<b>Millionaire's shortbread</b>   331 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.32
<b>Vanilla ice cream</b>   257 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.97
<b>Cookie crunch</b>   287 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.97
<b>Mini warm chocolate brownie</b>   397 kcal Belgian chocolate sauce, vanilla ice cream	3.13
<b>Mini warm cookie dough sandwich</b>   347 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.13
<b>Mini American-style pancakes</b>   373 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	4.28
<b>Fresh fruit and ice cream</b>    379 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	3.49
<b>Salted caramel sticky toffee pudding</b>  799 kcal Vanilla ice cream	5.72
<b>Warm chocolate fudge cake</b>  832 kcal. Vanilla ice cream	5.48
<b>Warm chocolate brownie</b>  697 kcal Belgian chocolate sauce, vanilla ice cream	5.48
<b>Warm cookie dough sandwich</b>  601 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.48
<b>British Bramley apple crumble</b>  602 kcal. Vanilla ice cream	5.77
<b>American-style pancakes</b>   650 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	5.72
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<b>Add: Vanilla ice cream scoop</b>  (97 kcal) <b>99p</b> ; <b>Toffee sauce</b>  (66 kcal) <b>47p</b> <b>Belgian chocolate sauce</b>  (61 kcal) <b>47p</b> ; <b>Banana</b>  (110 kcal) <b>60p</b> <b>Strawberries</b>  (14 kcal) <b>60p</b> ; <b>Blueberries</b>  (17 kcal) <b>60p</b>	

# BREAKFAST

Served 8am - 12 noon

<b>Large breakfast</b> 1320 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	7.43
<b>Traditional breakfast</b> 774 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	5.75
<b>Small breakfast</b>  435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	3.99
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<b>Add: Black pudding</b> (178 kcal) <b>80p</b>	
<b>Freedom breakfast</b> 581 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	3.99
<b>Large vegetarian breakfast</b>  1075 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.43
<b>Vegetarian breakfast</b>  729 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.75
<b>Small vegetarian breakfast</b>    281 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	3.99
<b>Vegan breakfast</b>   616 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	3.99
<b>American breakfast</b> 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	7.58
<b>Small American breakfast</b> 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	5.72

<b>Eggs Benedict</b> 756 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.07
<b>Mushroom Benedict</b>  667 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.07
<b>Miner's Benedict</b> 970 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.07
<b>American-style pancakes – choose:</b> Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.   694 kcal	5.72
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup.   554 kcal	5.72 5.03
<b>Small American-style pancakes – choose:</b> Two pancakes, maple-cured bacon, maple-flavour syrup.  322 kcal Two pancakes, maple-flavour syrup.    277 kcal	4.28 3.98
<b>Scrambled egg on toast</b>  570 kcal Three eggs, buttered white bloomer toast	3.99
<b>Beans on toast</b>   566 kcal. Buttered white bloomer toast Vegan option available with vegan spread    460 kcal	3.92
<b>Small beans on toast</b>    252 kcal. Buttered white bloomer toast	2.77
<b>Fresh fruit</b>    186 kcal. Apple, banana, blueberries, strawberries	2.99
<b>Fresh fruit and yoghurt</b>    320 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	3.49
<b>Porridge</b>    253 kcal (plain) Add: Banana  (110 kcal) <b>60p</b> ; Strawberries  (14 kcal) <b>60p</b> Blueberries  (17 kcal) <b>60p</b> ; Honey  (152 kcal) <b>30p</b> Sliced apple  (46 kcal) <b>60p</b> ; Maple-flavour syrup  (104 kcal) <b>30p</b>	1.99

## Breakfast extras

Add any of the following:

<b>Black pudding</b> 178 kcal	<b>80p</b>	<b>Hash brown</b>  82 kcal	<b>51p</b>
<b>Two back bacon rashers</b> 131 kcal	<b>1.67</b>	<b>Two mushrooms</b>  94 kcal	<b>98p</b>
<b>Lincolnshire sausage</b> 168 kcal	<b>1.15</b>	<b>Two tomato halves</b>  16 kcal	<b>57p</b>
<b>Vegan sausage</b>  72 kcal	<b>1.15</b>	<b>Hollandaise sauce</b>  299 kcal	<b>1.92</b>
<b>Fried egg</b>  56 kcal	<b>98p</b>	<b>Slice of toast</b>  192 kcal	<b>1.23</b>
<b>Poached egg</b>  63 kcal			<b>98p</b>
<b>Two scrambled eggs</b>  136 kcal			<b>1.73</b>
<b>Baked beans</b>  126 kcal			<b>98p</b>

## Tea, coffee and hot chocolate

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



**£1.71** 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

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

**Biscuits**

**Walkers shortbread**  151 kcal

**Stem ginger biscuit**  123 kcal

**Belgian chocolate biscuit**  129 kcal

**71p** each

for the facts [drinkaware.co.uk](http://drinkaware.co.uk) [jdwetherspoon.com](http://jdwetherspoon.com)

# FOOD

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



This pub is named after a partly submerged rock in Douglas Bay, called Conister Rock, on which a castle-like structure, the Tower of Refuge, stands – the branchchild of, and partly funded by, local resident and maritime humanitarian Sir William Hillary. It stands as both a visible warning of the dangerous reef and a refuge for mariners. Hillary's most enduring legacy is as the founder, in 1824, of the RNLI, an organisation dedicated to saving lives at sea throughout the UK and Ireland.



## TABLE SERVICE

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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



**100% UK and Irish beef**  
Traceable from farm to fork.



**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.



**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.

**Breakfast** 8am - 12 noon Traditional breakfast **£5.75**

**Tea, coffee and hot chocolate** Free refills\* **£1.71** each

**Wings, bites and strips**  
Mix and match **£2.99** each  
**2 for £5.49 | 3 for £7.49**

**Small plates**  
Mix and match **3 for £14.99**

**Deli Deals**  
INCLUDES A DRINK\*   
Featuring southern-fried chicken wrap just-a-wrap, without a drink **£6.55**  
soft drink\* **£7.73** | alcoholic drink\* **£9.26**

**Afternoon deals**  
INCLUDES A DRINK\*   
Mon - Fri, 2pm - 5pm  
Featuring small freshly battered fish and chips  
soft drink\* from **£8.14** | alcoholic drink\* from **£9.67**

**Gourmet burger meals**  
INCLUDES A DRINK\*   
Featuring NEW The Big Smoke burger  
soft drink\* **£11.95** | alcoholic drink\* **£13.48**

**INCLUDES A DRINK\* **  
Choose from over 150 drinks

## wetherspoon hotels

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

