

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal) 39p	3.99
Small bowl of chips	602 kcal	2.49
Five chicken wings	407 kcal	2.99
NEW Five chicken breast bites	161 kcal	2.99
Eight Whitby breaded scampi	464 kcal	5.19
Grilled halloumi-style cheese	447 kcal	2.07
Peas	133 kcal	99p
Mushy peas	248 kcal	99p
Side salad	91 kcal	2.39
Mediterranean side salad	198 kcal	3.32
Roasted vegetables	135 kcal	1.63
Coleslaw	399 kcal	1.50
Sliced chillies	3 kcal	93p
Chicken gravy	50 kcal	99p
Onion rings	Six 269 kcal	2.43
Garlic pizza bread	8* 386 kcal	4.55
With cheese	8* 473 kcal	5.13
	Twelve 538 kcal	3.65
	11* 772 kcal	5.72
	11* 922 kcal	6.59

Desserts

NEW Salted caramel sticky toffee pudding	14
Vanilla ice cream	877 kcal or custard 741 kcal
NEW Millionaire's shortbread	409 kcal
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal. Vanilla ice cream
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	
Vanilla ice cream	673 kcal or custard 537 kcal
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
Add: Custard (134 kcal) 1.33; Vanilla ice cream scoop (135 kcal) 99p	
Belgian chocolate sauce (61 kcal) 47p; Toffee sauce (66 kcal) 47p	
Banana (110 kcal) 60p; Strawberries (27 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% 5% fat or less UNDER 500 Dish under 500 Calories

🐟 Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.*

BREAKFAST

Large Scottish breakfast	1495 kcal	6.59
Two fried eggs, bacon, two sausages, two slices of black pudding, baked beans, potato scone, two slices of toast		
Scottish breakfast	913 kcal	4.99
Fried egg, bacon, sausage, black pudding, baked beans, potato scone, slice of toast		
Small Scottish breakfast	445 kcal	2.99
Fried egg, bacon, sausage, baked beans, potato scone		
Add: Haggis (246 kcal) 1.50; Black pudding (178 kcal) 80p		
Freedom breakfast	586 kcal	2.99
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	2.99
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	2.99
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	7.00
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	5.14
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	252 kcal (plain)	1.99
Add: Banana (110 kcal) 60p; Maple-flavour syrup (125 kcal) 30p		
Strawberries (27 kcal) 60p; Blueberries (17 kcal) 60p		
Honey (91 kcal) 30p; Sliced apple (46 kcal) 60p		

Tea and toast

Includes tea, coffee or hot chocolate. Free refills*	
Two slices of toast with jam or marmalade	2.49
524 kcal. White bloomer bread	1.99

Breakfast deals

Includes tea, coffee, hot chocolate (free refills*) or ANY soft drink*.	
Breakfast roll	2.69
Choose: Bacon (335 kcal; Sausage 540 kcal; Vegetarian sausage (347 kcal) Fried egg (260 kcal; Haggis (450 kcal; Black pudding 556 kcal	
Egg & cheese muffin	249 kcal
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin	314 kcal
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin	417 kcal
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin	330 kcal
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin	482 kcal
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin	271 kcal
Guacamole, pico de gallo, on an English muffin, rocket	
Add: Maple-cured bacon (91 kcal) 1.62; Poached egg (63 kcal) 98p	
Grilled halloumi-style cheese (447 kcal) 2.07	
Add: Hash brown (82 kcal) 51p	

for the facts drinkaware.co.uk jdewetherspoon.com

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 for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdewetherspoon.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. *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). *Choose from: Diet Pepsi, Pepsi, Pepsi Max or Pepsi Max cherry (398ml glass); apple, cranberry or orange juice (398ml glass); apple & mango, apple & raspberry or orange & passion fruit J20; Brecon Carreg natural mineral water (still/sparkling 500ml bottle), blackcurrant, lime or orange standard cordial (398ml glass); blood orange or lemon Sanpellegrino (330ml can); Passion Fruit Cooler or Raspberry Refresher 0% cocktail (215ml glass); Monster Energy, Energy Ultra, Energy Ultra Peachy Keen, Energy Ultra Rosé, Mango Loco or Pipeline Punch (500ml can); Old Jamaica ginger beer (330ml can); R White's raspberry lemonade (330ml can); Remedy kombucha raspberry lemonade (250ml can)

Served 8am - 12 noon

NEW Fiesta brunch	659 kcal	4.03
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.29
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	5.29
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.29
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
American-style pancakes		
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	708 kcal	5.14
Four pancakes, maple-cured bacon, maple-flavour syrup.	645 kcal	5.14
Four pancakes, maple-flavour syrup.	554 kcal	4.45
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup.	322 kcal	3.69
Two pancakes, maple-flavour syrup.	277 kcal	3.40
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
NEW Vegan option available with vegan spread	460 kcal	
Small beans on toast	252 kcal. Buttered white bloomer toast	2.49
Two slices of toast with jam or marmalade	524 kcal	1.99
White bloomer bread		
Fresh fruit	200 kcal. Apple, banana, blueberries, strawberries	2.99
NEW Fresh fruit and yoghurt	334 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		
Breakfast wrap	724 kcal	4.51
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.51
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Breakfast extras

Add any of the following:		
Black pudding	178 kcal	80p
Lincolnshire sausage	168 kcal	1.15
Slice of toast	225 kcal	1.23
Fried egg	56 kcal	98p
Two mushrooms	100 kcal	98p
Two scrambled eggs	136 kcal	1.73
Two rashers of back bacon	131 kcal	1.67
Two grilled tomato halves	16 kcal	57p
Four rashers of maple-cured bacon	91 kcal	1.62
Grilled halloumi-style cheese	447 kcal	2.07
Hash brown	82 kcal	51p
Vegan sausage	82 kcal	1.15
Baked beans	126 kcal	98p
Poached egg	63 kcal	98p

Tea, coffee and hot chocolate

FREE REFILLS* TEA, COFFEE AND HOT CHOCOLATE — ALL DAY EVERY DAY — LAVAZZA TORINO, ITALY, 1895 100% ARABICA BEANS CERTEFFICAZIONE SOSTENIBILE SEAFOOD MSC www.msc.org £1.19 each Biscuits Walkers shortbread 151 kcal 71p Stem ginger biscuit 123 kcal 71p Belgian chocolate biscuit 129 kcal 71p Salted caramel brownie bar 316 kcal 1.64	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.
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FOOD

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



The town of Saltcoats and this Wetherspoon pub take their name from the salt cots on the seashore, used for curing fish. Saltcoats originated from a small community living in huts on the seashore, earning a living by fishing or boiling seawater in small kettles or pans (salt 'cots'), mainly for curing fish. These early origins are recalled in the Burgh of Saltcoats seal which features a salt pan in its design.



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



Food hygiene information scheme

We have been awarded the food hygiene rating of PASS in our pub.



Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standard for well-managed and sustainable fisheries.



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.*

goodfoodtalks

opening menus for everybody
The spoken menu app for the visually impaired

Breakfast 8am - 12 noon

Scottish breakfast
£4.99

Tea, coffee and hot chocolate Free refills

£1.19 each

Deli Deals INCLUDES A DRINK

Featuring NEW small southern-fried chicken wrap just-a-wrap, without a drink

£3.02

soft drink* £4.20 alcoholic drink* £5.73

Burger meals INCLUDES A DRINK

Featuring 3oz American burger

soft drink* £5.58 alcoholic drink* £7.11

Afternoon deals INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink* £6.21 alcoholic drink* £7.74

Steak Club

INCLUDES A DRINK

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* £9.97 alcoholic drink* £11.50

Curry Club

INCLUDES A DRINK

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink* £8.21 alcoholic drink* £9.74

INCLUDES A DRINK

Choose from over 150 drinks

LAVAZZA



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.



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'.

wetherspoon hotels

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