

Sides and extras

Bowl of chips	🌿 964 kcal (Add: Spicy seasoning 🌶️ (8 kcal) 34p)	4.23
Small bowl of chips	🌿 602 kcal	2.48
Five chicken wings	🔥🔥🔥 402 kcal	3.34
Eight Whitby breaded scampi	527 kcal	4.99
Grilled halloumi-style cheese	🌱 446 kcal	1.97
Peas	🌿 130 kcal	94p
Mushy peas	🌱 248 kcal	94p
Side salad	🌿 87 kcal	2.29
Mediterranean side salad	🌿 198 kcal	3.22
Roasted vegetables	🌿 135 kcal	1.53
Coleslaw	🌱 399 kcal	1.40
Sliced chillies	🔥🔥🔥🔥🔥 3 kcal	88p
Chicken gravy	50 kcal	94p
Onion rings	🌿 Six 269 kcal 2.33 Twelve 538 kcal 3.50	
Garlic pizza bread	🌱 8' 386 kcal 4.40 11' 772 kcal 5.57	
With cheese	🌱 8' 461 kcal 4.98 11' 922 kcal 6.44	

Desserts

Vanilla ice cream	🌱 ^{UNDER 500} 338 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	🌱 ^{UNDER 500} 365 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie	🌱 ^{UNDER 500} 435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	🌱 ^{UNDER 500} 435 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream		
Mini American-style pancakes	🌱 ^{UNDER 500} 412 kcal	3.54
Two pancakes, maple-flavour syrup, vanilla ice cream		
Fresh fruit	🌱 ^{5%} ^{UNDER 500} 447 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	🌱 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie	🌱 736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	🌱 735 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble	🌱 694 kcal	5.62
Vanilla ice cream 830 kcal or custard 694 kcal		
American-style pancakes	🌱 ^{5%} 689 kcal	4.99
Four pancakes, maple-flavour syrup, vanilla ice cream		

Add: Custard	🌱 (134 kcal) 1.23 ; Vanilla ice cream scoop	🌱 (135 kcal) 94p
Belgian chocolate sauce		
🌱 (61 kcal) 42p ; Toffee sauce		
🌱 (74 kcal) 42p		
Banana 🌿 (101 kcal) 62p ; Strawberries 🌿 (14 kcal) 62p ; Blueberries 🌿 (17 kcal) 62p		

BREAKFAST

Served
8am - 12 noon

Large breakfast	1286 kcal	6.59
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	742 kcal	4.99
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast		
Small breakfast	⁵⁰⁰ 419 kcal	4.45
Fried egg, bacon, sausage, baked beans, hash brown		

Add: Two slices of black pudding	(355 kcal) 1.51	

Large vegetarian breakfast	🌱 1206 kcal	6.59
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	🌱 816 kcal	4.99
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	🌱 ⁵⁰⁰ 313 kcal	4.45
Fried egg, Quorn sausage, baked beans, hash brown, tomato		
Vegan breakfast	🌿 786 kcal	4.61
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
Freedom breakfast	545 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
American breakfast	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup		

Breakfast extras

Add any of the following:					
Two slices of black pudding	355 kcal	1.51	Two rashers of back bacon	99 kcal	1.57
Sausage	168 kcal	1.05	Four rashers of maple-cured bacon	91 kcal	1.52
Quorn™ sausage	🌿 116 kcal	1.05	Two scrambled eggs	🌱 136 kcal	1.63
Grilled halloumi-style cheese	🌱 396 kcal	1.97	Fried egg	🌱 56 kcal	93p
Baked beans	🌿 126 kcal	93p	Poached egg	🌱 63 kcal	93p
Hash brown	82 kcal	46p	Two mushrooms	🌿 91 kcal	93p
Two mushrooms	🌿 91 kcal	93p	Two grilled tomato halves	🌿 16 kcal	52p
Two scrambled eggs	🌱 136 kcal	1.63	Slice of toast	🌱 191 kcal	1.13
Fried egg	🌱 56 kcal	93p			
Poached egg	🌱 63 kcal	93p			

Breakfast butties and wraps

Bacon butty	525 kcal. Three rashers of bacon, buttered white bloomer bread	3.19
Sausage butty	713 kcal. Two sausages, buttered white bloomer bread	3.19
Quorn™ sausage butty	🌱 609 kcal Two Quorn sausages, buttered white bloomer bread	3.19
Breakfast wrap	739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.36
Vegetarian breakfast wrap	🌱 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.36

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills ☐

Egg & cheese muffin	🌱 ^{UNDER 500} 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	🌱 ⁵⁰⁰ 298 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	🌱 ⁵⁰⁰ 417 kcal	3.77
Fried egg, sausage, American-style cheese, in an English muffin		
Egg & Quorn™ sausage muffin	🌱 ⁵⁰⁰ 364 kcal	3.77
Fried egg, Quorn sausage, American-style cheese, in an English muffin		
Breakfast muffin	🌱 ⁵⁰⁰ 466 kcal	4.01
Fried egg, sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	🌱 ^{5%} ^{UNDER 500} 244 kcal	4.01
Guacamole, pico di gallo, on an English muffin, rocket		
Add: Maple-cured bacon (91 kcal) 1.52 ; Poached egg 🌱 (63 kcal) 93p		
Grilled halloumi-style cheese 🌱 (396 kcal) 1.97		

Add: Hash brown 🌿 (82 kcal) 46p		

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. All prices are in pounds sterling and include VAT. Pricing 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 our website for full details: 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 telephone, our website and our app. *Statement of daily calorie needs from the Department of Health & Social Care. **Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, 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).

Tea, coffee and hot chocolate

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

LAVAZZA
TORINO, ITALIA, 1895

100% ARABICA BEANS

£1.56 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
(Oat milk available 🌿 4 kcal)	
Hot chocolate	🌱 169 kcal
Tea	🌱 14 kcal
(with semi-skimmed milk 🌱 14 kcal)	
(Oat milk available 🌿 4 kcal)	
Decaffeinated tea and coffee available.	

FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks



The Mannamead

Plymouth

Ten years after he built the Theatre Royal, John Foulston had his own house built on Townsend Hill, a little to the north of this site. In the 1820s, Mutley Plain was little more than an undeveloped open road. Development took off in the mid 1850s when Messrs Ellery, Fowler and Bennett acquired the two fields known as the Mannameads. Having bought East and West Mannamead, they had the land laid out for a series of villas; in time, the whole area became known as Mannamead.



Food hygiene rating

We have been awarded the maximum food hygiene rating of 5 in our pub.



Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standards 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 our 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
Traditional breakfast
£4.99

Tea, coffee and hot chocolate
Free refills ☐
£1.56 each

Burger meals
INCLUDES A DRINK 🍷
Featuring 3oz American burger soft drink* | alcoholic drink*
£5.44 | **£6.97**

Afternoon deals
INCLUDES A DRINK 🍷
Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips soft drink* | alcoholic drink*
£6.09 | **£7.62**

Steak Club®
INCLUDES A DRINK 🍷
Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£9.67 | **£11.20**

Curry Club®
INCLUDES A DRINK 🍷
Thursday 11.30am - 11pm
Featuring the katsu curry range soft drink* | alcoholic drink*
£7.91 | **£9.44**

How to order from your table



Download the Wetherspoon app or scan this QR code.



Or note your table number and order at the bar.



Coffee

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

Tea

The Tetley tea we serve also comes from Rainforest Alliance-certified farms.

Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.

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MENU_2365

