BREAKFAST Served 8am - 12 noon

Large breakfast 1286 kcal 7.94 vo fried eggs, bacon, two sau
m, two slices of toas
raditional breakfast 742 kc
fried egg, bacon, sausage, baked beans, two hash browns,
Small breakfast (3isi 49 kcal
ried egg, bacon, sausage, baked beans, hash brown
Slice of toast © 191 kcal 1.13
Large vegetarian breakfast (©) 1206 kca
Two fried eggs, three Quorn sausages,
mushroom, tomato, two slices of toast
Vegetarian breakfast © 816 kca6.31

Iwo fried eggs, two Quorn sausages, baked beans, two hash browns,
Small vegetarian breakfast © ©iid 313 kcal
Fried egg, Quorn sausage, baked beans, hash brown, tom
Vegan breakfast © 786 kcal
Too Quorn sausages, baked beans, two hash browns, mushroom,
mato, slice of toast, vegan spread
Freedom breakfast 545 kcal
wo fried eggs, bacon, baked beans, two hash browns,
ushroom, tomato
Eggs Benedict 725 kcal
Two poached eggs, on an English muffin, with Wiltshire cured ham,
Two poached eggs, on an
Hollandaise sauce, rocket
Mushroom Benedict © 629 kcal
Mushroom Benedict $\mathbb{V}^{\text {wo poached eggs, on an }}$ English muffin, with mushroom,
woll
Two poached eggs, on an
Hollandaise sauce, rocket
wo slices of toast with jam or marmalade (1) (3iot 496 kcal White bloomer bread
resh fruit © (3) 177 kcal $\qquad$
.

Porridge (1) (3)2 252 kcal (plain) 2.07
Add: Banana ( ) (100 kcal 252 kcal (plain)
Add: Banana © (101 kcal) 62 p
Blueberries ( ) (17 kcal) 62 p
Honey $\mathbb{V}$ ( 91 kcal) 34 p

TEA, COFFEE AND HOT CHOCOLATE


## FOOD

BREAKFAST MUFFIN DEAL Includes tea, coffee or hot chocolate. Free refills ${ }^{\text { }}$ Egg \& cheese muffin © (3i) 249 kcal $\qquad$

$$
\text { Egg \& bacon muffin (3ix) } 298 \text { kcal }
$$

ried egg bacon, American-style cheese, in an English muffin
Egg \& sausage muffin (ioid
Fried egg, sausage, American-style cheese
Egrg \& Quorn"' sausage muffin © ${ }^{\text {Biden }} 364$ kcal
Fried egg, Quorn sausage, American-style cheeese in an English muffin
Breakfast muffin (6ini 466 kcal
Fried egg, sausage, bacon, American-style cheese, in an English muffin
Smashed avocado muffin (2) (3) 244 kcal
Add: Maple-cured bacon (91 kcal) 1.52
Add: Maple-cured bacon ( 91 kca
Poached egg © ( 63 kcal ) 93 p
Add: Two hash browns (0) ( 164 kcal ) 92p

## 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.

## BREAKFAST EXTRAS

Add any of the following:
Sausage 168 kcal

Quorn sausage () 116 kcal
Two rashers of back bacon 99 kca
Fried egg © 56 kcal
Poached egg © 63 kcal
Two hash browns () 164 kcal
Two mushrooms () 91 kcal
93p
信 1.13

## ALLERGEN AND NUTRITIONAL INFORMATION

$$
\begin{aligned}
& \text { ALLERGEN ANDN D. } \\
& \text { This can be found on our menus, customer information screen, website and } \\
& \text { Wetherspoon apo. Ingredients vary, depending on location, and may have cha }
\end{aligned}
$$ since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- Exclud
- See full lists of ingredients.
- Set Calorie and carbohydrate limits.

While we have procedures for segregating preparation within meals and drinks,
kitchen and daa service may involve shared kitchen and bar service may involve shared preparation/cooking areas. Ify ou hav
any specific food/drinks allergen needs, lease inform us when ordering: we will any specific food/drinks aliergen needs, please ifform us when ordering, we will
take reasonable steps sto prepare your meal safly, although cannot guarantee Completely allergen-free environments or products. Staff cannot offer specific
cole
advice or reconmendations advice or recommendations beyond our published alergen communications
Swapping items may result in changes to allergens contained in the dish.

Breakfast 8am - 12 noon Main menu 11.30am - 11pm

## The King and Castle



This former long-standing chemist's became a pub in 1967. From 1992, it was called the Olde King and Castle. The 'King' refers to the bust of Edward VII above the entrance to the adjacent passageway, where there is an engraving of Windsor Castle.
4.89


INCLUDES A DRINK ${ }^{\text {o }}$ Choose from over 150 drinks


## DIETARY SYMBOLS

$\|=$ very mild $\quad=$ mild
$W /=$ Medium hot
(V) vegetarian (0) Vegan $5 \%$ fat or less (3idio Dish under 500 Calories

(9)Seafood with this mark comes from an MSC-certified sustainable fishery 647 www.msc.org
Adults need around 2000 kcal a day. ${ }^{5}$.


 jdwetherspoon.com $\sum_{\Sigma}^{\stackrel{1}{\Sigma}}$

SMALL PLATES|ANY 3 FOR £17.47
11" garlic pizza bread ( 772 kcal

Nachos 592 kcal
salsa, sour cream, sliced chilies
Bowl of chips with curry sauce (0) 1082 kca
Loaded chips 1218 kcal , Cheese maple-cured bacon sour cream 6.31

## With any of the small plates below, choose one dip: <br>  <br> Jack Daniel's" Tennessee Honey glaze © 87 kca lue cheese $\mathbb{C} 270$ kcal

Halloumi-style fries ( ) (ixio 396 kcal

## Chicken bites (\%ioi 298 kcal. Ten battered chicken breast pieces

Southern-fried chicken strips 459 kcal
Five chicken breast strips
Chicken wings 804 kcal . Ten spicy chicken wings

## DELI DEALS ${ }^{\circledR}$ incrudesadmink ${ }^{\text {In }}$

The freshly made paninis and wraps below are all served with chips © (add 602 kcal ) or ask for a salad instead (0) (add 87 kcal). Paninis
Cheddar cheese and tomato © 532 kcal
Wiltshire cured ham and Cheddar cheese 512 kcal
BBQ chicken, bacon and Cheddar cheese 572 kcal
Wraps

## BURGERS MCLUDESADansedl

## $\begin{array}{ll}-\mathbf{1 0 0 \%} & \begin{array}{l}\text { 100\% UK and Irish beef } \\ \text { UK } \overline{\text { AND }} \text { RRISH } \\ \text { Sourced from farms in the UK and Ireland. } \\ \text { Traceable from farm to fork. }\end{array}\end{array}$

Beef burgers One 302 beef patty
Served with a small portion of chips
Served with a small portion of chips (329 kcal, included in Calories below). American burger 695 kcal
Red onion, gherkin, ketchup
Red onion, gherkin, ketchup
American-style mustard
Classic beef burger 676 kcal
Iceberg lettuce, tomato, red onion
Keberg lettuce, tomato, red onion
with a side salad, instead of chips
American cheese burger 729 kcal American-style cheese, red onion, gherkin,
ketchup, American-style mustard
Double beef burgers Two 302 beef patties.
Served with chips ( 602 kcal , included in Calories belo
Double American burger 1137 kcal
Red onion, gherkin, ketchup,
American-style mustard
Double classic beef burger 1118 kcal I ceberg lettuce, tomato, red onion

 American-style cheese, red onion, gherkin, ketchup, alcoholic drink*** 11.71
American-style mustard American-style mustar

| Meat-free burgers Served with chips 602 | soft drink* |
| :---: | :---: |
| Served with chips (602 |  |
| Breaded vegetable burger (V) 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese | ${ }_{\text {each }}$ |
|  | alcoholic drink* |
| Beyond Burger ${ }^{\text {TM }}$ () 834 kcal | 11.12 |
| EYOND MEAT plant-based patty | each |

Bey BEYOND MEAT plant-based patty $\underset{\substack{11.12 \\ \text { each }}}{1}$
Chicken burgers
Crunchy chicken strip burger 787 kcal softdrink* 7.13
Two southern-fried chicken strips, alcoholic drink* 8.89
iceberg lettuce, mayonnaise
Served with chips ( 602 kcal , included in Calories below).
Fried buttermilk chicken burger 1254 kcal
soft drink** 9.36 Breaded whole chicken breast fillet coholic drink** 11.12

Gourmet burgers
Served with chips, six onion rings ( 871 kcal , included in Calories below).
Ultimate burger 1661 kcal soft drink ${ }^{*}$ Two 302 beef patties, maple-cu

BBQ burger
$\begin{array}{ll}\text { Maple-curea dacon, Cheddar cheese, BBQ sacuce } & \text { alcoholic drink } \\ \text { Choose: Beef (two } 302 \text { beef patties) } 1644 \mathrm{kcal} & 13.31\end{array}$
Choose: Beef (two 3oz beef patties) 1644 kcal
Fried buttermilk chicken 1780 kcal

Triple American cheese
soft drink* 12.99
\& bacon burger 1479 kca
cooholicdrink** 14.75
Three $30 z$ beef patties, American-style cheese
Amerierican-stylye mustard

## Additional toppings

Maple-cured bacon with Cheddar cheese 174 kca
Maple-cured bacon with American-style cheese $160 \mathrm{kcal} \quad 2.14$ Cheddar cheese $(\mathbb{0}$ kcal
American-style cheese ( 69 kcal
Maple-cured bacon 91 kcal

Coleslaw © 578 kcal
Baked beans (0) 501 kcal
Five-bean chillil (0) 3ixi 431 kcal

## CHICKEN BASKETS INcludesadmink d]

Chicken wing basket NOI

Chicken bites basket
Ten battered chicken breast pieces, coleslaw, sticky soy sauce
Choose: Spicy rice 739 kcal ; Chips 1133 kcal ; side salad 618 kcal Southern-fried chicken strips basket
Five chicken stripss, coleslaw, Jack Daniel's" Tennessee Honey glaze
Choose: Spicy rice 888 kcal; Chips 1282 kcal; Side salad 767 kcal

## STEAKS AND GRILLS Inchudes admink oll

Prime beef steaks from the UK and Ireland, matured for 21 days then seasoned with a steak-seasoning blend.

## Classic 80 sirloin steak Choose: Jacket potato 741 kcal

 Mashed potato 745 kcal ; Chips 1061 kcalMediterranean 5 salad 655 kcal Side salad Medierranean salad 657 kcal ; Side salad 546 kcal Gourmet 80 sirloin steak With peas, tomato, mustroom,
 Choose: Jacket potato 993 kcal Mashed potato 997 kcal ; Chips 1314 kcal
Mediterranean salad 909 kcal Side salad 798 kc
Add your choice of steak sauce: Creamy peppercorn sauce ( 74 kca )
Add your choice of steak sauce: Creamy peppercorn sauce $(7)$
Jack Daniel's ${ }^{\text {sen }}$ Tennessee Honey glaze © ( 87 kcal) 1.82 each

| Below meals are served with peas, tomato and mushroom. | soft drink* alcoholic drink* |  |
| :---: | :---: | :---: |
| 1002 gammon and eggs Choose: Jacket potato ©89 k kal; Chips 1140 kcal Mediterranean salad 735 kcal ; Side salad 625 kcal | 13.39 | 15.15 |
| Mixed grill <br> Gammon, pork loin, rump, lamb, sausage Choose: Jacket potato 1192 kcal; Chips 1513 kcal | 13.39 | 15.15 |

Choose: Jacket potato 1192 kcal; Chips 1513 kcal
Mediterranean salad 1108 kcal; Side salad 997 kcal


SIDES AND EXTRAS

## Bowl of chips (0) 964 kcal

4.50

Side salad (0) 87 kca
2.29

Mediterranean side
$\begin{array}{llllll}\text { Onion rings (0) Six } 269 \mathrm{kcal} & 2.33 & \text { Twelve } 538 \mathrm{kcal} & 3.50\end{array}$

| Garlic pizza bread (0) | $8 " 386 \mathrm{kcal}$ | 4.89 | $11 " 772 \mathrm{kcal}$ | 6.03 |
| :--- | :--- | :--- | :--- | :--- | :--- |

## 11" PIZZAS includes admink

On a freshly baked sourdough base.
soft drink* alcoholic drink* $\begin{array}{lll}\text { Margherita © } 939 \text { kcal. Mozzarella, basil } & 10.23 & 11.99\end{array}$

## Pepperoni 1157 kca Mozzarella pepperoni

| Mozzarella, pepperoni | soft drink* | $\begin{array}{c}\text { alcoholic drin } \\ \text { Ham and mushroom } 1012 \mathrm{kcal} \\ \text { Mozzarella, ham, mushroom, rocket }\end{array}$ |
| :--- | :---: | :---: |
| each | $\begin{array}{c}11.38 \\ \text { each }\end{array}$ |  |

BBQ chicken 1103 kca
Spicy meat feast 1220 kca
12.54
s, rocket

Additional toppings
Red onion © 10 kcal ; sliced chillies © 3 kcal
Mozzarella © 150 kcal Ham 71 kcal
Chicken breast 94 kcal Maplecure
Pepperoni 109 kcal

## PUB CLASSICS includes admink oll

|  | softdrink* alcoholic drink* |  |
| :---: | :---: | :---: |
| Freshly battered cod and chips Peas 1239 kcal or mushy peas 1298 kcal | 11.62 | 13.3 |
| Steak \& kidney pudding 1223 kcal Chips, peas, onion \& red wine gravy | 9.89 | 11.65 |
| Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs | 9.31 | 11.07 |
| Sausages, chips and beans 1170 kcal Three Lincolnshire sausages | 9.31 | 11.0 |
| Five-bean chilli 历 © 32590 kcal Rice, tortilla chips | 9.89 | 11.65 |
| Add: Two slices of bread (v) ( 383 kcal ) 1.34 Chip shop-style curry sauce (0) (18 kcal) 1.46 |  |  |
| Afternoon cleal <br> Mon - Fri, 2pm - 5pm <br> Choose from the above pub classic meals. | soft drink alcoholic drink <br> 8.85 10.61 |  |

## Sustainable fish

Thertied MSC'sta did

## DESSERTS

Vanilla ice cream © ©ize 338 kcal
Two scoops, toffee sauce, Belgian chocolate sauce
sauce, Belgian chocolate sauce
Cookie crunch
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce
Mini warm chocolate brownie (1) (3i) 435 kcal
Mini warm cookie dough sandwich (1) (ioid 435 kcal
Fresh fruit © (3) (3isi 447 kcal
Fresh fruit © © 3 ?in 447 kcal
Apple, banana, blueberries, strawberries, vanilla a ce cream
Warm chocolate fudge cake (1) 913 kcal . Vanilla ice cream Warm chocolate brownie © 736 kcal
Warm cookie dough sandwich 0735 kcal
Salted caramel filling, toffee sauce, vanilla ice cream
British Bramley apple crumble ( 830 kcal
Vanilla ice cream
Add: Vanilla ice cream scoop (135 kcal) 94 p
Belgian chocolate sauce © (61 kcal) 42p; Toffee sauce (V) (74 kcal) 42p
Banana () (101 kcal) 62p; Strawberries () (14 kcal) 62 p
Blueberries () (17 kcal) 62 p
Adults need around 2000 kcal a day. ${ }^{5}$

