

Sides and extras

Bowl of chips  964 kcal (Add: Spicy seasoning  (8 kcal) 34p)	4.23
Small bowl of chips 	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 	3.50
Garlic pizza bread  8* 386 kcal	4.40
With cheese 	5.57
	11* 772 kcal
	3.50
	12* 538 kcal
	3.50
	11* 772 kcal
	5.57
	11* 922 kcal
	6.44

Desserts

Vanilla ice cream   338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.82
Cookie crunch   365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.82
Mini warm chocolate brownie   435 kcal Belgian chocolate sauce, vanilla ice cream	2.98
Mini warm cookie dough sandwich   435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	2.98
Mini American-style pancakes   412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	4.70
Fresh fruit    447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.56
Warm chocolate fudge cake  913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie  736 kcal Belgian chocolate sauce, vanilla ice cream	5.33
Warm cookie dough sandwich  735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.33
British Bramley apple crumble  694 kcal Vanilla ice cream 830 kcal or custard 694 kcal	5.62
American-style pancakes   689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	6.16
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 Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	8.01	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.50
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	6.31	Mushroom Benedict  629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.50
Small breakfast  419 kcal Fried egg, bacon, sausage, baked beans, hash brown	5.41	Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.50
Add: Two slices of black pudding (355 kcal) 1.51		American-style pancakes Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup.   554 kcal	6.16 5.45
Large vegetarian breakfast  1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	8.01	Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup.  322 kcal Two pancakes, maple-flavour syrup.    277 kcal	4.70 4.42
Vegetarian breakfast  816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	6.31	Scrambled egg on toast  570 kcal Three eggs, buttered white bloomer toast	4.93
Small vegetarian breakfast   313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	5.41	Beans on toast   566 kcal. Buttered white bloomer toast	3.77
Vegan breakfast  786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.91	Small beans on toast    251 kcal Buttered white bloomer toast	2.62
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.41	Two slices of toast with jam or marmalade   496 kcal White bloomer bread	2.58
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	8.01	Fresh fruit    177 kcal Apple, banana, blueberries, strawberries	3.77
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	6.16	Porridge    252 kcal (plain) Add: Banana  (101 kcal) 62p ; Maple-flavour syrup  (125 kcal) 34p Strawberries  (14 kcal) 62p ; Blueberries  (17 kcal) 62p Honey  (91 kcal) 34p	2.09

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	Hash brown  82 kcal	46p
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms  91 kcal	93p
Quorn™ sausage  116 kcal	1.05	Two scrambled eggs  136 kcal	1.63	Two grilled tomato halves  16 kcal	52p
Grilled halloumi-style cheese  396 kcal	1.97	Fried egg  56 kcal	93p	Slice of toast  191 kcal	1.13
Baked beans  126 kcal	93p	Poached egg  63 kcal	93p		

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.36	Breakfast wrap 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.93
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.36	Vegetarian breakfast wrap  835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.93
Quorn™ sausage butty  609 kcal Two Quorn sausages, buttered white bloomer bread	4.36		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills 

Egg & cheese muffin   249 kcal Fried egg, American-style cheese, in an English muffin	4.47
Egg & bacon muffin  298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.93
Egg & sausage muffin  417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.93
Egg & Quorn™ sausage muffin   364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.93
Breakfast muffin  466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	5.16
Smashed avocado muffin    244 kcal 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	5.16
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. **Excluding decaffeinated. *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  

£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  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 Pilgrim's Progress

Bedford



This pub is named after one of the most widely read books in the English language, written by John Bunyan, who lived most of his life in and around Bedford during the 17th century. Born in 1628, at Elstow near Bedford, his career as a writer and preacher was enriched by deep religious experiences throughout his life.



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
£6.31

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 474

