

## Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning (7 kcal) 34p)	4.23
Small bowl of chips	602 kcal	2.48
Five chicken wings	407 kcal	3.34
<b>NEW</b> Five chicken breast bites	161 kcal	2.99
Eight Whitby breaded scampi	464 kcal	4.99
Grilled halloumi-style cheese	447 kcal	1.97
Mediterranean side salad	198 kcal	3.22
Sliced chillies	3 kcal	88p
Peas	133 kcal	94p
Side salad	91 kcal	2.29
Chicken gravy	50 kcal	94p
Mushy peas	248 kcal	94p
Coleslaw	399 kcal	1.40
Roasted vegetables	135 kcal	1.53
<b>Onion rings</b>	Six 269 kcal	2.33
Twelve	538 kcal	3.50
<b>Garlic pizza bread</b>	8* 386 kcal	4.40
Eleven	772 kcal	5.57
<b>With cheese</b>	8* 473 kcal	4.98
Eleven	922 kcal	6.44

## Desserts

<b>NEW</b> Chocolate & salted caramel torte	5.33	
Chocolate biscuit base, chocolate & salted caramel filling		
Vanilla ice cream	746 kcal or coconut ice cream 701 kcal	
<b>NEW</b> Salted caramel sticky toffee pudding	4.99	
Vanilla ice cream	877 kcal or custard 741 kcal	
<b>Millionaire's shortbread</b>	409 kcal	2.17
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce		
<b>Vanilla ice cream</b>	334 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce		
<b>Cookie crunch</b>	364 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
<b>Mini warm chocolate brownie</b>	435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream		
<b>Mini warm cookie dough sandwich</b>	431 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream		
<b>Mini American-style pancakes</b>	412 kcal	3.54
Two pancakes, maple-flavour syrup, vanilla ice cream		
<b>Fresh fruit</b>	470 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream		
<b>Warm chocolate fudge cake</b>	909 kcal. Vanilla ice cream	5.33
<b>Warm chocolate brownie</b>	736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream		
<b>Warm cookie dough sandwich</b>	727 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream		
<b>British Bramley apple crumble</b>	5.62	
Vanilla ice cream	673 kcal, coconut ice cream 628 kcal or custard 537 kcal	
<b>American-style pancakes</b>	689 kcal	4.99
Four pancakes, maple-flavour syrup, vanilla ice cream		
<b>Add: Custard</b>	134 kcal	1.23
<b>Vanilla ice cream scoop</b>	135 kcal	94p
Belgian chocolate sauce	61 kcal	42p
Toffee sauce	66 kcal	42p
Banana	110 kcal	62p
Strawberries	27 kcal	62p
Blueberries	17 kcal	62p

### ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, 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  
V = Vegetarian 🌱 = Vegan 5% = 5% fat or less 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.<sup>8</sup>

# BREAKFAST

<b>Large breakfast</b>	1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
<b>Traditional breakfast</b>	807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
<b>Small breakfast</b>	435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
<b>Add: Black pudding</b>	(178 kcal) 75p	
<b>Freedom breakfast</b>	586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
<b>Large vegetarian breakfast</b>	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
<b>Vegetarian breakfast</b>	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
<b>Small vegetarian breakfast</b>	291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato		
<b>Vegan breakfast</b>	642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
<b>American breakfast</b>	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
<b>Small American breakfast</b>	629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
<b>Porridge</b>	252 kcal (plain)	2.09
<b>Add: Banana</b>	(110 kcal) 62p	
<b>Maple-flavour syrup</b>	(125 kcal) 34p	
<b>Strawberries</b>	(27 kcal) 62p	
<b>Blueberries</b>	(17 kcal) 62p	
<b>Honey</b>	(91 kcal) 34p	
<b>Sliced apple</b>	(46 kcal) 62p	
<b>NEW</b> Shakshuka	547 kcal	5.14
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta		
<b>Add: Grilled halloumi-style cheese</b>	(447 kcal) 1.97	
<b>Maple-cured bacon</b>	(91 kcal) 1.52	
<b>NEW</b> Fiesta brunch	659 kcal	3.42
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
<b>Eggs Benedict</b>	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
<b>Mushroom Benedict</b>	638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
<b>Miner's Benedict</b>	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
<b>NEW</b> Hash brown basket	410 kcal	1.99
<b>American-style pancakes</b>		4.99
<b>NEW</b> Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup.	645 kcal	4.30
Four pancakes, maple-flavour syrup.	554 kcal	
<b>Small American-style pancakes</b>		3.54
Two pancakes, maple-cured bacon, maple-flavour syrup.	322 kcal	3.25
Two pancakes, maple-flavour syrup.	277 kcal	3.77
<b>Scrambled egg on toast</b>	570 kcal	3.66
Three eggs, buttered white bloomer toast		
<b>Beans on toast</b>	566 kcal. Buttered white bloomer toast	
<b>Vegan option available with vegan spread</b>	460 kcal	2.62
<b>Small beans on toast</b>	252 kcal	2.47
Buttered white bloomer toast		
<b>Two slices of toast with jam or marmalade</b>	524 kcal	3.66
White bloomer bread		
<b>Fresh fruit</b>	200 kcal	4.45
Apple, banana, blueberries, strawberries		
<b>NEW</b> Fresh fruit and yoghurt	334 kcal	
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

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. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com

<sup>8</sup>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 our website, app and on the telephone. <sup>9</sup>Statement of daily Calorie needs from the Department of Health & Social Care. <sup>10</sup>Excluding decaffeinated. <sup>11</sup>Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, 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).

## Served 8am - 12 noon

### Breakfast extras

Add any of the following:

<b>Black pudding</b>	178 kcal	75p	<b>Hash brown</b>	82 kcal	46p
<b>Lincolnshire sausage</b>	168 kcal	1.05	<b>Vegan sausage</b>	82 kcal	1.05
<b>Slice of toast</b>	225 kcal	1.13	<b>Baked beans</b>	126 kcal	93p
<b>Fried egg</b>	56 kcal	93p	<b>Poached egg</b>	63 kcal	93p
<b>Two scrambled eggs</b>	136 kcal	1.63			
<b>Two rashers of back bacon</b>	131 kcal	1.57			
<b>Four rashers of maple-cured bacon</b>	91 kcal	1.52			
<b>Two mushrooms</b>	100 kcal	93p			
<b>Two grilled tomato halves</b>	16 kcal	52p			
<b>Grilled halloumi-style cheese</b>	447 kcal	1.97			

### Breakfast butties and wraps

<b>Bacon butty</b>	574 kcal	3.42
Three rashers of bacon, buttered white bloomer bread		
<b>Sausage butty</b>	714 kcal	3.42
Two Lincolnshire sausages, buttered white bloomer bread		
<b>Vegetarian sausage butty</b>	541 kcal	3.42
Two vegan sausages, buttered white bloomer bread		
<b>Vegan option available with vegan spread</b>	435 kcal	4.36
<b>Breakfast wrap</b>	724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
<b>Vegetarian breakfast wrap</b>	735 kcal	4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

### Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills<sup>10</sup>

<b>Egg &amp; cheese muffin</b>	249 kcal	3.31
Fried egg, American-style cheese, in an English muffin		
<b>Egg &amp; bacon muffin</b>	314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
<b>Egg &amp; sausage muffin</b>	417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
<b>Egg &amp; vegetarian sausage muffin</b>	330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin		
<b>Breakfast muffin</b>	482 kcal	4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
<b>Smashed avocado muffin</b>	271 kcal	4.01
Guacamole, pico de gallo, on an English muffin, rocket		
<b>Add: Maple-cured bacon</b>	(91 kcal) 1.52	
<b>Poached egg</b>	(63 kcal) 93p	
<b>Grilled halloumi-style cheese</b>	(447 kcal) 1.97	
<b>Add: Hash brown</b>	(82 kcal) 46p	

### Tea, coffee and hot chocolate

**FREE REFILLS<sup>10</sup>**

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —

**LAVAZZA** TORINO, ITALIA 1925

100% ARABICA BEANS

100% UK AND IRISH BEEF

**£1.56** each

**Biscuits**

<b>Walkers shortbread</b>	151 kcal	71p
<b>Stem ginger biscuit</b>	123 kcal	71p
<b>Belgian chocolate biscuit</b>	129 kcal	71p
<b>Salted caramel brownie bar</b>	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.

for the facts **drinkaware.co.uk**  
 jdwetherspoon.com

# FOOD

Main menu 11.30am - 10.30pm. Children's menu available.



**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 RATING** 5

**Food hygiene rating**

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

**CERTIFIED SUSTAINABLE SEAFOOD MSC** www.msc.org

**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.

**100% UK AND IRISH BEEF**

From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.

**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.<sup>8</sup>

**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<sup>10</sup>**

**£1.56** each

**Deli Deals**<sup>®</sup>

**INCLUDES A DRINK** 🍷🍷

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

**£3.08**

soft drink\* **£4.11** | alcoholic drink\* **£5.64**

**Burger meals**

**INCLUDES A DRINK** 🍷🍷

Featuring **3oz American burger**

soft drink\* **£5.44** | alcoholic drink\* **£6.97**

**Afternoon deals**

**INCLUDES A DRINK** 🍷🍷

**Mon - Fri, 2pm - 5pm**

Featuring small freshly battered fish and chips

soft drink\* **£6.09** | alcoholic drink\* **£7.62**

**Steak Club**<sup>®</sup>

**INCLUDES A DRINK** 🍷🍷

**Tuesday 11.30am - 10.30pm**

Featuring classic 8oz sirloin

soft drink\* **£9.67** | alcoholic drink\* **£11.20**

**Curry Club**<sup>®</sup>

**INCLUDES A DRINK** 🍷🍷

**Thursday 11.30am - 10.30pm**

Featuring the katsu curry range

soft drink\* **£7.91** | alcoholic drink\* **£9.44**

**INCLUDES A DRINK** 🍷🍷

Choose from over 150 drinks

**LAVAZZA** TORINO, ITALIA 1925

100% ARABICA BEANS

**Coffee**

The freshly ground 100% Arabica Lavazza coffee<sup>®</sup> we serve is from Rainforest Alliance-certified farms.

**AWARD-WINNING CHILDREN'S MENU**

Best children's meals (first place) 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'.<sup>11</sup>

**FOOD MILKIE GOOD** 2024 - 2026

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