

VEGETARIAN AND VEGAN MENU

UNDER 500 CALORIES
LOOK FOR THE LOGO

How to order: Please place your order using the Wetherspoon app or note your table number and order at the bar. Full allergen/nutritional information and dietary menus can be found on our website or please ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond our published nutritional communications.

VEGETARIAN MENU

BREAKFAST

SERVED UNTIL 12 NOON

Large vegetarian breakfast (V) 1369 Cal
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast.

Vegetarian breakfast (V) 933 Cal
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast.

Small vegetarian breakfast (V) 342 Cal
Fried egg, Quorn sausage, baked beans, hash brown, tomato.

NEW **Mushroom Benedict** (V) 474 Cal
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket.

American-style pancakes (V) 507 Cal
Maple-flavour syrup.

Vegetarian breakfast wrap (V) 730 Cal

Scrambled egg on toast (V) 558 Cal. Three eggs.

Beans on toast (V) 433 Cal

Breakfast roll (V) 400 Cal. Quorn sausage

Toast and preserves (V) 472 Cal

Fresh fruit (V) 200 Cal

MOMA Porridge (G) (V) (S)

Fresh blueberries and brown sugar 310 Cal or honey and banana 490 Cal.

SMALL PLATES

Topped chips

NEW Five-bean chilli (V) (S) 1062 Cal

Chip shop-style curry sauce (V) 1057 Cal

Small nachos (G) (V) (S) 657 Cal

Cheese, guacamole, salsa, sour cream, sliced chillies.

Grilled halloumi (G) (V) (S) 517 Cal. Sweet chilli sauce, rocket.

DELI DEALS®

INCLUDES A DRINK*

Jacket potato with salad and 1 filling

Choice of fillings:

Beans (G) (V) (S) 433 Cal; **Coleslaw** (G) (V) 600 Cal; **Cheese** (G) (V) 568 Cal;

Five-bean chilli (V) (S) 442 Cal

The freshly made items below are each served with chips (add 597 Cal) or ask for a salad instead (add 82 Cal).

Cheese & tomato panini (V) 546 Cal

Grilled halloumi & sweet chilli wrap (V) 753 Cal

Tomato, cucumber.

Add: **Avocado** (V) 62 Cal

VEGAN MENU



DISHES MARKED WITH THIS SYMBOL ARE REGISTERED WITH THE VEGAN SOCIETY

BREAKFAST

SERVED UNTIL 12 NOON

Fresh fruit (V) (S) 200 Cal

Toast (V) 472 Cal. With preserves.

Please ask for this dish without butter spread.

SMALL PLATES

Topped chips

NEW Five-bean chilli (V) (S) 1062 Cal

Small nachos (G) (V) (S) 657 Cal

Guacamole, salsa, sliced chillies.

Please ask for this dish without sour cream or cheese.

INCLUDES A DRINK
*CHOOSE FROM



PINTS*
NEW Hop House 13 Lager, Carlsberg, Guinness, Thatchers Gold, Magners, Bud Light, Heineken



BOTTLES
NEW Peroni, Beck's, Sol, Beck's Blue alcohol free, Kopparberg alcohol free, Estrella Galicia gluten free



CRAFT CANS
NEW Pathmaker pale ale, 13 Guns American IPA



SPIRITS – MIXER INCLUDED**
NEW Haig Club Clubman®, NEW The Famous Grouse®, Bell's®, NEW Gordon's Pink Gin®, Gordon's®, Smirnoff®, Captain Morgan Original Spiced Gold®, Captain Morgan White®



SOFT DRINKS
Any draught soft drink (398ml glass), can of Monster, bottle of J20, Strathmore spring water, standard juice (398ml glass), can of San Pellegrino, can of Old Jamaica ginger beer, can of Old Jamaica diet ginger beer, NEW can of R White's raspberry lemonade



HOT DRINKS
Coffee, tea, served with soy milk (Free refills*)

Soya milk available.



Full allergen/nutritional information and dietary menus can be found on our website or please ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond our published nutritional communications. We have risk-assessed our kitchens' allergens; because of the nature of our food operation, we cannot fully guarantee that any food will be completely free from these allergens. Full allergen/nutritional information and dietary menus can be found on our website or please ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond our published nutritional communications. Specifications may change periodically and Calories stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Subject to local licensing restrictions and availability at participating free houses. JD Wetherspoon PLC reserves the right to withdraw/change offers (without notice), at any time. Please see our website for full details: jd.wetherspoon.com

© Gluten free. © Vegetarian dish. (V) Vegan dish. (S) 5% fat or less applicable only when served with the accompaniments listed. (P) = Extremely hot. (H) = Very hot. (M) = Medium hot. (L) = Mild. (W) = Low heat. Δ = The guideline daily amount (GDA) is 4.0g of salt for children. **Hot drinks offer (excluding Fentimans) 25ml in all free houses, except Northern Ireland (35ml). ***Mixer excludes energy drinks; Fentimans, San Pellegrino, Old Jamaica ginger beer and R White's raspberry lemonade.



Some of our dishes require specific ordering instructions: please note the comments below each dish and always let a staff member know that you are ordering from the vegetarian or vegan menu.