

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

Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast.

Vegetarian breakfast

Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast.

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

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

American-style pancakes 507 Cal
Maple-flavour syrup.

Vegetarian breakfast wrap 730 Cal

Scrambled egg on toast 558 Cal. Three eggs.

Beans on toast 433 Cal

Breakfast roll 400 Cal. Quorn sausage

Toast and preserves 472 Cal

Fresh fruit 200 Cal

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

SIDES

Onion rings 338 Cal
Garlic ciabatta bread 402 Cal
Bowl of chips 955 Cal
Side salad 82 Cal
Coleslaw 98 Cal
Mushy peas 248 Cal
Six 338 Cal
Twelve 675 Cal
With cheese 558 Cal
With curry sauce 1057 Cal
Quinoa side salad 220 Cal
Peas 130 Cal
Two char-grilled mini corns-on-the-cob 180 Cal

MAIN MEALS

Five-bean chilli 493 Cal
Rice, tortilla chips.

Teriyaki noodles 421 Cal
Choi sum, carrot, red pepper, edamame beans, soy sauce, ginger, chilli, garlic, black and white sesame seeds, crispy onion.

Sweet potato, chickpea & spinach curry 792 Cal
This curry is served with basmati pilau rice, plain naan bread, poppadums. If ordered with extra poppadums, instead of naan bread, this curry has no gluten-containing ingredients.

Vegetarian all-day brunch 1114 Cal
Three Quorn sausages, fried eggs, baked beans, chips.

Vegetarian bangers and mash 708 Cal
Three vegetarian sausages, peas, gravy.

PETA
VEGANFOOD
AWARDS WINNER

SMALL PLATES

Topped chips

NEW Five-bean chilli 1062 Cal
Chip shop-style curry sauce 1057 Cal

Small nachos 657 Cal
Cheese, guacamole, salsa, sour cream, sliced chillies.

Grilled halloumi 517 Cal. Sweet chilli sauce, rocket.

DELI DEALS[®]

INCLUDES A DRINK*

Jacket potato with salad and 1 filling

Choice of fillings:

Beans 433 Cal; Coleslaw 600 Cal; Cheese 568 Cal;
Five-bean chilli 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 546 Cal

Grilled halloumi & sweet chilli wrap 753 Cal
Tomato, cucumber.
Add: Avocado 62 Cal

BURGER

INCLUDES A DRINK*

Vegetable burger 546 Cal

Served with chips (add 597 Cal).

Add any of the following:

Cheddar cheese 78 Cal

American cheese 82 Cal

Grilled halloumi 448 Cal

Five-bean chilli 96 Cal

Crispy onion 61 Cal

Six onion rings 338 Cal

Twelve onion rings 675 Cal

Avocado 62 Cal

Blue cheese sauce 213 Cal

BBQ sauce 75 Cal

Coleslaw 98 Cal

Fried egg 72 Cal

SALAD & PASTA

INCLUDES A DRINK*

Quinoa salad 447 Cal

Quinoa, rice, avocado, adzuki beans, grilled red and yellow pepper, red cabbage, chia seeds, kale, dressing.

Top with: Grilled halloumi (add 448 Cal)

Mediterranean vegetable lasagne 748 Cal
Italian egg pasta in a rich aubergine, red pepper, courgette & slow-roasted tomato ragu sauce, with mature Cheddar cheese, creamed spinach, mozzarella, a nut-free rocket pesto, side salad, dressing.
Add: Chips (597 Cal)

VEGAN MENU



DISHES MARKED WITH THIS SYMBOL ARE REGISTERED WITH THE VEGAN SOCIETY

BREAKFAST SERVED UNTIL 12 NOON

Fresh fruit 200 Cal

Toast 472 Cal. With preserves.

Please ask for this dish without butter spread.

SMALL PLATES

Topped chips

NEW Five-bean chilli 1062 Cal

Small nachos 657 Cal
Guacamole, salsa, sliced chillies.

Please ask for this dish without sour cream or cheese.

MAIN MEALS

Sweet potato, chickpea & spinach curry 792 Cal

This curry is served with basmati pilau rice, plain naan bread, poppadums. If ordered with extra poppadums, instead of naan bread, this curry has no gluten-containing ingredients.

Five-bean chilli 493 Cal
Rice, tortilla chips.

Teriyaki noodles 421 Cal
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Quinoa, rice, avocado, adzuki beans, grilled red and yellow pepper, red cabbage, chia seeds, kale, dressing.

INCLUDES A DRINK*

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Bowl of chips 955 Cal
Side salad 82 Cal
Mushy peas 248 Cal
Six 338 Cal
Twelve 675 Cal
Peas 130 Cal
Quinoa side salad 220 Cal
Two char-grilled mini corns-on-the-cob 180 Cal

DELI DEAL

INCLUDES A DRINK*

Jacket potato with salad and 1 filling

Choice of fillings:

Five-bean chilli 442 Cal

DESSERTS

British Bramley apple crumble 382 Cal

Please ask for this dish without custard or ice cream.

Fresh fruit 200 Cal

CHILDREN'S MENU

Five-bean chilli 309 Cal 1.9g salt*. Mexican rice.

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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. J D 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. © Vegan dish. © 5% fat or less applicable only when served with the accompaniments listed. **** = Extremely hot. *** = Very hot. ** = Medium hot. * = Mild. P = Low heat. Δ = The guideline daily amount (GDA) is 4.0g of salt for children. * Hot drinks offer (excluding take-away drinks, speciality hot drinks, hot chocolate and teas) available 7 days a week; applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *An alternative may be offered. *25ml in all free houses, except Northern Ireland (35ml). ***Mixer excludes energy drinks, Fentimans drinks, Sanpellegrino, Old Jamaica ginger beers 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.