

# VEGETARIAN AND VEGAN MENU

**UNDER 500** UNDER 500 CALORIES - LOOK FOR THE LOGO

**How to order:** Please note your table number and place your order at the bar. Full allergen/nutritional information and no-gluten/no-dairy menus can be found on our website or please ask at the bar. 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.

## VEGETARIAN MENU

### BREAKFAST

- Large vegetarian breakfast** 1433 Cal  
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast.
- Vegetarian breakfast** 993 Cal  
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast.
- American-style pancakes**  
Maple-flavour syrup. 507 Cal. Maple-flavour syrup and bacon. 667 Cal
- Bagel** Cream cheese. 299 Cal
- Fresh fruit** 200 Cal
- Fresh fruit and organic Greek-style yoghurt**  
With honey. 385 Cal
- MOMA Porridge** 310 Cal or honey and banana 490 Cal.
- Toast** Butter and preserves. 529 Cal

### 2-MEAL DEAL\*

- Five-bean chilli** Rice, tortilla chips. 493 Cal
- Shanghai noodles** 363 Cal  
Free-range egg noodles, red and yellow peppers, broccoli, bamboo shoots, cabbage, edamame and adzuki beans, soy sauce, ginger, chilli, spices.  
\*The two meals must be purchased at the same time. Also available separately.

### BURRITO

- Burrito** 896 Cal Available with a soft drink or an alcoholic drink\*
- A soft flour tortilla filled with brown rice, bell peppers, pinto and black beans, red onion, tomato, cheese. With guacamole, salsa, sour cream, chilli peppers, tortilla chips.
- Add:** Five-bean chilli (96 Cal)

### SHARER

- Large nachos** 1341 Cal **Add:** Five-bean chilli (96 Cal)

### PUB CLASSICS

- Vegetarian Wellington†** 1052 Cal (with mash and peas)  
With vegetarian gravy, mash or chips, peas or mushy peas. Contains nuts (hazelnut)
- Five-bean chilli** Quorn, rice. 493 Cal
- Shanghai noodles** 363 Cal  
Free-range egg noodles, red and yellow peppers, broccoli, bamboo shoots, cabbage, edamame and adzuki beans, soy sauce, ginger, chilli, spices.

### Vegetarian all-day brunch

- Sweet potato, chickpea & spinach curry** 877 Cal  
Our curries are served with pilau rice, naan bread, poppadums.  
\*If ordered with extra poppadums, instead of naan bread, this curry has no gluten-containing ingredients and is suitable for vegans.

- NEW Vegetarian sausages and mash**  
Peas, onion & ale gravy. 708 Cal

### HOT DRINKS & ICED COFFEE



- Freshly brewed filter coffee**
- Cappuccino; Latte; Americano; Mocha; Espresso**  
Available as decaffeinated.
- Tea** Tetley
- Hot chocolate**
- Iced frappé** Caramel 423 Cal; vanilla 381 Cal

Small Large

**DISHES MARKED WITH THIS SYMBOL ARE REGISTERED WITH THE VEGAN SOCIETY**

### PASTAS

- Pasta pomodoro** 428 Cal  
Giant fusilli spirals, cherry tomatoes, olive oil, basil, black pepper.
- Superfood pasta** 510 Cal  
Giant fusilli spirals, nut-free rocket & kale pesto, peppers, cherry tomatoes, butternut squash, soya beans, broccoli, sugar snap peas, red onion, sun-dried tomatoes.  
**Add:** Grilled halloumi (416 Cal)

### NEW Mediterranean vegetable lasagne

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

### BURGERS

- BURGER** With chips (add 597 Cal). We can make any burger double, on request.
- Vegetable burger** 504 Cal
- GOURMET BURGER**  
With chips (add 597 Cal), six onion rings (add 338 Cal).
- Texan burger** 700 Cal  
Vegetable burger, five-bean chilli, cheese.
- Add any of the following:**
- Cheddar cheese** 78 Cal
- Peri-peri sauce** 21 Cal
- BBQ sauce** 108 Cal
- Sautéed onion** 31 Cal
- Six onion rings** 338 Cal
- Avocado** 62 Cal
- Grilled halloumi** 448 Cal

### 3 FOR £10

#### SMALL PLATES

- Soup of the day† with half a baguette**  
Excludes bacon & lentil soup.
- Grilled halloumi** Sweet chilli sauce, rocket. 475 Cal
- Topped chips**
- Chip shop-style curry sauce** 1057 Cal
- Small nachos** 617 Cal

### DELI DEALS®

- Freshly made toastie, panini and wrap are served with chips (add 597 Cal) or ask for a salad instead (add 95 Cal).
- Add a bowl of soup, instead of chips or salad.**  
Ask at the bar for today's soup of the day.
- Cheese & tomato toastie** 415 Cal
- Cheese & tomato panini** 546 Cal
- Grilled halloumi & sweet chilli wrap** 776 Cal  
Tomato, cucumber.
- Deli deal jacket potato** with salad and 1 filling
- Choice of fillings:** Coleslaw 613 Cal; Beans 461 Cal; Cheese 651 Cal; Five-bean chilli 455 Cal

### SIDES

- Beer-battered onion rings** 6 rings 338 Cal, 12 rings 675 Cal
- Garlic ciabatta bread** Plain 254 Cal, With cheese 410 Cal
- Bowl of chips** 955 Cal
- Coleslaw** 127 Cal
- With curry sauce** 1057 Cal
- Side salad** 95 Cal

## VEGAN MENU

### BREAKFAST

- Fresh fruit** 200 Cal
- Bagel** 304 Cal  
(Please ask for this dish with no cream cheese and jam instead.)
- Toast** (White poppy seed bloomer bread) With jam. 232 Cal  
(Please ask for this dish without butter, just jam.)
- CHOOSE FROM THE FOLLOWING BREAKFAST SIDE ORDERS**
- Tomato** 7 Cal
- Mushroom** 70 Cal
- Baked beans** 101 Cal
- Hash brown** 216 Cal

### STARTERS & SHARERS

- Small nachos** 671 Cal  
(Please ask for this dish with no cheese or sour cream.)
- Large nachos** 1341 Cal  
(Please ask for this dish with no cheese or sour cream.)

### MAIN MEALS

- Jacket potato** With side salad and baked beans. 481 Cal  
**Add:** Five-bean chilli (455 Cal)  
(Please ask for this dish with our balsamic vinaigrette salad dressing.)
- Sweet potato, chickpea & spinach curry** 877 Cal  
Served with pilau rice, naan bread, poppadums.
- Pasta pomodoro** 428 Cal  
Giant fusilli spirals, cherry tomatoes, olive oil, basil, black pepper.
- Five-bean chilli** Rice, tortilla chips. 493 Cal  
New and improved recipe.

### MEXICAN MONDAY®

- Naked burrito** 480 Cal  
Salad leaves, Mexican-style rice, pico de gallo, guacamole, salsa, sour cream, chilli peppers.  
(Please order without sour cream.)  
**Add:** Five-bean chilli (96 Cal)

### SIDES

- Bowl of chips** 955 Cal
- Side salad** 95 Cal  
(Please ask for this dish with our balsamic vinaigrette.)
- Avocado** 62 Cal
- Large onion bhajis** 371 Cal
- Vegetable samosas** 440 Cal

### DESSERTS

- Fresh fruit** 200 Cal
- British Bramley apple crumble** 357 Cal  
(Please order this without ice cream or custard.)

Pub-Finder



Wetherspoon News



**PINTS\***  
Foster's, John Smith's, Carlsberg, Carling (where available), Kronenbourg 1664, Tuborg, Coors Light, Guinness, Strongbow, Strongbow Dark Fruit, Thatchers Gold, Magners, any real ale, Devils Backbone - American IPA, Shipyard American Pale Ale



**BOTTLES**  
Beck's, Sol, Beck's Blue alcohol free, Kopparberg alcohol free, Estrella Galicia gluten free, Hazy Hog cloudy English cider



**CRAFT CANS**  
13 Guns American IPA, Uprising Treason West Coast IPA



**SPIRITS**  
Gordon's®, Smirnoff®, Captain Morgan Original Spiced Gold®, Captain Morgan White®, Bell's whisky® -with mixer!!!



**175ml GLASS**  
Coldwater Creek wine



**SOFT DRINKS**  
Any draught soft drink (398ml glass), can of Monster, bottle of J20, Strathmore Spring Water, small juice, can of Sanpellegrino, iced frappé



**HOT DRINKS**  
Small coffee, filter coffee, tea, hot chocolate

PLEASE BE AWARE THAT NOT ALL OF OUR INCLUDED DRINKS PRODUCTS ABOVE WILL BE SUITABLE FOR A VEGETARIAN/VEGAN DIET

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 (excludes gluten). 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. All weights are approximate uncooked. Fish and poultry dishes may contain bones. 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: www.jdwetherspoon.com

© Gluten free. ① Vegetarian dish. ② Vegan dish. ③ 5% fat or less applicable only when served with the accompaniments listed. ④ Low heat. ⑤ Extremely hot. † Soup of the day. Calories vary - please see our website or ask at the bar for details. † An alternative may be offered. †† 25ml in all free houses, except Northern Ireland (35ml). ††† Mixer includes a dash of Pepsi, lemonade, juice or a baby mixer (excluding Fentimans drinks).