

# BREAKFAST

SERVED UNTIL 12 NOON

 After your visit, tell us your thoughts at [www.mypubfeedback.com](http://www.mypubfeedback.com) and claim a free hot drink next time you spend £5! Just keep your receipt or survey entry card to access the survey.

PLEASE NOTE YOUR TABLE NUMBER, PLACE YOUR ORDER AT THE BAR AND LEAVE THE REST TO US



## DISHES UNDER 500 CALORIES

 A range of dishes under 500 Calories. Look for the logo.

**Bagel with cream cheese** 306 Cal

**Tropical fresh fruit and organic Greek-style yoghurt with honey** 5% G 348 Cal

**MOMA! Porridge** 5% 312 Cal  
Strawberry & blueberry compote 312 Cal or honey and banana 451 Cal.

**American-style pancakes** 5% 460 Cal  
With maple-flavour syrup.

**Breakfast roll**  
Choose from: Bacon 410 Cal; Sausage 498 Cal; Quorn sausage 477 Cal

**Toast and preserves** 451 Cal



Calories stated exclude drinks. Full nutritional information can be found in our leaflet: Our Food Your Nutrition

**Eggs Benedict** 550 Cal  
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket.

**Traditional breakfast** 867 Cal  
Fried egg, bacon, sausage, baked beans, hash browns, tomato, slice of toast.

**Large breakfast** 1463 Cal  
Fried eggs, bacon, sausages, baked beans, hash browns, mushroom, tomato, slices of toast.

**Vegetarian breakfast** 984 Cal  
Fried eggs, Quorn sausage, baked beans, hash browns, mushroom, tomato, slice of toast.

**Large vegetarian breakfast** 1378 Cal  
Fried eggs, Quorn sausages, baked beans, hash browns, mushroom, tomato, slices of toast.

**Children's breakfast** 508 Cal  
Suitable for children aged 10 and under.  
Fried egg, bacon, sausage, baked beans, hash brown.

**Breakfast wrap** 681 Cal  
Fried egg, bacon, sausage, hash brown, cheese. Vegetarian option available. 671 Cal


**Breakfast bloomer sandwich** 653 Cal  
Sausage, bacon, fried egg.


**American-style pancakes and bacon** 683 Cal  
With maple-flavour syrup.


## BREAKFAST DEALS

 **Bagel with cream cheese** 306 Cal

 **Tropical fresh fruit and organic Greek-style yoghurt with honey** 5% G 348 Cal

 **MOMA! Porridge** 5% 312 Cal  
Strawberry & blueberry compote 312 Cal or honey and banana 451 Cal.

 **Breakfast roll**  
Choose from: Bacon 410 Cal; Sausage 498 Cal; Quorn sausage 477 Cal

 **Toast and preserves** 451 Cal

**Breakfast wrap** 681 Cal  
Fried egg, bacon, sausage, hash brown, cheese. Vegetarian option available. 671 Cal

**Eggs Benedict** 550 Cal  
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket.

Breakfast deals include a small Lavazza coffee, filter coffee, tea, hot chocolate, small juice or bottle of Harrogate water.

\*With any breakfast deal, choose a large cappuccino, latte, mocha, espresso or regular juice (for 30p extra) or a Naked® smoothie (for £1.50 extra).

 INCLUDES A DRINK

 Small Lavazza coffee

 Filter coffee  
Tea  
Hot chocolate

 Small juice  
Bottle of Harrogate water

 Choose a Naked® smoothie for **£1.50 extra.**



# BREAKFAST

SERVED UNTIL 12 NOON

CONTACTLESS  
PAYMENT



**FREE**  
Wi-Fi

CHILDREN'S MENU  
AVAILABLE

PLEASE NOTE YOUR  
TABLE NUMBER,  
PLACE YOUR ORDER AT  
THE BAR AND LEAVE  
THE REST TO US

J D WETHERSPOON,  
WINNER OF  
'THE NATION'S  
FAVOURITE PUB' 2013,  
VOTED FOR BY PUB AND  
RESTAURANT CUSTOMERS:  
EAT OUT MAGAZINE'S  
AWARDS

MY PUB  
FEEDBACK

After your visit, tell us  
your thoughts at  
[www.mypubfeedback.com](http://www.mypubfeedback.com)  
and claim a free hot drink  
next time you spend £5!  
Just keep your receipt or  
survey entry card to access the  
survey.

BF0CT13STDV1



## HOT DRINKS

**LAVAZZA**  
ITALY'S FAVOURITE COFFEE

**Freshly brewed bottomless filter coffee**  
**Free filter coffee refills served until 2pm.** Large

So that you enjoy the freshest-possible filter coffee, we use freshly ground beans throughout the day. Our large black filter coffee contains just 4 Calories; with semi-skimmed milk (25ml), it contains just 16 Calories.

Small Large

**Cappuccino**

**Latte**

**Mocha**

**Espresso**

Add an extra shot of espresso to any coffee for 30p.

These coffees are also available as decaffeinated.

**Tea**

**Hot chocolate**



**Morning treat**

Carrot cake (492 Cal) and large filter coffee, tea or other small coffee.

Calories stated exclude drinks. Full nutritional information can be found in our leaflet: Our Food Your Nutrition. All dishes may contain nuts or traces of nuts. For all other allergens, please refer to our nutritional leaflet in pubs or the nutritional details on our website. Specifications may change periodically and calorific values 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.co.uk](http://www.jdwetherspoon.co.uk) G No gluten-containing ingredients used in this dish. Vegetarian dish. 5% 5% fat or less applicable only when served with the accompaniments listed.

**LAVAZZA**  
ITALY'S FAVOURITE COFFEE

We use 100% freshly ground Lavazza coffee beans.



FREE FILTER COFFEE REFILLS  
SERVED UNTIL 2PM



We serve 100% Rainforest-Alliance-certified filter coffee.

Last year,  
we served  
30 million cups  
of coffee.

## SOFT DRINKS

**Naked® Blue Machine Smoothie** 243 Cal  
Superfood blueberry boost. 450ml bottle

This smoothie contains 74 blueberries,  
5 blackberries, 3½ apples and 1½ bananas.

**Harrogate water**

500ml bottle (still or sparkling)

**Fruit juice:** apple; cranberry; orange 14oz glass

**Pepsi; Diet Pepsi;**

**R Whites Lemonade** 14oz glass

**J20**

A range of flavours to choose from. 275ml bottle

**MØNSTER Energy; Ripper;**

**Absolutely Zero; ASSAULT** 250ml can

See drinks menu for prices.



[www.jdwetherspoon.co.uk](http://www.jdwetherspoon.co.uk)