

HOW TO ORDER FROM YOUR TABLE

Download the Wetherspoon app



OR

Scan the QR code



Or note your table number and order at the bar.

HOW TO ORDER

- ENG

Please place your order using the Wetherspoon app or by scanning the QR code on the front of the menu – or note your table number and order at the bar.
- GLE

Déan d’ordú trí aip Wetherspoon le do thoil nó tríd an gcód QR ar thaobh tosaigh an bhiachláir a scanadh – nó ordaigh ag an mbeár le d’uimhir bhoird.
- DEU

Geben Sie Ihre Bestellung bitte über die Wetherspoon-App auf oder indem Sie den QR-Code auf der Vorderseite der Speisekarte einscannen – oder merken Sie sich Ihre Tischnummer und bestellen Sie an der Bar.
- ESP

Puede pedir con la app de Wetherspoon o escaneando el QR de la parte delantera del menú. También puede hacerlo en la barra con su número de mesa.
- ITA

Effettuare l’ordinazione mediante la app di Wetherspoon o scansionando il codice QR riportato sulla parte anteriore del menù oppure prendere nota del numero del tavolo e ordinare al bar.
- FRA

Veillez passer votre commande en utilisant l’appli Wetherspoon ou en scannant le QR code sur la première page du menu. Vous pouvez aussi noter le numéro de votre table et commander au bar.
- POL

Prosimy składać zamówienie korzystając z aplikacji Wetherspoon lub skanując kod QR znajdujący się na początku menu lub zapamiętać swój numer stolika i zamówić w barze.
- ZHO

请使用Wetherspoon app或扫描菜单前面的二维码点餐——或者记下你的桌号，然后在吧台人工点餐。
- JPN

Wetherspoon アプリ、メニューに記載されているQR コードをスキャン、またはテーブル番号をご確認のうえ、カウンターでご注文ください。
- RUS

Пожалуйста, сделайте заказ, используя приложение Wetherspoon или отсканировав QR-код на лицевой стороне меню, или запомните номер своего столика и разместите заказ в баре.
- ARA

يرجى تقديم طلبك باستخدام تطبيق Wetherspoon أو عن طريق مسح رمز الاستجابة السريعة (QR code) الموجود في مقدمة القائمة - أو قم بتدوين رقم الجدول الخاص بك واطلبه في البار.

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on the 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

Vegetarian

Vegan

5% 5% fat or less

UNDER 500 Dish under 500 Calories

Adults need around 2000 kcal a day.⁵

Meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated 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. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See website for full details: [jdwetherspoon.com](#). *Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. ⁵Statement of daily Calorie needs from the Department of Health & Social Care. [†]Excluding decaffeinated. ⁶All of our meals are designed to be prepared and delivered within 10 minutes. While we will always aim to do this, it is not guaranteed.

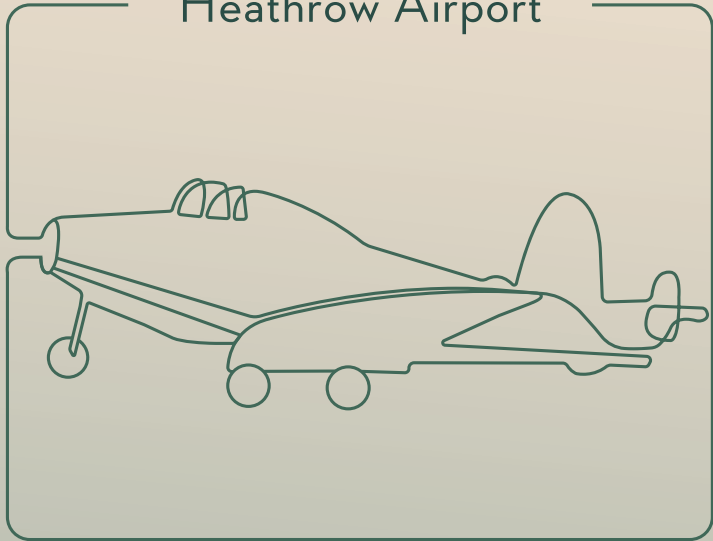
for the facts
[drinkaware.co.uk](#)
[jdwetherspoon.com](#)

7673JUN26BREAK

BREAKFAST

Breakfast until 11am

The Sir Frank Whittle
Heathrow Airport



Air Commodore Sir Frank Whittle (1907–96) was an English engineer, inventor and RAF officer. Lacking Air Ministry support, he and two retired RAF servicemen formed Power Jets Ltd to build his engine design, with assistance from British Thomson-Houston. He is credited with co-creating the turbojet engine, with his designs changing global transport and military aviation for ever. In 1948, he retired from the RAF and received a knighthood, ranking at 42 in the BBC’s 100 Greatest Britons poll.

wetherspoon



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: Order food and/or drinks • Search for a pub • Book a hotel
Save your favourites • Find an ale



10-minute menu
We aim⁶ to deliver your food within 10 minutes.

Meals available to take away.

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.⁵



Large breakfast; Fresh fruit; Breakfast muffin

BREAKFASTS

Large breakfast 1312 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, seasoned sliced mushrooms, two slices of toast	14.75
Traditional breakfast 770 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	13.20
Small breakfast 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	9.95
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Add: Two slices of black pudding (134 kcal) 2.35 Slice of toast (188 kcal) 1.65	
.....	
Large vegetarian breakfast 1067 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, seasoned sliced mushrooms, tomato, two slices of toast	14.75
Vegetarian breakfast 725 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, seasoned sliced mushrooms, tomato, slice of toast	13.20
Small vegetarian breakfast 281 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	9.95
Vegan breakfast 612 kcal Two vegan sausages, baked beans, two hash browns, seasoned sliced mushrooms, tomato, slice of toast, vegan spread	12.15
Freedom breakfast 581 kcal Two fried eggs, bacon, baked beans, two hash browns, seasoned sliced mushrooms, tomato	12.15
Benedicts	
Eggs Benedict 750 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	12.75
Mushroom Benedict 638 kcal Two poached eggs, on an English muffin, with seasoned sliced mushrooms, Hollandaise sauce, rocket	12.75
Miner's Benedict 725 kcal Two poached eggs, on an English muffin, with NEW black pudding, Hollandaise sauce, rocket	12.75

MUFFINS AND BUTTIES

Egg & cheese muffin 450 kcal Fried egg, American-style cheese, in a toasted muffin, two hash browns	8.20
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Egg & bacon muffin 516 kcal Fried egg, bacon, American-style cheese, in a toasted muffin, two hash browns	8.60
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Egg & sausage muffin 618 kcal Fried egg, Lincolnshire sausage, American-style cheese, in a toasted muffin, two hash browns	8.60
.....	
Egg & vegetarian sausage muffin 522 kcal Fried egg, vegan sausage, American-style cheese, in a toasted muffin, two hash browns	8.60
.....	
Breakfast muffin 660 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in a toasted muffin, two hash browns	9.00
.....	
Smashed avocado muffin with Mediterranean vegetables 565 kcal Aubergine, courgette, onion, red and yellow pepper, guacamole, on a toasted muffin, rocket, two hash browns Add: Maple-cured bacon (92 kcal) 2.40	9.00
.....	
Bacon butty 639 kcal Four rashers of bacon, buttered white bloomer bread	7.40
.....	
Sausage butty 706 kcal Two Lincolnshire sausages, buttered white bloomer bread	7.40
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Vegetarian sausage butty 512 kcal Two vegan sausages, buttered white bloomer bread Vegan option available with vegan spread 406 kcal	7.40
.....	
Breakfast sandwich 733 kcal Lincolnshire sausage, bacon, fried egg, buttered white bloomer bread	9.15

Adults need around 2000 kcal a day.⁵

LIGHTER OPTIONS

Scrambled egg on toast 568 kcal Three eggs, buttered white bloomer toast	6.95
Beans on toast 558 kcal Buttered white bloomer toast Vegan option available with vegan spread 452 kcal	6.30
Two slices of toast with jam or marmalade 458 kcal White bloomer bread	3.85
Fresh fruit 232 kcal Apple, banana, blueberries, strawberries	6.20
Fresh fruit and yoghurt 366 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	7.60
Strawberries, blueberries, yoghurt and berry granola 340 kcal	7.60
Creamy jumbo oat porridge 188 kcal (plain) Add: Banana (110 kcal) 1.35 ; Strawberries (14 kcal) 1.35 Blueberries (17 kcal) 1.35 ; Honey (91 kcal) 1.00 Sliced apple (46 kcal) 1.35	4.70

BREAKFAST EXTRAS

Add any of the following:	
Two slices of black pudding 134 kcal	2.35
Two back bacon rashers 131 kcal	2.40
Lincolnshire sausage 168 kcal	2.40
Vegan sausage 72 kcal	2.40
Fried egg 56 kcal	1.25
Two scrambled eggs 136 kcal	2.05
Baked beans 126 kcal	1.75
Two hash browns 164 kcal	2.35
Seasoned sliced mushrooms 47 kcal	2.00
Two tomato halves 16 kcal	1.00
Slice of toast 188 kcal	1.65

DRINKS

SOFT DRINKS	
Princes Gate water Sparkling/still 500ml bottle, 0 kcal	2.25
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Fruit juice 398ml glass Apple 187 kcal Cranberry 80 kcal Orange 199 kcal	2.95
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J20 275ml bottle, a range of flavours, various kcal	3.10



Smashed avocado muffin with Mediterranean vegetables
Strawberries, blueberries, yoghurt and berry granola
Creamy jumbo oat porridge, with banana and honey

Airport exclusive
Dish created exclusively for Wetherspoon's airport pubs.

TEA AND COFFEE

FREE REFILLS
TEA AND COFFEE
— ALL DAY EVERY DAY —

Flat white 92 kcal
Cappuccino 102 kcal
Latte 113 kcal
Espresso 6 kcal
Black coffee 6 kcal
White coffee 24 kcal
Tea
with semi-skimmed milk 14 kcal
Dairy alternative: oat sachet 4 kcal
Decaffeinated tea and coffee available.

Hot chocolate 169 kcal

Biscuits
Walkers shortbread 151 kcal
Stem ginger biscuit 123 kcal
Belgian chocolate biscuit 129 kcal

£3.60 each

COFFEE

The freshly ground 100% Arabica Lavazza coffee[†] we serve is from Rainforest Alliance-certified farms.

TORINO, ITALIA, 1895