

# BREAKFAST Served until 11am



Eggs Benedict; Fresh fruit; Large breakfast

- Large breakfast** 1286 kcal **13.75**  
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast
- Traditional breakfast** 742 kcal **12.25**  
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast
- Small breakfast** UNDER 500 419 kcal **9.25**  
Fried egg, bacon, sausage, baked beans, hash brown
- Add: Two slices of black pudding** (355 kcal) **2.10**
- Slice of toast** **1.55**
- Large vegetarian breakfast** **13.75**  
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast
- Vegetarian breakfast** **12.25**  
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast
- Small vegetarian breakfast** UNDER 500 313 kcal **9.25**  
Fried egg, Quorn sausage, baked beans, hash brown, tomato
- Vegan breakfast** **11.25**  
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread

## MUFFINS AND BUTTIES

- Egg & cheese muffin** UNDER 500 249 kcal **7.20**  
Fried egg, American-style cheese, in an English muffin
- Egg & bacon muffin** UNDER 500 298 kcal **7.60**  
Fried egg, bacon, American-style cheese, in an English muffin
- Egg & sausage muffin** UNDER 500 417 kcal **7.60**  
Fried egg, sausage, American-style cheese, in an English muffin
- Egg & Quorn™ sausage muffin** UNDER 500 364 kcal **7.60**  
Fried egg, Quorn sausage, American-style cheese, in an English muffin
- Breakfast muffin** UNDER 500 466 kcal **7.99**  
Fried egg, sausage, bacon, American-style cheese, in an English muffin
- Smashed avocado muffin** UNDER 500 244 kcal **7.99**  
Guacamole, pico di gallo, on an English muffin, rocket
- Add: Maple-cured bacon** (91 kcal) **2.10**; **Poached egg** (63 kcal) **1.05**
- Add: Two hash browns** (164 kcal) **1.05**
- Bacon butty** 525 kcal **6.75**  
Three rashers of bacon, buttered white bloomer bread
- Sausage butty** 713 kcal. Two sausages, buttered white bloomer bread **6.75**
- Quorn™ sausage butty** 609 kcal **6.75**  
Two Quorn sausages, buttered white bloomer bread
- Breakfast sandwich** 617 kcal **8.40**  
Sausage, bacon, egg, buttered white bloomer bread

- Freedom breakfast** 545 kcal **11.25**  
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato
- Eggs Benedict** 725 kcal **12.25**  
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket
- Mushroom Benedict** **12.25**  
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket
- Miner's Benedict** 939 kcal **12.25**  
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket
- Scrambled egg on toast** **6.50**  
Three eggs, buttered white bloomer toast
- Beans on toast** **5.85**  
566 kcal. Buttered white bloomer toast
- Two slices of toast with jam or marmalade** UNDER 500 496 kcal **3.60**  
White bloomer bread
- Fresh fruit** UNDER 500 223 kcal **5.85**  
Apple, banana, blueberries, strawberries
- Porridge** **4.40**  
252 kcal (plain)
- Add: Banana** (101 kcal) **1.20**; **Strawberries** (14 kcal) **1.20**; **Blueberries** (17 kcal) **1.20**; **Honey** (91 kcal) **85p**

**Free-range eggs**  
100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.

## BREAKFAST EXTRAS

- Add any of the following:
- Two slices of black pudding** 355 kcal **2.10**
  - Sausage** 168 kcal **2.10**
  - Quorn™ sausage** 116 kcal **2.10**
  - Baked beans** 126 kcal **1.55**
  - Two rashers of back bacon** 99 kcal **2.10**
  - Two scrambled eggs** 136 kcal **1.85**
  - Fried egg** 56 kcal **1.05**
  - Poached egg** 63 kcal **1.05**
  - Two hash browns** 164 kcal **1.05**
  - Two mushrooms** 91 kcal **1.55**
  - Two grilled tomato halves** 16 kcal **80p**
  - Slice of toast** 191 kcal **1.55**

## TEA, COFFEE AND HOT CHOCOLATE

**FREE REFILLS**  
TEA, COFFEE AND  
HOT CHOCOLATE  
— ALL DAY EVERY DAY —

- Flat white** 92 kcal
- Cappuccino** 102 kcal
- Latte** 113 kcal
- Mocha** 147 kcal
- Espresso** 6 kcal
- Black coffee** 6 kcal
- White coffee** 24 kcal (Oat milk available 4 kcal)

- Hot chocolate** 169 kcal
  - Tea** Tetley with semi-skimmed milk 14 kcal (Oat milk available 4 kcal)
- Decaffeinated tea and coffee available.
- £3.25 each**

**LAVAZZA** TORINO, ITALIA, 1895

**Coffee**  
The freshly ground 100% Arabica Lavazza coffee<sup>††</sup> we serve is from Rainforest Alliance-certified farms.

**Tea**  
The Tetley tea we serve also comes from Rainforest Alliance-certified farms. Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.

- Biscuits**  
**Walkers shortbread** 151 kcal **80p**; **Stem ginger biscuit** 123 kcal **80p**  
**Belgian chocolate biscuit** 129 kcal **80p**; **Salted caramel brownie bar** 316 kcal **2.10**

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated are subject to change. All prices are in pounds sterling and include VAT. Pricing 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 our website for full details: [jdwetherspoon.com](http://jdwetherspoon.com) † Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. †† Statement of daily calorie needs from the Department of Health & Social Care. ††† Excluding decaffeinated. [D]

[jdwetherspoon.com](http://jdwetherspoon.com)

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# wetherspoon STAR LIGHT HEATHROW AIRPORT — FOOD MENU —



At the end of World War II, land around an isolated rural hamlet called Heath Row was requisitioned for an international airport, at which, on 6 December 1945, Don Bennett landed the first civil aircraft (a 13-seat Avro 691 Lancastrian 3) named Star Light. On 1 January 1946, the same legendary war-time pilot captained Star Light again on an inaugural flight to Buenos Aires. On 26 March, the new airport was officially named London Airport. In 1966, it was renamed Heathrow Airport.



**How to order from your table**  
Download the Wetherspoon app or scan this QR code.  
Or note your table number and order at the bar.



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

## SMALL PLATES

<b>11" garlic pizza bread</b> 772 kcal	7.80
<b>Nachos</b> 592 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	9.45
<b>Bowl of chips</b> 964 kcal	4.70
<b>Bowl of chips with curry sauce</b> 1082 kcal	6.60
<b>Cheesy chips</b> 1256 kcal	5.75
<b>Loaded chips</b> 1218 kcal Cheese, maple-cured bacon, sour cream	8.10
<b>Chicken breast bites</b> 398 kcal Ten battered chicken pieces, sticky soy sauce	9.15
<b>Chicken wings</b> 1210 kcal Ten spicy chicken wings, Naga chilli dip, blue cheese dip	10.20

## PANINIS

The freshly made paninis below are all served with chips (add 602 kcal) or ask for a salad instead (add 87 kcal).

<b>Cheddar cheese and tomato</b> 532 kcal	9.95
<b>Wiltshire cured ham and Cheddar cheese</b> 512 kcal	9.95
<b>BBQ chicken, bacon and Cheddar cheese</b> 572 kcal	9.95

## SALADS, PASTAS AND NOODLES

<b>Ramen noodle bowl</b> 236 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: <b>Chicken breast</b> (94 kcal) <b>3.70</b>	10.90
<b>Chicken &amp; maple-cured bacon salad</b> 279 kcal Chicken breast	13.15
<b>Mediterranean salad</b> 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: <b>Chicken breast</b> (187 kcal) <b>3.70</b>	10.45
<b>Pasta alfredo</b> 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: <b>Chicken breast</b> (187 kcal) <b>3.70</b> <b>Maple-cured bacon</b> (91 kcal) <b>2.10</b>	10.90
<b>British beef &amp; pancetta lasagne</b> 780 kcal Side salad	13.75



## BURGERS



**100% UK AND IRISH BEEF**  
**100% UK and Irish beef**  
Sourced from farms in the UK and Ireland.  
Traceable from farm to fork.

<b>Double beef burgers</b> Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).	
<b>Double American burger</b> 1137 kcal Red onion, gherkin, ketchup, American-style mustard	13.50
<b>Double classic beef burger</b> 1118 kcal Iceberg lettuce, tomato, red onion	13.50
<b>Double American cheese burger</b> 1206 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	14.95

<b>Meat-free burgers</b> Served with chips (602 kcal, included in Calories below).	
<b>Breaded vegetable burger</b> 1038 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese	13.50
<b>Beyond Burger™</b> 834 kcal BEYOND MEAT plant-based patty	13.50
<b>Chicken burger</b> Served with chips (602 kcal, included in Calories below).	
<b>Fried buttermilk chicken burger</b> 1254 kcal Breaded whole chicken breast fillet	13.50

<b>Gourmet burgers</b> Served with chips, six onion rings (871 kcal, included in Calories below).	
<b>Ultimate burger</b> 1661 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	15.50
<b>Tennessee burger</b> 1565 kcal Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: <b>Beef</b> (two 3oz beef patties) 1565 kcal <b>Fried buttermilk chicken</b> 1702 kcal	15.50
<b>BBQ burger</b> 1644 kcal Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: <b>Beef</b> (two 3oz beef patties) 1644 kcal <b>Fried buttermilk chicken</b> 1780 kcal	15.50
<b>Triple American cheese &amp; bacon burger</b> 1479 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	15.99

### Additional toppings

<b>Maple-cured bacon with Cheddar cheese</b> 174 kcal	2.65
<b>Maple-cured bacon with American-style cheese</b> 160 kcal	2.65
<b>Cheddar cheese</b> 83 kcal	1.60
<b>American-style cheese</b> 69 kcal	1.60
<b>Maple-cured bacon</b> 91 kcal	2.10

## PUB CLASSICS

<b>Freshly battered cod and chips</b> Peas 1239 kcal or mushy peas 1298 kcal	15.60
<b>All-day brunch</b> 1213 kcal Two sausages, bacon, two fried eggs, baked beans, chips Add: <b>Two slices of black pudding</b> (355 kcal) <b>2.10</b>	13.75
<b>Vegetarian all-day brunch</b> 1126 kcal Three Quorn sausages, two fried eggs, baked beans, chips	13.75
<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	12.25
<b>Mushroom Benedict</b> 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	12.25
<b>Miner's Benedict</b> 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	12.25
<b>Smoky vegan chilli</b> 629 kcal Soya mince, red peppers, red kidney beans, black turtle beans, haricot beans, in a smoky chipotle tomato sauce. Rice, tortilla chips Add: <b>Two slices of bread</b> (383 kcal) <b>1.55</b> <b>Chip shop-style curry sauce</b> (118 kcal) <b>1.55</b>	13.40



## 11" PIZZAS

<b>On a freshly baked sourdough base.</b>	
<b>Margherita</b> 939 kcal. Mozzarella, basil	12.75
<b>Pepperoni</b> 1157 kcal. Mozzarella, pepperoni	13.80
<b>Ham and mushroom</b> 1012 kcal. Mozzarella, ham, mushroom, rocket	13.80
<b>BBQ chicken</b> 1103 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	13.80
<b>Spicy meat feast</b> 1220 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	15.90
<b>Additional toppings</b>	
<b>Red onion</b> 10 kcal	
<b>Sliced chillies</b> 3 kcal; <b>Mushroom</b> 6 kcal	each 1.35
<b>Mozzarella</b> 150 kcal; <b>Ham</b> 71 kcal	
<b>Chicken breast</b> 94 kcal; <b>Maple-cured bacon</b> 91 kcal	each 1.65
<b>Pepperoni</b> 109 kcal	1.90



## CURRIES

<b>Katsu curries</b> With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.	
<b>Katsu chicken curry</b> 826 kcal Sliced whole breaded chicken breast fillet	13.80
<b>Katsu grilled chicken curry</b> 541 kcal Sliced grilled chicken breast	13.80
<b>Classic curries</b> With basmati pilau rice, plain naan and poppadums.	
<b>Chicken tikka masala</b> 1190 kcal	14.75
<b>Mangalorean roasted cauliflower &amp; spinach curry</b> 867 kcal	14.75

## SIDES AND EXTRAS

<b>Bowl of chips</b> 964 kcal	4.70
<b>Side salad</b> 87 kcal	2.20
<b>Mediterranean side salad</b> 198 kcal	3.70
<b>Onion rings</b>	Six 269 kcal <b>3.40</b> Twelve 538 kcal <b>5.20</b>
<b>Garlic pizza bread</b>	8" 386 kcal <b>6.99</b> 11" 772 kcal <b>7.80</b>
<b>With cheese</b>	8" 461 kcal <b>8.30</b> 11" 922 kcal <b>10.15</b>

### ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, 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

- = Very mild
- = Mild
- = Medium hot
- = Very hot
- = Extremely hot

- Vegetarian    Vegan
- 5% fat or less    Dish under 500 Calories

Seafood with this mark comes from an MSC-certified sustainable fishery.  
MSC-C-56647 www.msc.org

Adults need around 2000 kcal a day.<sup>9</sup>



### Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.