

LIGHTER-CHOICE MENU

How to order: Please place your order using the Wetherspoon app or note your table number and order at the bar.

This menu features dishes which are under 500 Calories or 5% fat or less.



UNDER 500 KCAL BREAKFAST

Small breakfast 454 kcal

Suitable for children – and adults with a smaller appetite. Lincolnshire sausage, bacon, egg, baked beans, potato rosti.

Small vegetarian breakfast 346 kcal

Suitable for children – and adults with a smaller appetite. One Quorn vegan sausage, egg, baked beans, potato rosti, tomato.

Gluten-free breakfast 439 kcal

Two eggs, bacon, baked beans, tomato, mushroom.



Berry breakfast bowl

LIGHTER OPTIONS

Smashed avocado on toast 320 kcal

Guacamole, on one slice of toasted poppy seed white bloomer bread, rocket.

Beans on toast 497 kcal

Freshly baked pastries

Choose a pain au chocolat or a pain aux raisins

Berry breakfast bowl 375 kcal

Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, açai & blueberry compote, strawberry, blueberries, chia seeds.

Fresh fruit bowl 210 kcal

A selection of fresh fruit.

MOMA Porridge 310 kcal

Fresh blueberries and brown sugar.

Two slices of toast and *Sydney's* preserve 429 kcal

RISOTTOS

Creamy mushroom risotto 470 kcal

Roasted chestnut, oyster, shiitake and porcini mushrooms, with a dash of Prosecco, rocket.

Seafood risotto 401 kcal

Mussels, king prawns, squid rings and crab meat, in a slow-roasted tomato, white wine & lobster sauce.



Creamy mushroom risotto

SIDE

Side salad 82 kcal

5% FAT OR LESS BREAKFAST

American-style pancakes

Four pancakes, maple-flavour syrup, strawberries, blueberries.

LIGHTER OPTIONS

Beans on toast 497 kcal

Fresh fruit bowl 210 kcal

A selection of fresh fruit.

MOMA Porridge

Fresh blueberries and brown sugar 310 kcal or banana, honey, raisins, goji berries, pistachios, hazelnuts 623 kcal.

PUB CLASSIC

British beef chilli 815 kcal

British diced and minced beef, black beans, kidney beans, in a spicy chipotle chilli sauce containing Shipyard American Pale Ale. Rice, sour cream, fresh salsa, tortilla chips.

SIDE

Side salad 82 kcal



Feta & beetroot salad; Seafood risotto

BURGER

Skinny chicken burger 448 kcal

Grilled chicken breast, with salad, instead of skinny fries.

RISOTTOS AND SALAD

Creamy mushroom risotto 470 kcal

Roasted chestnut, oyster, shiitake and porcini mushrooms, with a dash of Prosecco, rocket.

Seafood risotto 401 kcal

Mussels, king prawns, squid rings and crab meat, in a slow-roasted tomato, white wine & lobster sauce.

Feta & beetroot salad 856 kcal

Crumbled feta cheese, beetroot, roasted butternut squash, green lentils, bulgar wheat, red quinoa, salad leaves, balsamic glaze.

Top any risotto or salad with...

Pulled chicken breast (add 206 kcal)

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.

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. Fish and poultry dishes may contain bones. Crab/lobster dishes may contain shell.

Specifications may change periodically and calories stated are subject to change. All prices are in pounds sterling and include VAT. 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. Please see our website for full details: jdwetherspoon.com

© Gluten free. ♻️ Vegetarian dish. 🌱 Vegan dish. ⚡ 5% fat or less applicable only when served with the accompaniments listed. 🌿 Dairy-free ingredients used in this dish. 🔥🔥🔥 = Extremely hot. 🔥🔥 = Very hot. 🔥 = Medium hot. 🔥 = Mild. 🔥 = Low heat.