

LIGHTER-CHOICE MENU

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

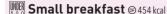


UNDER 500 CALORIES LOOK FOR THE LOGO

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

UNDER 500 KCAL

BREAKFAST



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.



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 ③ 352 kcal or a pain aux raisins ③ 384 kcal.

Berry breakfast bowl @ @ 375 kcal

Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, açaí & 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 Justice preserve © 429 kcal

RISOTTOS

with a dash of Prosecco, rocket.

Creamy mushroom risotto © ⊗ 470 kcal Roasted chestnut, oyster, shiitake and porcini mushrooms,

Seafood risotto @ 401 kcal

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



SIDE

Side salad @ @ @ 82 kcal



American-style pancakes

Four pancakes, maple-flavour syrup, strawberries, blueberries. **®** 578 kcal

LIGHTER OPTIONS

Fresh fruit bowl © @ © 210 kcal

MOMA Porridge © V ®

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

PUB CLASSIC

British beef chilli @ 00 815 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 @ Ø @ 82 kcal



BURGER

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.

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. JD Wetherspoon pic reserves the right to withdraw/change offers (without notice), at any time. Please see our website for full details: jdwetherspoon.com

☐ Solution free. We Vegetarian dish. We gan dish. Solve fat or less applicable only when served with the accompaniments listed. Dairy-free ingredients used in this dish. PPPPP = Extremely hot. PPPP = Wery hot. PPPP = Medium hot. PPP = Mild. P = Low heat.

(