

# VEGETARIAN AND VEGAN MENU

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.

## VEGETARIAN MENU

### BREAKFAST

**Large vegetarian breakfast** ① 1153 kcal  
Two fried eggs, three Quorn vegan sausages, baked beans, three potato rostis, mushroom, tomato, slice of toast.

**Vegetarian breakfast** ① 855 kcal  
Two Quorn vegan sausages, two eggs, baked beans, two potato rostis, mushroom, tomato, slice of toast.

**Small vegetarian breakfast** ① 340 kcal  
Suitable for children – and adults with a smaller appetite. One Quorn vegan sausage, egg, baked beans, potato rosti, tomato.

**Add the following to your breakfast:**  
One slice of toast ① (196 kcal)

**Vegan breakfast** ① 634 kcal  
Two Quorn vegan sausages, two potato rostis, mushroom, tomato, slice of toast.

**American-style pancakes**  
Four pancakes, maple-flavour syrup, strawberries, blueberries. ① 578 kcal

### BENEDICT

**Mushroom Benedict** ① 556 kcal  
Two poached eggs, on toasted poppy seed white bloomer bread, with mushrooms, Hollandaise sauce, rocket.

### DELI

Served with skinny fries (add 597 kcal) or ask for a salad instead (add 82 kcal).

**Mozzarella, tomato & nut-free basil pesto panini** ① 637 kcal

### SMALL PLATE

**Mozzarella & tomato salad** ① 402 kcal  
Rocket, balsamic glaze.

**Houmous and tortilla chips** ① 605 kcal  
Fresh salsa.

**Nachos** ① 1170 kcal  
Cheese, guacamole, fresh salsa, sour cream, sliced chillies.

### LIGHTER OPTIONS

**Smashed avocado on toast** ① 320 kcal  
Guacamole, on one slice of toasted poppy seed white bloomer bread, rocket.

**Scrambled egg on toast** ① 551 kcal  
Three eggs.

**Beans on toast** ① 497 kcal  
**Add:** Avocado ① (84 kcal) or poached egg ① (63 kcal)

**Berry breakfast bowl** ① 375 kcal  
Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, açai & blueberry compote, strawberry, blueberries, chia seeds.

**Fresh fruit bowl** ① 210 kcal  
A selection of fresh fruit.

**MOMA Porridge** ①  
Fresh blueberries and brown sugar 310 kcal or banana, honey, raisins, goji berries, pistachios, hazelnuts 623 kcal.

**Two slices of toast and *Jepres* preserve** ① 429 kcal

**Quorn vegan sausage butty** ① 494 kcal  
Two Quorn vegan sausages, poppy seed white bloomer bread.

### BRUNCH

**Vegetarian all-day brunch** ① 1040 kcal  
Two Quorn vegan sausages, eggs, baked beans, mushroom, skinny fries.

**Mushroom Benedict** ① 556 kcal  
Two poached eggs, on toasted poppy seed white bloomer bread, with mushrooms, Hollandaise sauce, rocket.

### SIDES

**Side salad** ① 82 kcal

**Bowl of skinny fries** ① 955 kcal

### MAIN MEALS

**Vegetable burger** ① 512 kcal  
Butternut squash, peppers, peas, aubergine, potato, chickpeas. Served with skinny fries (add 597 kcal).

**Add any of the following:**

**Cheddar cheese** ① 78 kcal;

**American-style cheese** ① 82 kcal;

**BBQ sauce** ① 75 kcal

**Vegetarian bangers and mash** ① 754 kcal  
Three Quorn vegan sausages, peas, vegetarian gravy.

**Mangalorean roasted cauliflower & spinach curry** ① 881 kcal

A south Indian tangy creamed coconut sauce, roasted cauliflower, potato, spinach, red peppers – finished with fenugreek leaves, naan bread, basmati pilau rice.



Quinoa salad; Creamy mushroom risotto; Feta & beetroot salad

### RISOTTO AND SALADS

**Creamy mushroom risotto** ① 470 kcal  
Roasted chestnut, oyster, shiitake and porcini mushrooms, with a dash of Prosecco, rocket.

**Quinoa salad** ① 509 kcal  
Quinoa, rice, black turtle beans, pink cabbage, grilled yellow pepper, Roquito® pepper, pumpkin seeds, kale, avocado, dressing.

**Feta & beetroot salad** ① 856 kcal  
Crumbled feta cheese, beetroot, roasted butternut squash, green lentils, bulgar wheat, red quinoa, salad leaves, balsamic glaze.

**Top any risotto or salad with...**

Feta cheese ① (add 166 kcal); Mozzarella ① (add 352 kcal)

## VEGAN MENU

### BREAKFAST

**Vegan breakfast** ① 634 kcal  
Two Quorn vegan sausages, two potato rostis, mushroom, tomato, slice of toast.

**Quorn vegan sausage butty** ① 494 kcal  
Two Quorn vegan sausages, poppy seed white bloomer bread.  
Please ask for this dish without butter spread.

### LIGHTER OPTIONS

**Smashed avocado on toast** ① 320 kcal  
Guacamole, on one slice of toasted poppy seed white bloomer bread, rocket.

**Fresh fruit bowl** ① 210 kcal  
A selection of fresh fruit.

**Two slices of toast and *Jepres* preserve** ① 429 kcal

Please ask for this dish without a butter portion.

### SMALL PLATE

**Houmous and tortilla chips** ① 605 kcal  
Fresh salsa.

**Nachos** ① 1170 kcal  
Guacamole, fresh salsa, sliced chillies.

Please ask for this dish without sour cream or cheese.

### MAIN MEALS

**Quinoa salad** ① 509 kcal  
Quinoa, rice, black turtle beans, pink cabbage, grilled yellow pepper, Roquito® pepper, pumpkin seeds, kale, avocado, dressing.

**Mangalorean roasted cauliflower & spinach curry** ① 881 kcal

A south Indian tangy creamed coconut sauce, roasted cauliflower, potato, spinach, red peppers – finished with fenugreek leaves, naan bread, basmati pilau rice.

### SIDES

**Side salad** ① 82 kcal

**Bowl of skinny fries** ① 955 kcal



Mangalorean roasted cauliflower & spinach curry

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. 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: jd.wetherspoon.com

① Gluten free. ② Vegetarian dish. ③ Vegan dish. ④ 5% fat or less applicable only when served with the accompaniments listed. ⑤ Dairy-free ingredients used in this dish. P/P/P/P/P = Extremely hot. P/P/P/P = Very hot. P/P/P = Medium hot. P/P = Mild. P = Low heat.