

VEGETARIAN AND VEGAN MENU

How to order: Please place your order using the Wetherspoon app or note your table number and order at the bar. Some of our dishes require specific ordering instructions: please note the comments below each dish and always let a staff member know that you are ordering from the vegetarian and vegan menu.

UNDER 500 CALORIES
LOOK FOR THE LOGO

VEGETARIAN MENU BREAKFAST

Large vegetarian breakfast ① 1153 kcal

Two eggs, three Quorn vegan sausages, baked beans, three hash browns, mushroom, tomato, slice of toast.

Vegetarian breakfast ① 881 kcal

Two eggs, two Quorn vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast.

Small vegetarian breakfast ① 377 kcal

Egg, Quorn vegan sausage, baked beans, hash brown, tomato.

Vegan breakfast ① 634 kcal

Two Quorn vegan sausages, two hash browns, mushroom, tomato, slice of toast, vegan spread.

Add the following to your breakfast:

One slice of toast ① (196 kcal)

American-style pancakes

Four pancakes, maple-flavour syrup, banana. ① ② 695 kcal

Four pancakes, maple-flavour syrup, strawberries, blueberries. ① ② 580 kcal

BREAKFAST BUTTY

Quorn sausage butty 494 kcal

Two Quorn vegan sausages, white bloomer bread, with Country Life spreadable.

Add the following to your breakfast butty:

Two slices of cheese ① 166 kcal

Two hash browns ① 216 kcal

DELI

Freshly made panini is served with chips (add 597 kcal) or ask for a salad instead (add 82 kcal).

Brie, smoky chilli jam & rocket panini

① ② ③ 580 kcal

LIGHTER OPTIONS

Smashed avocado English muffin ② 348 kcal

Smashed avocado and fresh salsa, on an English muffin, rocket.

Beans on toast ① ② 489 kcal

With Country Life spreadable.

Scrambled egg on toast ① 537 kcal

Three eggs. With Country Life spreadable.

Add: Avocado ② (84 kcal); poached egg ① (63 kcal)

MOMA Porridge ① ② ③

Fresh blueberries and brown sugar 307 kcal or banana and honey 456 kcal.

Berry breakfast bowl ① ② 375 kcal

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

Fresh fruit bowl ① ② 210 kcal

A selection of fresh fruit.

Two slices of toast and preserve ① 459 kcal

Freshly baked pastries

Choose an all-butter croissant and preserve ① 509 kcal, *Fynbos* a pain au chocolat ① 352 kcal or *Fynbos* a pain aux raisins ① 384 kcal.

SMALL PLATE

Nachos ① ② ③ 1152 kcal

Cheese, guacamole, fresh salsa, sour cream, sliced chillies.

BRUNCH

Vegetarian all-day brunch ① 1040 kcal

Two Quorn vegan sausages, eggs, baked beans, mushroom, chips.

Mushroom Benedict ① 489 kcal

Two poached eggs, on an English muffin, with mushrooms, Hollandaise sauce, rocket.

SALAD & RISOTTO

Quinoa salad ① ② 498 kcal

Quinoa, rice, black turtle beans, pink cabbage, grilled yellow pepper, Roquito® pepper, pumpkin seeds, kale, avocado, dressing.

Creamy mushroom risotto ① ② ③ 470 kcal

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

Add the following:

Roasted vegetables ① ② (89 kcal)

BURGERS

Served with chips (add 597 kcal)

Vegetable burger ① 512 kcal

Puy lentils, carrot, Davidstow Cheddar cheese, sweetcorn, mushrooms.

Vegan burger ① 480 kcal

Meatless Farm™ plant-based burger.

Add any of the following:

Cheese ① 78 kcal; BBQ sauce ① 83 kcal

GOURMET BURGER

Served with chips (add 597 kcal)

Gourmet vegan burger ① 750 kcal

Meatless Farm™ plant-based burger, fresh salsa, avocado, rocket, sourdough bun, onion rings.

CURRY

Mangalorean roasted cauliflower & spinach curry ① ② 825 kcal

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

PUB CLASSIC

Vegetarian bangers and mash ① 754 kcal

Three Quorn vegan sausages, peas, gravy.

SIDES

Onion rings ①

Side salad ① ② 72 kcal

Bowl of chips ① 955 kcal

VEGAN MENU

BREAKFAST

Vegan breakfast ① 634 kcal

Two Quorn vegan sausages, two hash browns, mushroom, tomato, slice of toast, vegan spread.

BREAKFAST BUTTY

Quorn sausage butty 494 kcal

Two Quorn vegan sausages, white bloomer bread, vegan spread.

Please order this with vegan spread, instead of Lurpak spreadable which contains dairy.

BURGER

Vegan burger ① 480 kcal

Meatless Farm™ plant-based burger. Served with chips (add 597 kcal)

LIGHTER OPTIONS

Smashed avocado English muffin ② 348 kcal

Smashed avocado and fresh salsa, on an English muffin, rocket.

Fresh fruit bowl ① ② 210 kcal

A selection of fresh fruit.

Two slices of toast and

Fynbos preserve ① 459 kcal

Please order this with vegan spread, instead of Lurpak spreadable which contains dairy.

GOURMET BURGER

Gourmet vegan burger ① 750 kcal

Meatless Farm™ plant-based burger, fresh salsa, avocado, rocket, sourdough bun, onion rings. Served with chips (add 597 kcal)

CURRY

Mangalorean roasted cauliflower & spinach curry ① ② 825 kcal

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

SALAD

Quinoa salad ① ② 498 kcal

Quinoa, rice, black turtle beans, pink cabbage, grilled yellow pepper, Roquito® pepper, pumpkin seeds, kale, avocado, dressing.

SMALL PLATES

Houmous and tortilla chips ① ② 605 kcal

Tomato, pico de gallo.

Nachos ① ② ③ 1152 kcal

Cheese, guacamole, fresh salsa, sour cream, sliced chillies.

SIDES

Onion rings ①

Side salad ① ② 72 kcal

Bowl of chips ① 955 kcal

Subject to local licensing restrictions and availability at participating free houses. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See main menu for symbol explanations and additional details of our terms and conditions.