

VEGETARIAN & VEGAN MENU

UNDER 500 UNDER 500 CALORIES - LOOK FOR THE LOGO

How to order: Please note your table number and place your order at the bar. Full allergen/nutritional information and no-gluten/no-dairy menus can be found on our website or please ask at the bar.

Some of our dishes require specific ordering instructions: please note the comments below each dish.

VEGETARIAN MENU

3 FOR £10

SMALL PLATES

Soup of the day* with half a baguette
Excludes bacon & lentil soup.

Grilled halloumi 563 Cal
Sweet chilli sauce, rocket.

Topped chips
Chip shop-style curry sauce 1057 Cal

Small nachos 617 Cal

DELI DEALS®

INCLUDES A DRINK

Freshly made toastie, panini and wrap are served with chips (add 597 Cal) or ask for a salad instead (add 95 Cal).

Add a bowl of soup, instead of chips or salad.
Ask at the bar for today's soup of the day.

Cheese & tomato toastie 415 Cal

Cheese & tomato panini 546 Cal

Grilled halloumi & sweet chilli wrap 776 Cal
Tomato, cucumber.

Jacket potato with salad and 1 filling
Choice of fillings: Coleslaw 731 Cal; Beans 465 Cal; Cheese 651 Cal; Five-bean chilli 467 Cal

SIDES

Beer-battered onion rings 338 Cal

Garlic ciabatta bread 254 Cal

Bowl of chips 955 Cal

Coleslaw 186 Cal

Two mini corns-on-the-cob 298 Cal

6 rings 338 Cal

12 rings 675 Cal

Plain 254 Cal

With cheese 410 Cal

With curry sauce 1057 Cal

Side salad 95 Cal

2-MEAL DEAL®

Five-bean chilli, Quorn, rice. 516 Cal

Shanghai noodles 363 Cal
Free-range egg noodles, red and yellow peppers, broccoli, bamboo shoots, cabbage, edamame and adzuki beans, soy sauce, ginger, chilli, spices.

Mac and cheese 723 Cal

Add any of the following:

Sautéed onion 31 Cal

Cheddar cheese 195 Cal

*The two meals must be purchased at the same time. Also available separately.

BURRITO

Burrito 896 Cal Available with a soft drink or an alcoholic drink*

A soft flour tortilla filled with brown rice, bell peppers, pinto and black beans, red onion, tomato, cheese. With guacamole, salsa, sour cream, chilli peppers, tortilla chips.

Add: Five-bean chilli 107 Cal

SHARER

Large nachos 1341 Cal **Add:** Five-bean chilli 107 Cal

PUB CLASSICS

Vegetarian Wellington* 1052 Cal (with mash and peas)

With vegetarian gravy, mash or chips, peas or mushy peas.

Contains nuts (hazelnut)

Five-bean chilli, Quorn, rice. 516 Cal

Shanghai noodles 363 Cal

Free-range egg noodles, red and yellow peppers, broccoli, bamboo shoots, cabbage, edamame and adzuki beans, soy sauce, ginger, chilli, spices.

Sweet potato, chickpea & spinach curry 980 Cal

Our curries are served with pilau rice, naan bread, mango chutney, poppadums.

*If ordered with extra poppadums, instead of naan bread, these curries have no gluten-containing ingredients - and the sweet potato curry is suitable for vegans.

PASTAS

Pasta pomodoro 428 Cal

Giant fusilli spirals, cherry tomatoes, olive oil, basil, black pepper.

Superfood pasta 510 Cal

Giant fusilli spirals, nut-free rocket & kale pesto, peppers, cherry tomatoes, butternut squash, soya beans, broccoli, sugar snap peas, red onion, sun-dried tomatoes.

Add: Grilled halloumi 448 Cal

HOT DRINKS

Freshly brewed filter coffee
Free refills until 2pm.

LAVAZZA

Cappuccino; Latte; Mocha; Espresso

Add: Extra espresso shot. Available as decaffeinated.

Tea Tetley

Hot chocolate

Iced frappé caramel 423 Cal; vanilla 381 Cal

BURGERS

BURGER With chips (add 597 Cal).

We can make any burger double, on request.

Vegetable burger 504 Cal

GOURMET BURGERS

With chips (add 597 Cal), six onion rings (add 338 Cal).

Texan burger

Vegetable burger, five-bean chilli, cheese. 708 Cal

Mexican burger 646 Cal

Vegetable burger - cheese, salsa, guacamole, chilli peppers.

Add any of the following:

Cheddar cheese 78 Cal

Peri-peri sauce 21 Cal

BBQ sauce 108 Cal

Sautéed onion 31 Cal

Six onion rings 338 Cal

Side of mac and cheese 361 Cal

Avocado 62 Cal

Grilled halloumi 448 Cal

DESSERTS

Cartmel sticky toffee pudding* 844 Cal

With ice cream 844 Cal or custard 668 Cal.

Eli's® salted caramel cheesecake 362 Cal

Add: Scoop of ice cream (148 Cal)

Fresh fruit and ice cream 501 Cal

Carrot cake Contains nuts (pistachio, walnut) 388 Cal

Ice cream sundae Choose from:

Strawberry & blueberry compote, banana, cream. 678 Cal

Warm brownie chunks, Belgian chocolate sauce, cream. 917 Cal

Warm chocolate fudge cake Ice cream. 908 Cal

British Bramley apple crumble 713 Cal

With ice cream 713 Cal or custard 536 Cal.

American-style pancakes with ice cream 743 Cal

Strawberry & blueberry compote 743 Cal or maple-flavour syrup 793 Cal.

Carrot cake

Contains nuts (pistachio, walnut) 388 Cal or

Eli's® salted caramel cheesecake 362 Cal and large filter coffee, tea, iced frappé or other small coffee.

Scones 634 Cal (for one)

Fruit scone, Cornish clotted cream, strawberry jam and large filter coffee, tea, iced frappé or other small coffee.

VEGAN MENU

BREAKFAST

Fresh fruit 200 Cal

Bagel With jam. 304 Cal

CHOOSE FROM THE FOLLOWING TO CREATE YOUR BREAKFAST

Tomato 7 Cal

Mushroom 70 Cal

Baked beans 107 Cal

Hash brown 216 Cal

STARTERS & SHARERS

Small nachos 671 Cal

(Please ask for this dish with no cheese or sour cream.)

Large nachos 1341 Cal

(Please ask for this dish with no cheese or sour cream.)

MAIN MEALS

Jacket potato With side salad and baked beans. 465 Cal

Sweet potato, chickpea & spinach curry 980 Cal

Our curry is served with pilau rice. (Please ask for this dish with no naan bread.)

Pasta pomodoro 428 Cal

Giant fusilli spirals, cherry tomatoes, olive oil, basil, black pepper.

SIDES

Bowl of chips 955 Cal

Side salad 95 Cal

Please ask for this dish with no dressing, as it contains non-vegan ingredients.

Two mini corns-on-the-cob 298 Cal

Avocado 62 Cal

Large onion bhajis 371 Cal

Vegetable samosas 128 Cal

DESSERTS

Fresh fruit 200 Cal

British Bramley apple crumble 536 Cal

Please order this without ice cream or custard.



for the facts

drinkaware.co.uk

Lloyds No.1 Bar

wetherspoon

CONTACTLESS PAYMENT



PINTS
Foster's, John Smith's, Carlsberg, Carling (where available), Kronenbourg 1664, Tuborg, Coors Light, Guinness, Strongbow, Strongbow Dark Fruit, Thatchers Gold, Magners, any real ale, Devil's Backbone - American IPA, Shipyard American Pale Ale

BOTTLES
Beck's, Sol, Beck's Blue alcohol-free, Kopparberg alcohol-free, Estrella Galicia gluten-free

CRAFT BOTTLES
Hogstar English lager, Hopping Hog IPA, Hazy Hog cloudy English cider

CRAFT CANS
The Crisp, Bengali, 13 Guns American IPA

SPIRITS
Gordon's, Smirnoff, Bell's whisky - with mixer

175ml GLASS
Coldwater Creek wine

SOFT DRINKS
Any draught soft drink (398ml glass), can of Monster, bottle of J2O, Strathmore Spring Water, small juice, can of Sanpellegrino, iced frappé

HOT DRINKS
Small coffee, filter coffee, tea, hot chocolate



PLEASE BE AWARE THAT NOT ALL OF OUR INCLUDED DRINKS PRODUCTS ABOVE WILL BE SUITABLE FOR A VEGETARIAN/VEGAN DIET

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. Full allergen/nutritional information and dietary menus can be found on our website or please ask at the bar for details. *No gluten-containing ingredients used in this dish.

Vegetarian dish. 5% fat or less applicable only when served with the accompaniments listed. P Mild. DDDDD Fiery hot. Soup of the day. Calories vary - please see our website or ask at the bar for details.

Offer available 7 days a week, until 2pm, applies on day of purchase to filter coffee only, is non-transferable. Exclusions apply.

All weights are approximate uncooked. Specifications may change periodically and Calories stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Subject to local licensing restrictions and availability at participating free houses.

Please see our website for full details: www.jdwetherspoon.com An alternative may be offered. *25ml in all free houses, except Northern Ireland (35ml). **Mixer includes a dash of Pepsi, lemonade, juice or a baby mixer (excluding Fentimans Tonic).