

# 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 ① 348 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 ① (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

Choose an all-butter croissant and preserve ① 509 kcal, ② a pain au chocolat ① 352 kcal or ② 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 ② 470 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 tangy 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.

### Macaroni cheese ① 1181 kcal. Chips.

## 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 ① 348 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

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 tangy 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.