NO-DAIRY MENU

UNDER 500 | **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. 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 no-dairy menu.

BREAKFAST

Large breakfast 1086 kcal
Two eggs, bacon, two sausages, baked beans,
two hash browns, mushroom, tomato, slice of toast.

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

Traditional breakfast 865 kcal
Egg, bacon, sausage, baked beans, two hash browns,
mushroom, tomato, slice of toast.

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

Small breakfast 461 kcal
Egg, bacon, sausage, baked beans, hash brown.

Large vegetarian breakfast Ⓥ 1153 kcal
Two eggs, three Quorn vegan sausages, baked beans,
three hash browns, mushroom, tomato, slice of toast.

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

Vegetarian breakfast Ⓥ 881 kcal
Two eggs, two Quorn vegan sausages, baked beans,
two hash browns, mushroom, tomato, slice of toast.

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

Small vegetarian breakfast Ⓥ 377 kcal
Egg, Quorn vegan sausage, baked beans,
hash brown, tomato.

Gluten-free breakfast Ⓖ 439 kcal
Two eggs, bacon, baked beans, mushroom, tomato.

Vegan breakfast Ⓥ 634 kcal
Two Quorn vegan sausages, two hash browns,
mushroom, tomato, slice of toast, vegan spread.

> **Add the following to your breakfast:**
> Award-winning Stornoway black pudding (157 kcal)

LIGHTER OPTIONS

Smashed avocado English muffin Ⓥ 348 kcal
Smashed avocado and fresh salsa,
on an English muffin, rocket.

Fresh fruit bowl Ⓥ Ⓥ 210 kcal. A selection of fresh fruit.

Two slices of toast and *Tiptree* **preserve** Ⓥ 459 kcal

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

SALADS

Pulled chicken, avocado & maple-cured bacon salad Ⓖ 437 kcal
Balsamic vinaigrette.

Quinoa salad Ⓖ Ⓥ 498 kcal
Quinoa, rice, black turtle beans, pink cabbage,
grilled yellow pepper, Roquito® pepper, pumpkin seeds,
kale, avocado, dressing.

> **Add any of the following:**
> **Roasted vegetables** Ⓖ Ⓥ (89 kcal)
> **Pulled chicken breast** Ⓖ (192 kcal)

BURGERS

Served with chips (add 597 kcal)

Classic 6oz beef burger 580 kcal

Vegan burger Ⓥ 480 kcal
Meatless Farm™ plant-based burger.

> **Add any of the following:**
> **BBQ sauce** Ⓥ 83 kcal; **Maple-cured bacon** 86 kcal

GOURMET BURGER

Served with chips (add 597 kcal)

Gourmet vegan burger Ⓥ 750 kcal
Meatless Farm™ plant-based burger, fresh salsa,
avocado, rocket, sourdough bun, onion rings.

SIDES

Onion rings Ⓥ
Side salad Ⓖ Ⓥ 72 kcal
Bowl of chips Ⓥ 955 kcal

BRUNCH

All-day brunch 1240 kcal
Two sausages, bacon, eggs, baked beans, chips.

Vegetarian all-day brunch Ⓥ 1040 kcal
Two Quorn vegan sausages, eggs, baked beans,
mushroom, chips.

SMALL PLATES

British chicken wings 1296 kcal
Ten spicy chicken wings, Sriracha hot sauce.

Please order this without blue cheese dip which contains dairy.

Southern-fried chicken strips 617 kcal
Five chicken strips, smoky chipotle mayo.

Chicken breast bites 411 kcal
Ten battered chicken pieces, sticky soy sauce.

Spicy coated king prawns 474 kcal
Six prawns, sweet chilli sauce.

PUB CLASSICS

Freshly battered fish and chips 1236 kcal (with peas)
Cod fillet, peas or mushy peas.

British beef & Doom Bar® ale pie 1390 kcal
Chips, vegetables, gravy.

Whitby breaded scampi# 1100 kcal (with peas)
Chips, peas or mushy peas.

CURRY

Mangalorean roasted cauliflower & spinach curry Ⓥ 825 kcal
A south Indian tangy creamed coconut sauce, roasted
cauliflower, potato, spinach, red peppers – finished with
fenugreek leaves, naan bread, basmati pilau rice.