

## BREAKFAST | SERVED UNTIL 11.30AM

<b>Large breakfast</b>  (barley, wheat) 1412 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast, Lurpak spreadable.	<b>5.10</b>
<b>Traditional breakfast</b>  (barley, wheat) 812 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast, Lurpak spreadable.	<b>3.59</b>
<b>Small breakfast</b>  (wheat) 460 kcal Fried egg, bacon, sausage, baked beans, hash brown.	<b>3.29</b>
<b>Large vegetarian breakfast</b>  (barley, wheat) 1357 kcal Two fried eggs, three Quorn vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast, Lurpak spreadable.	<b>5.10</b>
<b>Vegetarian breakfast</b>  (barley, wheat) 932 kcal Two fried eggs, two Quorn vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, Lurpak spreadable.	<b>3.59</b>
<b>Small vegetarian breakfast</b>  (wheat) 374 kcal Fried egg, Quorn vegan sausage, baked beans, hash brown, tomato.	<b>3.29</b>
<b>Vegan breakfast</b>  (barley, wheat) 879 kcal Two Quorn vegan sausages, two hash browns, mushroom, tomato, slice of toast, vegan spread.	<b>3.35</b>
<b>Freedom breakfast</b>  447 kcal Two fried eggs, bacon, baked beans, mushroom, tomato.	<b>3.29</b>

## BREAKFAST MUFFINS

<b>Egg &amp; cheese muffin</b>  (rye, wheat) 279 kcal Fried egg, American-style cheese, in an English muffin.	<b>2.10</b>
<b>Egg &amp; bacon muffin</b>  (rye, wheat) 331 kcal Fried egg, bacon, American-style cheese, in an English muffin.	<b>2.49</b>
<b>Egg &amp; sausage muffin</b>  (rye, wheat) 448 kcal Fried egg, sausage, American-style cheese, in an English muffin.	<b>2.49</b>
<b>Egg &amp; Quorn™ vegan sausage muffin</b>  (rye, wheat) 374 kcal Fried egg, Quorn vegan sausage, American-style cheese, in an English muffin.	<b>2.49</b>
<b>Breakfast muffin</b>  (rye, wheat) 499 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin.	<b>2.69</b>

Add a hash brown  (108 kcal) **30p**

<b>Eggs Benedict</b>  (rye, wheat) 508 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket.	<b>3.79</b>
<b>Mushroom Benedict</b>  (rye, wheat) 472 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket.	<b>3.79</b>
<b>Bacon butty</b>  (barley, wheat) 509 kcal Three rashers of bacon, white bloomer bread, Country Life spreadable.	<b>2.69</b>
<b>Sausage butty</b> Two sausages, white bloomer bread, Country Life spreadable. Choose: <b>Quorn vegan sausage</b>  (barley, wheat) 605 kcal <b>Sausage</b>  (barley, wheat) 691 kcal	<b>2.69</b>
<b>Scrambled egg on toast</b>  (barley, wheat) 533 kcal Three eggs, white bloomer bread, Country Life spreadable.	<b>2.59</b>
<b>Beans on toast</b>  (barley, wheat) 543 kcal White bloomer bread, Country Life spreadable.	<b>2.49</b>
<b>Small beans on toast</b>  (barley, wheat) 240 kcal White bloomer bread, Country Life spreadable.	<b>1.59</b>
<b>Breakfast wrap</b>  (oats, wheat) 721 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese.	<b>3.10</b>
<b>Vegetarian breakfast wrap</b>  (oats, wheat) 861 kcal Fried egg, two Quorn vegan sausages, two hash browns, Cheddar cheese.	<b>3.10</b>
<b>Toast and preserves</b>  (barley, wheat) 459 kcal White bloomer bread, Lurpak spreadable.	<b>1.89</b>
<b>MOMA Porridge</b>  250 kcal (plain) Add: <b>Banana</b>  (105 kcal) <b>60p</b> ; <b>Honey</b>  (92 kcal) <b>35p</b>	<b>1.69</b>

## DESSERTS

<b>Warm chocolate brownie with ice cream</b>  (wheat) 800 kcal Belgian chocolate sauce.	<b>3.70</b>
<b>Mini warm chocolate brownie with ice cream</b>  (wheat) 425 kcal Belgian chocolate sauce.	<b>1.95</b>
<b>Warm cookie dough sandwich with ice cream</b>  (wheat) 705 kcal Salted caramel filling.	<b>3.70</b>
<b>Mini warm cookie dough sandwich with ice cream</b>  (wheat) 415 kcal Salted caramel filling.	<b>1.95</b>
<b>British Bramley apple crumble with ice cream</b>  633 kcal	<b>3.95</b>

## TEA, COFFEE AND HOT CHOCOLATE FREE REFILLS\* – FOR A FREE REFILL, PLEASE SWAP YOUR USED CUP FOR A CLEAN ONE

**FREE REFILLS**  
HOT CHOCOLATE,  
— TEA AND —  
**COFFEE**  
ALL DAY EVERY DAY



<b>Flat white</b>  92 kcal	<b>White coffee</b>  24 kcal (Soya product available  5 kcal)
<b>Cappuccino</b>  102 kcal	<b>Hot chocolate</b>  169 kcal
<b>Latte</b>  113 kcal	<b>Tea</b> 
<b>Mocha</b>  147 kcal	with semi-skimmed milk  14 kcal (Soya product available  5 kcal)
<b>Espresso</b>  6 kcal	
<b>Black coffee</b>  6 kcal	

**99p** each

DECAFFEINATED TEA AND COFFEE AVAILABLE

# FOOD MENU

The New Moon  
Harrow

## HOW TO ORDER FROM YOUR TABLE

Scan to order



OR Use the Wetherspoon app



Breakfast served 8am – 11.30am.  
Main menu served 11.30am – 11pm.

Children's menu available.

**TRADITIONAL BREAKFAST 3.59**

**TEA, COFFEE AND HOT CHOCOLATE FREE REFILLS\* 99p each**

**SMALL PLATES 3 FOR 10.95**

**DELI DEALS® INCLUDES A DRINK\* 4.35 each with soft drink\* 5.65 each with alcoholic drink\***

**BURGERS INCLUDES A DRINK\* 5.65 each with soft drink\* 6.95 each with alcoholic drink\***

**STEAK CLUB® INCLUDES A DRINK\* 8.35 each with soft drink\* 9.65 each with alcoholic drink\***  
**NOW ALL DAY EVERY DAY**

**CURRY CLUB® INCLUDES A DRINK\* 7.15 each with soft drink\* 8.45 each with alcoholic drink\***  
**NOW ALL DAY EVERY DAY**

**FISH AND CHIPS INCLUDES A DRINK\* 7.35 each with soft drink\* 8.65 each with alcoholic drink\***  
**NOW ALL DAY EVERY DAY**

## INCLUDES A DRINK \*CHOOSE ANY DRINK

**CRAFT, REAL ALE, LAGER, BEER AND CIDER**  
Draught available in half pint and pint measure • Bottle • Can  
**LOW AND ALCOHOL FREE**  
**TEA, COFFEE AND HOT CHOCOLATE FREE REFILLS\***  
**SOFT DRINKS** Draught 398ml glass • Bottle • Can  
**COLDWATER CREEK WINE\*\***  
Wine available in 125ml and 175ml measure  
**GIN, VODKA, RUM, WHISKY AND BRANDY\*\*\***  
MIXER INCLUDED\*

Excludes Prosecco, sparkling wine, wine by the bottle, cocktails, liqueurs, bombs, shots and any drink not listed on the drinks menu.

## ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, customer information screen, website and Wetherspoon app. Use the customer information screen to filter menus by specific dietary requirements, such as:

- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
- Set Calorie and carbohydrate limits.
- List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Our staff cannot offer specific advice or recommendations beyond our published allergen communications.

Swapping items may result in changes to allergens contained in the dish.

## ALLERGENS AND DIETARY KEY

**Allergen symbols:**  Crustaceans  Egg  Fish  
 Peanuts  Soybeans  Milk (inc. lactose)  
 Nuts (type of nut)  Celery  Mustard  
 Sesame seed  Sulphur dioxide and sulphites  Lupin  
 Molluscs  Gluten (type of gluten)

**Dietary symbols:**  Vegetarian  Vegan  
 5% fat or less  Dish under 500 Calories  
 = Extremely hot  = Very hot  
 = Medium hot  = Mild  = Very mild

 Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-56647 www.msc.org

All weights are approximate uncooked. Fish and meat dishes may contain bones. Specifications may change periodically and Calories stated (which exclude drinks options) are subject to change.

All prices are in pounds sterling and include VAT. Pricing may vary per pub. 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. See our website for full details: jd.wetherspoon.com \*Offer (excluding take-away and other unlisted hot drinks) available 7 days a week; applies on day of purchase, during one visit; is non-transferable. Exclusions apply. \*\*Mixer excludes J20, Lavazza iced cappuccino, Remedy and other canned soft drinks.

\*\*\*An alternative may be offered. \*\*\*\*25ml in all free houses, except Northern Ireland (35ml). \*Non-refundable advance purchase rates, available to book direct on the telephone, our website and our app.



**WE HAVE BEEN AWARDED THE MAXIMUM FOOD HYGIENE RATING OF 5 IN OUR PUB**



wetherspoon **hotels**

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jd.wetherspoon.com or on our app



## SMALL PLATES | ANY 3 FOR £10.95

- Tomato & basil soup** 2.90  
 V 5% (500) M (barley, wheat) 331 kcal  
 White bloomer bread, Lurpak spreadable.
- Quorn™ nuggets** 3.75  
 UNDER 500 (wheat) 440 kcal  
 Eight coated pieces, sweet chilli sauce.
- Halloumi-style fries** 3.60  
 Sweet chilli sauce.
- Nachos** 4.35  
 Cheese, guacamole, salsa, sour cream, sliced chillies.
- Topped chips** 4.25  
 (wheat) 1073 kcal  
 Chip shop-style curry sauce.
- Chicken breast bites** 4.75  
 UNDER 500 (wheat) 406 kcal  
 Ten battered chicken pieces, sticky soy sauce.
- Southern-fried chicken strips** 4.75  
 (wheat) 653 kcal  
 Five chicken strips, smoky chipotle mayo.
- Chicken wings** 5.25  
 (wheat) 1289 kcal  
 Ten spicy chicken wings, Sriracha hot sauce, blue cheese dip.
- Spicy coated king prawns** 4.75  
 (wheat) 474 kcal. Six prawns, sweet chilli sauce.

## DELI DEALS® | INCLUDES A DRINK\*

- PANINIS**
- Cheddar cheese and tomato** 4.35 each  
 with soft drink\*  
 V M (barley, durum wheat, rye, wheat) 587 kcal
- Wiltshire cured ham and Cheddar cheese** 5.65 each  
 with alcoholic drink\*  
 M (barley, durum wheat, rye, wheat) 552 kcal
- BBQ chicken, bacon and Cheddar cheese**  
 M (barley, durum wheat, rye, wheat) 637 kcal
- WRAPS**
- Quorn™ nuggets** 1.05  
 UNDER 500 (oats, wheat) 498 kcal  
 Tomato, cucumber, salsa.
- Southern-fried chicken and smoky chipotle mayo** 1.05  
 Add salad (72 kcal)
- Cold chicken and sweet chilli sauce** 1.05  
 Add tomato & basil soup (140 kcal)
- Grilled halloumi-style cheese and sweet chilli sauce**  
 (oats, wheat) 698 kcal. Tomato, cucumber.

## JACKET POTATOES | INCLUDES A DRINK\*

- With salad and one filling (extra fillings 75p each)
- Choice of fillings:**
- Cheese** 5.35 each  
 with soft drink\*  
 V M (531 kcal)
- Baked beans** 4.83 each  
 with alcoholic drink\*  
 5% (500) (483 kcal)
- Tuna mayo** 5.32 each  
 (532 kcal)
- Five-bean chilli** 4.13 each  
 (413 kcal)
- Roasted vegetables** 3.74 each  
 (374 kcal)

## BURGERS | INCLUDES A DRINK\* Our beef burgers are made from 100% British beef.

- Served with chips (597 kcal, included in Calories below).
- Classic 6oz beef burger** 5.65 each  
 with soft drink\*  
 (wheat) 1171 kcal
- Fried buttermilk chicken burger** 6.95 each  
 with alcoholic drink\*  
 (wheat) 1175 kcal  
 Breaded whole chicken breast escalope.
- Grilled chicken breast burger** 1.45  
 Double your burger for an extra  
 (wheat) 1031 kcal
- Skinny chicken burger** 1.45  
 Double your BEYOND MEAT patty (287 kcal for an extra)  
 5% (wheat) 453 kcal  
 Grilled chicken breast with salad, instead of chips.
- Breaded vegetable burger** 2.45  
 Double your BEYOND MEAT plant-based patty (287 kcal for an extra)  
 (wheat) 1099 kcal  
 Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese.
- Beyond Burger™** 6.65 each  
 with soft drink\*  
 (wheat) 1112 kcal  
 BEYOND MEAT plant-based patty.
- Add any of the following:**
- |                                                         |      |                                                  |      |
|---------------------------------------------------------|------|--------------------------------------------------|------|
| Maple-cured bacon with Cheddar cheese M 170 kcal        | 1.60 | BBQ sauce 83 kcal                                | 60p  |
| Maple-cured bacon with American-style cheese M 168 kcal | 1.60 | 6oz beef patty G (wheat) 346 kcal                | 1.45 |
| Cheddar cheese V M 83 kcal                              | 1.15 | Fried buttermilk chicken M G (wheat) 350 kcal    | 1.45 |
| American-style cheese V M 82 kcal                       | 1.15 | Grilled chicken breast 206 kcal                  | 1.45 |
| Maple-cured bacon 86 kcal                               | 1.05 | Breaded vegetable patty V E M G (wheat) 274 kcal | 1.45 |
| Five-bean chilli 119 kcal                               | 1.85 | BEYOND MEAT plant-based patty 287 kcal           | 2.45 |

## GOURMET BURGERS | INCLUDES A DRINK\*

- Served with chips, six onion rings (852 kcal, included in Calories below).
- Tennessee burger** 7.30 each  
 with soft drink\*  
 Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze  
 Choose:  
 6oz beef patty SB G (barley, wheat) 1578 kcal  
 Grilled chicken SB G (barley, wheat) 1438 kcal  
 Fried buttermilk chicken SB M G (barley, wheat) 1583 kcal
- Ultimate burger** 8.60 each  
 with alcoholic drink\*  
 (barley, wheat) 1703 kcal  
 6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin.
- BBQ burger** 8.55 each  
 with soft drink\*  
 Maple-cured bacon, Cheddar cheese, BBQ sauce  
 Choose:  
 6oz beef patty M G (barley, wheat) 1679 kcal  
 Grilled chicken M G (barley, wheat) 1539 kcal  
 Fried buttermilk chicken M G (barley, wheat) 1683 kcal
- Empire State burger** 9.85 each  
 with alcoholic drink\*  
 (barley, wheat) 1949 kcal  
 Two 6oz beef patties, American-style cheese, maple-cured bacon.  
 Served with chips, six onion rings.

## SIDES

- Bowl of chips** 2.99  
 (wheat) 955 kcal
- Bowl of chips with curry sauce** 4.25  
 (wheat) 1073 kcal
- Six onion rings** 1.55  
 (barley, wheat) 255 kcal
- Twelve onion rings** 2.25  
 (barley, wheat) 510 kcal
- Peas** 65p  
 110 kcal
- Mushy peas** 65p  
 248 kcal
- Side salad** 1.50  
 72 kcal
- Rainbow quinoa side salad** 2.30  
 179 kcal
- Roasted vegetables** 1.10  
 120 kcal

## STEAK CLUB® NOW ALL DAY EVERY DAY INCLUDES A DRINK\*

- Our prime beef steaks come from Britain and Ireland, are matured for 21 days then seasoned by us.
- Classic 8oz sirloin steak** 8.35 each  
 with soft drink\*  
 Served with jacket potato, chips or Rainbow quinoa salad.  
 Choose:  
 Jacket potato, Lurpak spreadable M 757 kcal  
 Chips G (wheat) 1055 kcal  
 Rainbow quinoa salad 637 kcal
- Gourmet 8oz sirloin steak** 10.35 each  
 with soft drink\*  
 Served with peas, tomato, mushroom, three onion rings and a steak sauce.  
 Choose:  
 Jacket potato, Lurpak spreadable M G (barley, wheat) 991 kcal  
 Chips G (barley, wheat) 1309 kcal  
 Add your choice of steak sauce (see sauces below for allergen and Calorie information).
- Served with peas, tomato, mushroom.
- Mixed grill** 8.65 each  
 with soft drink\*  
 Gammon, pork loin, rump, lamb, sausage.  
 Choose:  
 Jacket potato, Lurpak spreadable M SB G (wheat) 1179 kcal  
 Chips SB G (wheat) 1454 kcal
- Large mixed grill** 10.15 each  
 with soft drink\*  
 Gammon, pork loin, rump, lamb, two sausages, fried egg, six onion rings.  
 Choose:  
 Jacket potato, Lurpak spreadable E M SB G (barley, wheat) 1674 kcal  
 Chips E SB G (barley, wheat) 1949 kcal
- SAUCES AND EXTRAS**
- |                                                                            |      |
|----------------------------------------------------------------------------|------|
| Creamy peppercorn sauce M CL SB 74 kcal                                    | 1.35 |
| Jack Daniel's® Tennessee Honey glaze V SB 66 kcal                          | 1.35 |
| Six onion rings G (barley, wheat) (255 kcal) and choose a sauce from above | 2.15 |
| Six onion rings G (barley, wheat) 255 kcal                                 | 1.55 |
| Peas 110 kcal                                                              | 65p  |
| Whitby breaded scampi SB E G (wheat) 232 kcal                              | 2.70 |

## CURRY CLUB® NOW ALL DAY EVERY DAY INCLUDES A DRINK\*

- Curry Club® meals are served with basmati pilau rice, plain naan bread and poppadums.
- NEW Chicken jalfrezi** 7.15 each  
 with soft drink\*  
 (wheat) 847 kcal
- NEW Beef Madras** 8.45 each  
 with alcoholic drink\*  
 (wheat) 1119 kcal
- Chicken tikka masala** 7.15 each  
 with soft drink\*  
 (wheat) 1105 kcal
- Mangalorean roasted cauliflower & spinach curry** 8.45 each  
 with alcoholic drink\*  
 (wheat) 883 kcal
- Change your plain naan bread to a garlic naan** V M G (wheat) (add 57 kcal) 35p
- Simple curry meals are served with basmati pilau rice or chips.
- NEW Simple chicken jalfrezi** 5.65 each  
 with soft drink\*  
 Choose: Basmati pilau rice M CL SB 629 kcal  
 Chips M G (wheat) 1033 kcal
- NEW Simple beef Madras** 6.95 each  
 with alcoholic drink\*  
 Choose: Basmati pilau rice CL SB 797 kcal  
 Chips SB G (wheat) 1202 kcal
- Simple chicken tikka masala** 5.65 each  
 with soft drink\*  
 Choose: Basmati pilau rice M CL SB 833 kcal  
 Chips M G (wheat) 1230 kcal
- Simple Mangalorean roasted cauliflower & spinach curry** 6.95 each  
 with alcoholic drink\*  
 Choose: Basmati pilau rice SB CL SB 611 kcal  
 Chips SB G (wheat) 1008 kcal

## FISH AND CHIPS NOW ALL DAY EVERY DAY INCLUDES A DRINK\*

- Freshly battered cod and chips** 7.35 each  
 with soft drink\*  
 Cod fillet, peas 1303 kcal or mushy peas 1363 kcal
- Whitby breaded scampi** 8.65 each  
 with alcoholic drink\*  
 Chips, peas 971 kcal or mushy peas 1026 kcal
- Small freshly battered cod and chips** 5.85 each  
 with soft drink\*  
 Peas 754 kcal or mushy peas 811 kcal
- Small Whitby breaded scampi** 7.15 each  
 with alcoholic drink\*  
 Chips, peas 588 kcal or mushy peas 643 kcal
- Add: Two slices of bread, Lurpak spreadable V M G (barley, wheat) (442 kcal) 1.05  
 Chip shop-style curry sauce SB G (wheat) (118 kcal) 1.05

## PUB CLASSICS NOW INCLUDES A DRINK\* INCLUDES A DRINK\*

- All-day brunch** 7.05 each  
 with soft drink\*  
 Two sausages, bacon, fried eggs, baked beans, chips.
- Vegetarian all-day brunch** 8.35 each  
 with alcoholic drink\*  
 Three Quorn vegan sausages, fried eggs, baked beans, chips.
- Small all-day brunch** 5.05 each  
 with soft drink\*  
 Sausage, bacon, fried egg, baked beans, chips.
- Small vegetarian all-day brunch** 6.35 each  
 with alcoholic drink\*  
 Two Quorn vegan sausages, fried egg, baked beans, chips.
- Wiltshire cured ham, eggs and chips** 5.35  
 with soft drink\*  
 (wheat) 847 kcal. Two slices of Wiltshire cured ham, two fried eggs.
- Small Wiltshire cured ham, egg and chips** 6.10  
 with alcoholic drink\*  
 (wheat) 453 kcal  
 One slice of Wiltshire cured ham, one fried egg.
- Southern-fried chicken strips and chips** 7.35  
 with soft drink\*  
 (wheat) 1218 kcal  
 Five chicken strips, Jack Daniel's® Tennessee Honey glaze.
- Small southern-fried chicken strips** 6.60  
 with alcoholic drink\*  
 (wheat) 625 kcal. Three chicken strips, chips.
- Five-bean chilli** 5.85  
 with soft drink\*  
 Rice, tortilla chips.

## SALAD AND PASTAS | INCLUDES A DRINK\*

- Rainbow quinoa salad** 6.15  
 with soft drink\*  
 Quinoa, pink cabbage, grilled butternut squash, black-eyed beans, black rice, yellow cherry tomato, red Roquito® pepper, pumpkin seeds, kale, dressing.
- Pasta alfredo** 7.95  
 with alcoholic drink\*  
 (durum wheat) 645 kcal  
 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket.
- British beef lasagne** 8.45  
 with alcoholic drink\*  
 (also contains pork)  
 (durum wheat) 756 kcal  
 Side salad.

## ADD CHIPS

- Chips SB G (wheat) 597 kcal 1.05