

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning (8 kcal) 34p)	4.23
Small bowl of chips	602 kcal	2.48
Five chicken wings	402 kcal	3.34
Eight Whitby breaded scampi	527 kcal	4.99
Grilled halloumi-style cheese	446 kcal	1.97
Peas	130 kcal	94p
Mushy peas	248 kcal	94p
Side salad	87 kcal	2.29
Mediterranean side salad	198 kcal	3.22
Roasted vegetables	135 kcal	1.53
Coleslaw	399 kcal	1.40
Sliced chillies	3 kcal	88p
Onion rings	Six 269 kcal 2.33 Twelve 538 kcal 3.50	
Garlic pizza bread	8* 386 kcal 4.98 11* 772 kcal 6.14	
With cheese	8* 461 kcal 5.57 11* 922 kcal 7.02	

Desserts

Vanilla ice cream	338 kcal	2.11
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	365 kcal	2.11
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie	435 kcal	3.28
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	435 kcal	3.28
Salted caramel filling, toffee sauce, vanilla ice cream		
Fresh fruit	447 kcal	5.16
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	913 kcal, Vanilla ice cream	5.91
Warm chocolate brownie	736 kcal	5.91
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	735 kcal	5.91
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble	830 kcal	6.22
Vanilla ice cream		

Add:

Vanilla ice cream scoop	(135 kcal) 94p
Belgian chocolate sauce	(61 kcal) 42p
Toffee sauce	(74 kcal) 42p
Banana	(101 kcal) 62p
Strawberries	(14 kcal) 62p
Blueberries	(17 kcal) 62p

ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. 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. Staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

DIETARY SYMBOLS

🔥 = Very mild 🔥🔥 = Mild 🔥🔥🔥 = Medium hot 🔥🔥🔥🔥 = Very hot 🔥🔥🔥🔥🔥 = Extremely hot

🌱 Vegetarian 🌿 Vegan 5% 5% fat or less UNDER 500 Dish under 500 Calories

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

Adults need around 2000 kcal a day.Ⓢ

BREAKFAST

Served
8am - 12 noon

Large breakfast 1286 kcal 8.24
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast

Traditional breakfast 742 kcal 6.54
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast

Small breakfast 419 kcal 5.62
Fried egg, bacon, sausage, baked beans, hash brown

Add: Two slices of black pudding (355 kcal) 1.51

Large vegetarian breakfast 1206 kcal 8.24
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast

Vegetarian breakfast 816 kcal 6.54
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast

Small vegetarian breakfast 313 kcal 5.62
Fried egg, Quorn sausage, baked beans, hash brown, tomato

Vegan breakfast 786 kcal 6.14
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread

Freedom breakfast 545 kcal 5.62
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato

Breakfast extras

Add any of the following:

Two slices of black pudding	355 kcal	1.51	Two rashers of back bacon	99 kcal	1.57
Sausage	168 kcal	1.05	Two scrambled eggs	136 kcal	1.63
Quorn™ sausage	116 kcal	1.05	Fried egg	56 kcal	93p
Grilled halloumi-style cheese	396 kcal	1.97	Poached egg	63 kcal	93p
Baked beans	126 kcal	93p	Hash brown	82 kcal	46p

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread 4.59

Sausage butty 713 kcal. Two sausages, buttered white bloomer bread 4.59

Quorn™ sausage butty 609 kcal 4.59
Two Quorn sausages, buttered white bloomer bread

Eggs Benedict 725 kcal 6.74
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket

Mushroom Benedict 629 kcal 6.74
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket

Miner's Benedict 939 kcal 6.74
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket

Scrambled egg on toast 570 kcal 5.16
Three eggs, buttered white bloomer toast

Beans on toast 566 kcal. Buttered white bloomer toast 4.01

Two slices of toast with jam or marmalade 496 kcal 2.80
White bloomer bread

Fresh fruit 177 kcal 4.01
Apple, banana, blueberries, strawberries

Porridge 252 kcal (plain) 2.09
Add: Banana (101 kcal) 62p
Strawberries (14 kcal) 62p
Blueberries (17 kcal) 62p
Honey (91 kcal) 34p

Breakfast wrap 739 kcal 5.75
Fried egg, bacon, sausage, hash brown, Cheddar cheese

Vegetarian breakfast wrap 835 kcal 5.75
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese

FOOD

Main menu 11.30am - 11pm. Children's menu available.

INCLUDES A DRINK*
Choose from over 150 drinks



The Hain Line

St Ives

St Ives once had its very own shipping company called The Hain Line. From the 1850s, Captain Edward Hain, who was from a long line of local fishermen, built up a small fleet of sailing ships. The company later switched from sail to steam and expanded rapidly. During 1906-c1930, these premises were the Hain Shipping Office and then the Hain Estate Office. The building later became part of Curnow's Hotel and then a nightclub, in 1978.



Food hygiene rating

We have been awarded the maximum food hygiene rating of 5 in our pub.



Sustainable fish

The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.



Free-range eggs

100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.

Breakfast
8am - 12 noon
Traditional breakfast
£6.54

Tea, coffee and hot chocolate
Free refills
£1.56 each

Burger meals

INCLUDES A DRINK

Featuring 3oz American burger soft drink* | alcoholic drink*
£7.79 | £9.55

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips soft drink* | alcoholic drink*
£8.44 | £10.20

Steak Club

INCLUDES A DRINK

Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£12.01 | £13.77

Curry Club

INCLUDES A DRINK

Thursday 11.30am - 11pm
Featuring the katsu curry range soft drink* | alcoholic drink*
£10.26 | £12.02

How to order from your table



Download the Wetherspoon app or scan this QR code.



Or note your table number and order at the bar.

Tea, coffee and hot chocolate

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

£1.56 each

Biscuits
Walkers shortbread 151 kcal 71p
Stem ginger biscuit 123 kcal 71p
Belgian chocolate biscuit 129 kcal 71p
Salted caramel brownie bar 316 kcal 1.64

Flat white 92 kcal
Cappuccino 102 kcal
Latte 113 kcal
Mocha 147 kcal
Espresso 6 kcal
Black coffee 6 kcal
White coffee 24 kcal
Hot chocolate 169 kcal
Tea
with semi-skimmed milk 14 kcal
(Oat milk available 4 kcal)
Decaffeinated tea and coffee available.

for the facts
drinkaware.co.uk

jdwetherspoon.com

SWSEA

MENU_5958

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.Ⓢ

goodfoodtalks
opening menus for everybody
The spoken menu app for the visually impaired

wetherspoon hotels

57 in England, Ireland, Scotland and Wales
Book direct for the best rates*
jdwetherspoon.com or on our app

UNLIMITED
FREE Wi-Fi

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values 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: jdetherspoon.com
*Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *Non-refundable advance purchase rates, available to book direct on the telephone, our website and our app. *Statement of daily calorie needs from the Department of Health & Social Care. †Excluding decaffeinated. ‡Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spirits, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).

