

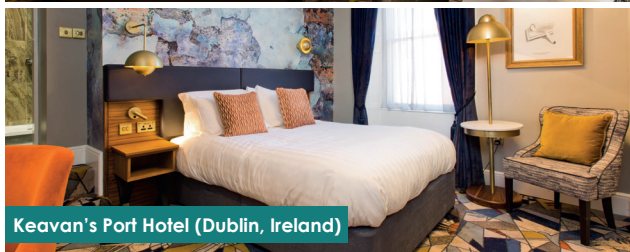
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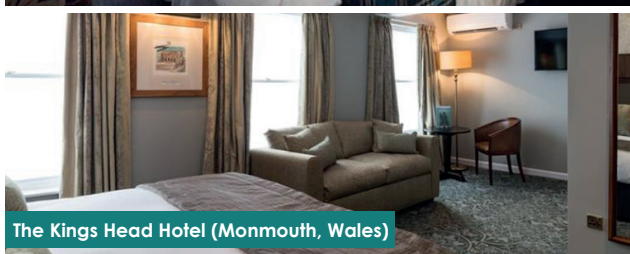
The Saxon Crown (Corby, England)



Keavan's Port Hotel (Dublin, Ireland)



The Golden Acorn (Glenrothes, Scotland)



The Kings Head Hotel (Monmouth, Wales)

**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](http://www.msc.org)

Adults need around 2000 kcal a day.\*

# BREAKFAST

Served 8am - 12 noon

<b>Large breakfast</b> 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	<b>7.58</b>	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	<b>6.07</b>
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	<b>5.89</b>	<b>Mushroom Benedict</b> 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	<b>6.07</b>
<b>Small breakfast</b> 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	<b>5.33</b>	<b>Miner's Benedict</b> 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	<b>6.07</b>
<b>Add: Two slices of black pudding (355 kcal) 1.51</b>			
<b>Large vegetarian breakfast</b> 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	<b>7.58</b>	<b>American-style pancakes</b> Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. 554 kcal	<b>5.72</b> <b>5.02</b>
<b>Vegetarian breakfast</b> 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>5.89</b>	<b>Small American-style pancakes</b> Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal Two pancakes, maple-flavour syrup. 277 kcal	<b>4.27</b> <b>3.98</b>
<b>Small vegetarian breakfast</b> 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	<b>5.33</b>	<b>Scrambled egg on toast</b> 570 kcal Three eggs, buttered white bloomer toast	<b>4.50</b>
<b>Vegan breakfast</b> 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>5.49</b>	<b>Beans on toast</b> 566 kcal. Buttered white bloomer toast	<b>3.91</b>
<b>Freedom breakfast</b> 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>5.33</b>	<b>Small beans on toast</b> 251 kcal Buttered white bloomer toast	<b>2.76</b>
<b>American breakfast</b> 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	<b>7.58</b>	<b>Two slices of toast with jam or marmalade</b> 496 kcal White bloomer bread	<b>2.72</b>
<b>Small American breakfast</b> 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	<b>5.72</b>	<b>Fresh fruit</b> 177 kcal Apple, banana, blueberries, strawberries	<b>3.91</b>

**Breakfast extras**

Add any of the following:

Two slices of black pudding 355 kcal	<b>1.51</b>	Four rashers of maple-cured bacon 91 kcal	<b>1.52</b>	Two mushrooms 91 kcal	<b>93p</b>
Sausage 168 kcal	<b>1.05</b>	Two scrambled eggs 136 kcal	<b>1.63</b>	Two grilled tomato halves 16 kcal	<b>52p</b>
Quorn™ sausage 116 kcal	<b>1.05</b>	Fried egg 56 kcal	<b>93p</b>	Slice of toast 191 kcal	<b>1.13</b>
Baked beans 126 kcal	<b>93p</b>	Poached egg 63 kcal	<b>93p</b>		
Two rashers of back bacon 99 kcal	<b>1.57</b>	Hash brown 82 kcal	<b>46p</b>		

**Breakfast butties and wraps**

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	<b>4.50</b>	<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	<b>5.08</b>
<b>Sausage butty</b> 713 kcal. Two sausages, buttered white bloomer bread	<b>4.50</b>	<b>Vegetarian breakfast wrap</b> 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	<b>5.08</b>
<b>Quorn™ sausage butty</b> 609 kcal Two Quorn sausages, buttered white bloomer bread	<b>4.50</b>		

**Breakfast muffin deal**

Includes tea, coffee or hot chocolate. Free refills

<b>Egg &amp; cheese muffin</b> 249 kcal Fried egg, American-style cheese, in an English muffin	<b>3.91</b>
<b>Egg &amp; bacon muffin</b> 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	<b>4.38</b>
<b>Egg &amp; sausage muffin</b> 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	<b>4.38</b>
<b>Egg &amp; Quorn™ sausage muffin</b> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	<b>4.38</b>
<b>Breakfast muffin</b> 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	<b>4.61</b>
<b>Smashed avocado muffin</b> 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: Maple-cured bacon (91 kcal) 1.52 Poached egg (63 kcal) 93p Add: Hash brown (82 kcal) 46p	<b>4.61</b>

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: [jdwetherspoon.com](http://jdwetherspoon.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." "Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spritzes, 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).

**Tea, coffee and hot chocolate**

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

**LAVAZZA** TORINO, ITALIA, 1895

**£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 (Oat milk available 4 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](http://drinkaware.co.uk)  
[jdwetherspoon.com](http://jdwetherspoon.com)

STDNOGRILL

MENU\_664

# FOOD

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



Numbers 11-13 Wensum Street were previously in use as small shops and The Glass House Restaurant, the latter recalling the glass company which had been on this site for several decades.



**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.



**100% UK and Irish beef**  
Sourced from farms in the UK and Ireland. Traceable from farm to fork.

**Breakfast**  
8am - 12 noon  
Traditional breakfast  
**£5.89**

**Tea, coffee and hot chocolate**  
Free refills  
**£1.56** each

**Burger meals**

INCLUDES A DRINK

Featuring 3oz American burger soft drink\* | alcoholic drink\*  
**£6.32** | **£7.85**

**Afternoon deals**

INCLUDES A DRINK

Featuring small freshly battered fish and chips soft drink\* | alcoholic drink\*  
**£6.98** | **£8.51**

**Curry Club**

INCLUDES A DRINK

Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink\* | alcoholic drink\*  
**£9.07** | **£10.60**

**INCLUDES A DRINK\***  
**Choose from over 150 drinks**

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.



**Coffee**  
The freshly ground 100% Arabica Lavazza coffee\* we serve is from Rainforest Alliance-certified farms.



**Tea**  
The Tetley tea we serve also comes from Rainforest Alliance-certified farms.



Tetley is a member of the Ethical Tea Partnership (ETP), aiming to improve tea sustainability.

wetherspoon **hotels**

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



