

ALLERGEN AND DIETARY MENU

Full allergen/nutritional information and dietary menus can be found on our website or please ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond our published nutritional communications.



ORDER & PAY APP
Order and pay from your phone, then relax - your food and/or drinks will be brought to your table.
Available on the App Store and Google Play™.



Alternatively, please note your table number and place your order at the bar.

GLUTEN FREE • NO DAIRY • VEGETARIAN • VEGAN

GLUTEN FREE BREAKFAST

Gluten-free breakfast 445 Cal
Eggs, bacon, beans, tomato, mushroom.

Berry breakfast bowl 372 Cal
Crunchy granola, pumpkin seeds, Greek-style yoghurt with honey, açai & blueberry compote, strawberry, blueberries, chia seeds.

Granola breakfast bowl 424 Cal
Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, fresh fruit.

Fresh fruit bowl 98 Cal
Pineapple, kiwi, melon, orange, grapes, watermelon, mango, blueberries.

MOMA Porridge 256 Cal
100% natural, low fat, gluten free
Banana (add 190 Cal), honey (add 64 Cal), raisins, goji berries, hazelnuts, pistachios (add 113 Cal), OR Blueberries (add 18 Cal), brown sugar (add 10 Cal).



MOMA Porridge

© If ordered without toasted sour dough, eggs Benedict, asparagus Benedict and eggs royale are gluten free.

Eggs Benedict 663 Cal
Two poached eggs, on toasted sour dough, with Wiltshire cured ham, Dorset cream Hollandaise sauce.

Asparagus Benedict 751 Cal
Two poached eggs, on toasted sour dough, with char-grilled asparagus, Dorset cream Hollandaise sauce.

Eggs royale 672 Cal
Two poached eggs, on toasted sour dough, with smoked salmon, Dorset cream Hollandaise sauce.

MAIN MEALS

Nachos 1539 Cal
Guacamole, melted Cheddar cheese, fresh salsa, sour cream.

Lamb shank 1549 Cal
Slow-roast lamb shank, in a redcurrant & rosemary sauce, with roasted Chantenay carrots, British parsnips, mash.

CAKE

Carrot cake 388 Cal
Contains nuts (pistachio, walnut).

NO DAIRY BREAKFAST

Fresh fruit bowl 98 Cal
Pineapple, kiwi, melon, orange, grapes, watermelon, mango, blueberries.

MAIN MEALS

Superfood pasta 522 Cal
Giant fusilli spirals, nut-free rocket & kale pesto, peppers, cherry tomatoes, butternut squash, soya beans, broccoli, sugar snap peas, red onion, sun-dried tomatoes.

Rainbow salad 319 Cal
Giant couscous, black lentils, bulgar wheat, freekeh, butternut squash, red peppers, kale, linseeds, salad leaves, sweet chilli ginger & soy dressing.

Honey-&-mustard-glazed Wiltshire cured ham, piccalilli, eggs and chips 1012 Cal

Mangalorean roasted cauliflower & spinach curry 838 Cal
A south Indian tangy creamed coconut sauce, roasted cauliflower, potato, spinach, red peppers - finished with fenugreek leaves, naan bread, pilau rice.

SIDE

Bowl of chips 955 Cal

VEGAN BREAKFAST

Fresh fruit bowl 98 Cal
Pineapple, kiwi, melon, orange, grapes, watermelon, mango, blueberries.

MAIN MEALS

Superfood pasta 522 Cal
Giant fusilli spirals, nut-free rocket & kale pesto, peppers, cherry tomatoes, butternut squash, soya beans, broccoli, sugar snap peas, red onion, sun-dried tomatoes.

Rainbow salad 319 Cal
Giant couscous, black lentils, bulgar wheat, freekeh, butternut squash, red peppers, kale, linseeds, salad leaves, sweet chilli ginger & soy dressing.

Mangalorean roasted cauliflower & spinach curry 838 Cal
A south Indian tangy creamed coconut sauce, roasted cauliflower, potato, spinach, red peppers - finished with fenugreek leaves, naan bread, pilau rice.

VEGETARIAN BREAKFAST

Vegetarian 824 Cal
Two Quorn sausages, two eggs, baked beans, two potato rostitis, mushroom, tomato.

Vegetarian children's breakfast 453 Cal
Suitable for children - and adults with a smaller appetite.
Lincolnshire sausage, bacon, egg, baked beans, potato rosti.

Berry breakfast bowl 372 Cal
Crunchy granola, pumpkin seeds, Greek-style yoghurt with honey, açai & blueberry compote, strawberry, blueberries, chia seeds.

Granola breakfast bowl 424 Cal
Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, fresh fruit.

Fresh fruit bowl 98 Cal
Pineapple, kiwi, melon, orange, grapes, watermelon, mango, blueberries.

MOMA Porridge 256 Cal
100% natural, low fat, gluten free
Banana (add 190 Cal), honey (add 64 Cal), raisins, goji berries, hazelnuts, pistachios (add 113 Cal), OR Blueberries (add 18 Cal), brown sugar (add 10 Cal).

Croissant and *Jaynes* preserve 509 Cal

Toast and *Jaynes* preserve 405 Cal

Asparagus Benedict 751 Cal
Two poached eggs, on toasted sour dough, with char-grilled asparagus, Dorset cream Hollandaise sauce.

MAIN MEALS

Superfood pasta 522 Cal
Giant fusilli spirals, nut-free rocket & kale pesto, peppers, cherry tomatoes, butternut squash, soya beans, broccoli, sugar snap peas, red onion, sun-dried tomatoes.

Rainbow salad 319 Cal
Giant couscous, black lentils, bulgar wheat, freekeh, butternut squash, red peppers, kale, linseeds, salad leaves, sweet chilli ginger & soy dressing.

Feta & beetroot salad 324 Cal
Crumbled feta cheese, beetroot, roasted butternut squash, green lentils, bulgar wheat, red quinoa, salad leaves, balsamic glaze.

Top any of the above with...

Feta cheese 166 Cal

Mozzarella 150 Cal

Nachos 1539 Cal
Guacamole, melted Cheddar cheese, fresh salsa, sour cream.

Mozzarella, tomato & nut-free basil pesto panini 618 Cal
Served with chips (add 597 Cal).

Vegetable burger 530 Cal
Butternut squash, peppers, peas, aubergine, potato, chickpeas. Served with chips (add 597 Cal).

Mangalorean roasted cauliflower & spinach curry 838 Cal
A south Indian tangy creamed coconut sauce, roasted cauliflower, potato, spinach, red peppers - finished with fenugreek leaves, naan bread, pilau rice.

SIDES

Garlic bread 410 Cal

Rainbow side salad 201 Cal

Bowl of chips 955 Cal



Feta & beetroot salad

VEGETARIAN DESSERTS

Warm cookie dough sandwich with ice cream 1154 Cal
Salted caramel filling.

Warm chocolate fudge cake with ice cream 977 Cal

CAKE

Carrot cake 388 Cal
Contains nuts (pistachio, walnut).

Cream tea 634 Cal (for one)
Scone, Cornish clotted cream, *Jaynes* strawberry jam and a coffee or tea.



Warm cookie dough sandwich with ice cream;
Warm chocolate fudge cake with ice cream

ALLERGEN AND DIETARY MENU

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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 allergen and dietary menu.

HOW TO ORDER YOUR FOOD

GBR Find a vacant table and note its number. Place your order at the bar and pay. Your order will be brought to your table. Please purchase drinks at the bar.

DEU Setzen Sie sich bitte an einen freien Tisch, und merken Sie sich die Tischnummer. Bestellen und zahlen Sie bitte an der Bar. Ihre Bestellung wird Ihnen am Tisch serviert. Kaufen Sie Ihre Getränke bitte an der Bar.

ESP Sirvase encontrar una mesa desocupada y tome nota de su número de mesa. Haga su pedido en el bar y pague. Su pedido será llevado a su mesa. Por favor, sirvase comprar sus bebidas en la barra.

ITA Occupate un tavolo libero ed annotatene il numero. Consegnate la vostra ordinazione al bar e pagate. L'ordinazione vi sarà portata al tavolo. Le bibite possono essere acquistate solo al bar.

FRA Veuillez trouver une table libre et noter son numéro. Puis, passez votre commande et réglez la au bar. Votre commande sera servie à votre table. Veuillez acheter vos boissons au bar.

PRT Encontre uma mesa vaga e anote o seu número. Faça o seu pedido e pague por ele no bar. O seu pedido será trazido à sua mesa. Por favor compre as bebidas no bar.

POL Znajdź wolny stół i zapamiętaj numer. Złóż zamówienie i zapłać przy barze. Zamówienie będzie dostarczone do stołka. Proszę pamiętać, aby zabrać napoje z baru.

CHN 找到一个空餐桌，并记下号码。在吧台上点菜并付费。

你点的东西会被送到你的桌子上。请在吧台购买饮料。

JPN 空席を空けて、テーブル番号をご確認ください。カウンターでご注文してお支払いください。ご注文の品はお席に運ばれます。お飲み物はカウンターでお支払いください。

RUS Найдите свободный столик и запомните его номер. Разместите свое заказ у барной стойки и оплатите его. Ваш заказ принесут к столу. Напитки покупаются у барной стойки.

We have risk-assessed our kitchens' allergens; because of the nature of our food operation, we cannot fully guarantee that any food will be completely free from these allergens. All weights are approximate uncooked. Specifications may change periodically and Calories stated (which exclude drinks options) are subject to change. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. JD Wetherspoon PLC reserves the right to withdraw/change offers (without notice), at any time. Please see our website for full details: www.jdwetherspoon.com

© Gluten free. ♻️ Vegetarian dish. 🌱 Vegan dish. 🌿 5% fat or less applicable only when served with the accompaniments listed. 🥛 Dairy-free ingredients used in this dish. 🌶️🌶️🌶️ = Extremely hot. 🌶️🌶️ = Very hot. 🌶️ = Medium hot. 🌶️ = Mild. 🌶️ = Low heat.