

GLUTEN-FREE AND NON-GLUTEN-CONTAINING INGREDIENTS MENU

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 gluten-free and non-gluten-containing ingredients menu.

BREAKFAST

UNDER 500 **Gluten-free breakfast** © 439 kcal

Two eggs, bacon, baked beans, mushroom, tomato.

LIGHTER OPTIONS

UNDER 500 **MOMA Porridge** © 307 kcal

Fresh blueberries and brown sugar 307 kcal
or banana and honey 456 kcal.

UNDER 500 **Berry breakfast bowl** © 375 kcal

Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, açai & blueberry compote, strawberry, blueberries, chia seeds.

UNDER 500 **Fresh fruit bowl** © 210 kcal

A selection of fresh fruit.



Fresh fruit bowl; MOMA Porridge; Berry breakfast bowl

SMALL PLATE

Nachos © 1152 kcal

Cheese, guacamole, fresh salsa, sour cream, sliced chillies.

SIDE

Side salad © 72 kcal

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SALADS & RISOTTOS

Chicken Caesar salad 677 kcal

Chicken breast, bacon, boiled free-range egg, Cos lettuce, anchovy fillets, Parmesan, Caesar dressing.

Please order this without ciabatta croûtons which contain gluten.

UNDER 500 **Quinoa salad** © 498 kcal

Quinoa, rice, black turtle beans, pink cabbage, grilled yellow pepper, Roquito® pepper, pumpkin seeds, kale, avocado, dressing.

Add: Pulled chicken breast © (192 kcal)

UNDER 500 **Seafood risotto** © 451 kcal

Mussels, king prawns, squid rings and crab meat, in a slow-roasted tomato, white wine & lobster sauce.

UNDER 500 **Creamy mushroom risotto** © 470 kcal

Roasted chestnut, oyster, shiitake, porcini mushrooms, with a dash of Prosecco, rocket.

Add: Pulled chicken breast © (192 kcal)

CURRIES

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.

Please order this without naan bread which contains gluten.

Chicken & paneer makhani 1231 kcal

Tandoori-spiced marinated British chicken breast, with paneer, in a rich, spiced, creamy tomato sauce, finished with butter and coriander, naan bread, basmati pilau rice.

Please order this without naan bread which contains gluten.

PUB CLASSICS

Ham and eggs 866 kcal

Please order this with a jacket potato, instead of chips which contain gluten.

Lamb moussaka © 924 kcal

Pulled and diced lamb, sliced potato, aubergine, topped with a feta Béchamel sauce, with side salad, dressing.

