

LIGHTER-CHOICE 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 lighter-choice menu.

UNDER 500
UNDER 500 CALORIES
LOOK FOR THE LOGO

UNDER 500 KCAL

BREAKFAST

Small breakfast 461 kcal
Egg, bacon, sausage, baked beans, hash brown.

Small vegetarian breakfast 377 kcal
Egg, Quorn vegan sausage, baked beans, hash brown, tomato.

Gluten-free breakfast 439 kcal
Two eggs, bacon, baked beans, mushroom, tomato.

BENEDICT

Mushroom Benedict 489 kcal
Two poached eggs, on an English muffin, with mushrooms, Hollandaise sauce, rocket.

MORNING ROLL

Quorn vegan sausage 436 kcal

LIGHTER OPTIONS

Smashed avocado English muffin 348 kcal
Smashed avocado and fresh salsa, on an English muffin, rocket.

Beans on toast 489 kcal
With Country Life spreadable.

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

Berry breakfast bowl 375 kcal
Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, açai & blueberry compote, strawberry, blueberries, chia seeds.

Fresh fruit bowl 210 kcal
A selection of fresh fruit.

Two slices of toast and *Lipton's* preserve 459 kcal

Freshly baked pastries
Pain au chocolat 352 kcal
Pain aux raisins 384 kcal

SALADS & RISOTTOS

Quinoa salad 498 kcal
Quinoa, rice, black turtle beans, pink cabbage, grilled yellow pepper, Roquito® pepper, pumpkin seeds, kale, avocado, dressing.

Seafood risotto 451 kcal
Mussels, king prawns, squid rings and crab meat, in a slow-roasted tomato, white wine & lobster sauce.

Creamy mushroom risotto 470 kcal
Roasted chestnut, oyster, shiitake, porcini mushrooms, with a dash of Prosecco, rocket.

BRUNCH

Mushroom Benedict 489 kcal
Two poached eggs, on an English muffin, with mushrooms, Hollandaise sauce, rocket.

5% FAT OR LESS

BREAKFAST

American-style pancakes

Four pancakes, maple-flavour syrup, maple-cured bacon. 634 kcal

Four pancakes, maple-flavour syrup, banana. 695 kcal

Four pancakes, maple-flavour syrup, strawberries, blueberries. 580 kcal

LIGHTER OPTIONS

Beans on toast 489 kcal
With Country Life spreadable.

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

Fresh fruit bowl 210 kcal
A selection of fresh fruit.



MOMA Porridge; Fresh fruit bowl

RISOTTOS

Seafood risotto 451 kcal
Mussels, king prawns, squid rings and crab meat, in a slow-roasted tomato, white wine & lobster sauce.

Creamy mushroom risotto 470 kcal
Roasted chestnut, oyster, shiitake, porcini mushrooms, with a dash of Prosecco, rocket.

Add: Pulled chicken breast 192 kcal

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 main menu for symbol explanations and additional details of our terms and conditions.