

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal) 34p	4.23
Small bowl of chips	602 kcal	2.48
Five chicken wings	407 kcal	3.34
NEW Five chicken breast bites	161 kcal	2.99
Eight Whitby breaded scampi	464 kcal	4.99
Grilled halloumi-style cheese	447 kcal	1.97
Mediterranean side salad	198 kcal	3.22
Sliced chillies	3 kcal	88p
Peas	133 kcal 94p	Mushy peas 248 kcal 94p
Side salad	91 kcal 2.29	Coleslaw 399 kcal 1.40
Chicken gravy	50 kcal 94p	Roasted vegetables 135 kcal 1.53
Onion rings	Six 269 kcal 2.33	Twelve 538 kcal 3.50
Garlic pizza bread	8" 386 kcal 4.40	11" 772 kcal 5.57
With cheese	8" 473 kcal 4.98	11" 922 kcal 6.44

Desserts

NEW Chocolate & salted caramel torte	5.33
Chocolate biscuit base, chocolate & salted caramel filling	
Vanilla ice cream	746 kcal or coconut ice cream 701 kcal
NEW Salted caramel sticky toffee pudding	4.99
Vanilla ice cream	877 kcal or custard 741 kcal
Millionaire's shortbread	409 kcal 2.17
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal 1.82
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal 1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal 2.98
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal 2.98
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal 3.54
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal 4.56
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal. Vanilla ice cream 5.33
Warm chocolate brownie	736 kcal 5.33
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal 5.33
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	5.62
Vanilla ice cream	673 kcal, coconut ice cream 628 kcal or custard 537 kcal
American-style pancakes	689 kcal 4.99
Four pancakes, maple-flavour syrup, vanilla ice cream	
Add: Custard 134 kcal 1.23; Vanilla ice cream scoop 135 kcal 94p	
Belgian chocolate sauce 61 kcal 42p; Toffee sauce 66 kcal 42p	
Banana 110 kcal 62p; Strawberries 27 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.

DIETARY SYMBOLS

🔥 = Very mild 🔥🔥 = Mild 🔥🔥🔥 = Medium hot 🔥🔥🔥🔥 = Very hot
 🔥🔥🔥🔥 = Extremely hot
 🌱 Vegetarian 🌿 Vegan 5% 5% fat or less 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.⁸

BREAKFAST

Served
8am - 12 noon

Large breakfast	1343 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	4.99
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	4.45
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal) 75p		
Freedom breakfast	586 kcal	4.45
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	6.59
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	4.99
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	4.45
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	4.61
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	252 kcal (plain)	2.09
Add: Banana 110 kcal 62p; Maple-flavour syrup 125 kcal 34p		
Strawberries 27 kcal 62p; Blueberries 17 kcal 62p		
Honey 91 kcal 34p; Sliced apple 46 kcal 62p		
NEW Shakshuka	547 kcal	5.14
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta		
Add: Grilled halloumi-style cheese 447 kcal 1.97		
Maple-cured bacon 91 kcal 1.52		
NEW Fiesta brunch	659 kcal	3.88
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
NEW Hash brown basket	410 kcal	1.99
American-style pancakes		
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup.	645 kcal	4.99
Four pancakes, maple-flavour syrup.	554 kcal	4.30
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup.	322 kcal	3.54
Two pancakes, maple-flavour syrup.	277 kcal	3.25
Scrambled egg on toast	570 kcal	3.77
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal. Buttered white bloomer toast	3.66
Vegan option available with vegan spread	460 kcal	
Small beans on toast	252 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	2.47
White bloomer bread		
Fresh fruit	200 kcal	3.66
Apple, banana, blueberries, strawberries		
NEW Fresh fruit and yoghurt	334 kcal	4.45
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

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. Prices (in pounds sterling, including VAT) may vary per pub. 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. See our website for full details: 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 our website, app and on the telephone. *Statement of daily Calorie needs from the Department of Health & Social Care. **Excluding decaffeinated. *Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, 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).

Breakfast extras

Add any of the following:			
Black pudding	178 kcal	75p	Hash brown 82 kcal 46p
Lincolnshire sausage	168 kcal	1.05	Vegan sausage 82 kcal 1.05
Slice of toast	225 kcal	1.13	Baked beans 126 kcal 93p
Fried egg	56 kcal	93p	Poached egg 63 kcal 93p
Two scrambled eggs	136 kcal		1.63
Two rashers of back bacon	131 kcal		1.57
Four rashers of maple-cured bacon	91 kcal		1.52
Two mushrooms	100 kcal		93p
Two grilled tomato halves	16 kcal		52p
Grilled halloumi-style cheese	447 kcal		1.97

Breakfast butties and wraps

Bacon butty	574 kcal	3.88
Three rashers of bacon, buttered white bloomer bread		
Sausage butty	714 kcal	3.88
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	3.88
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread	435 kcal	
Breakfast wrap	724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*	
Egg & cheese muffin	249 kcal 3.31
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin	314 kcal 3.77
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin	417 kcal 3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin	330 kcal 3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin	482 kcal 4.01
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin	271 kcal 4.01
Guacamole, pico de gallo, on an English muffin, rocket	
Add: Maple-cured bacon 91 kcal 1.52; Poached egg 63 kcal 93p	
Grilled halloumi-style cheese 447 kcal 1.97	
Add: Hash brown 82 kcal 46p	

Tea, coffee and hot chocolate

FREE REFILLS TEA, COFFEE AND HOT CHOCOLATE — ALL DAY EVERY DAY —	Flat white 92 kcal
LAVAZZA	Cappuccino 102 kcal
100% ARABICA BEANS	Latte 113 kcal
100% ARABICA BEANS	Mocha 147 kcal
100% ARABICA BEANS	Espresso 6 kcal
100% ARABICA BEANS	Black coffee 6 kcal
100% ARABICA BEANS	White coffee 24 kcal
100% ARABICA BEANS	Hot chocolate 169 kcal
100% ARABICA BEANS	Tea with semi-skimmed milk 14 kcal
100% ARABICA BEANS	Dairy alternative: oat sachet 4 kcal
100% ARABICA BEANS	Decaffeinated tea and coffee available.
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

for the facts
drinkaware.co.uk
jdwetherspoon.com
LSTD

FOOD

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



This is named after one of Chadwell Heath's best-known residents and one of the longest-living survivors of the Titanic disaster. The ill-fated ship sank in April 1912, but Eva Hart lived to tell the tale. She died in 1996, aged 91. The pub was once the town's police station, the original of which was built in 1850, on the site of the old stocks. It was replaced, in 1891-92, by the current building.

Table service
Download the Wetherspoon app or scan this QR code.
Or note your table number and order at the bar.
Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale

FOOD HYGIENE RATING
1 2 3 4 5
5

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

CERTIFIED SUSTAINABLE SEAFOOD MSC
www.msc.org

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

100% UK AND IRISH BEEF
From farms in the UK and Ireland, prime beef steaks, matured for 28 days. Traceable from farm to fork.

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.

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.⁸

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

Breakfast
8am - 12 noon
Traditional breakfast
£4.99

Tea, coffee and hot chocolate
Free refills
£1.56 each

Deli Deals
INCLUDES A DRINK
Featuring **NEW** small southern-fried chicken wrap just-a-wrap, without a drink
£3.08
soft drink* £4.11 | alcoholic drink* £5.64

Burger meals
INCLUDES A DRINK
Featuring 3oz American burger
soft drink* £5.44 | alcoholic drink* £6.97

Afternoon deals
INCLUDES A DRINK
Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips
soft drink* £6.09 | alcoholic drink* £7.62

Steak Club
INCLUDES A DRINK
Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin
soft drink* £9.67 | alcoholic drink* £11.20

Curry Club
INCLUDES A DRINK
Thursday 11.30am - 11pm
Featuring the katsu curry range
soft drink* £7.91 | alcoholic drink* £9.44

INCLUDES A DRINK
Choose from over 150 drinks

LAVAZZA
TORINO, ITALIA, 1895
100% ARABICA BEANS
Coffee
The freshly ground 100% Arabica Lavazza coffee* we serve is from Rainforest Alliance-certified farms.

AWARD-WINNING CHILDREN'S MENU
Best children's meals (first place) Independently run 'secret diner' survey.

Sustainable Restaurant Association
Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

wetherspoon hotels
Over 50 hotels in England, Ireland, Scotland and Wales
Book direct for the best rates
at jdwetherspoon.com, on our app or by phone.

UNLIMITED FREE Wi-Fi

