

## Sides and extras

<b>Bowl of chips</b> 🌿 964 kcal (Add: Spicy seasoning 🌶️ (8 kcal) 34p)	<b>4.23</b>
<b>Small bowl of chips</b> 🌿 602 kcal	<b>2.48</b>
<b>Five chicken wings</b> 🍗🍗🍗 402 kcal	<b>3.34</b>
<b>Eight Whitby breaded scampi</b> 527 kcal	<b>4.99</b>
<b>Grilled halloumi-style cheese</b> 🌿 446 kcal	<b>1.97</b>
<b>Peas</b> 🌿 130 kcal	<b>94p</b>
<b>Mushy peas</b> 🌿 248 kcal	<b>94p</b>
<b>Side salad</b> 🌿 87 kcal	<b>2.29</b>
<b>Mediterranean side salad</b> 🌿 198 kcal	<b>3.22</b>
<b>Roasted vegetables</b> 🌿 135 kcal	<b>1.53</b>
<b>Coleslaw</b> 🌿 399 kcal	<b>1.40</b>
<b>Sliced chillies</b> 🌶️🌶️🌶️🌶️🌶️ 3 kcal	<b>88p</b>
<b>Chicken gravy</b> 50 kcal	<b>94p</b>
<b>Onion rings</b> 🌿	<b>Six 269 kcal 2.33 Twelve 538 kcal 3.50</b>
<b>Garlic pizza bread</b> 🌿	<b>8' 386 kcal 4.40 11' 772 kcal 5.57</b>
<b>With cheese</b> 🌿	<b>8' 461 kcal 4.98 11' 922 kcal 6.44</b>

## Desserts

<b>Vanilla ice cream</b> 🌿 <sup>UNDER 500</sup> 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	<b>1.82</b>
<b>Cookie crunch</b> 🌿 <sup>UNDER 500</sup> 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	<b>1.82</b>
<b>Mini warm chocolate brownie</b> 🌿 <sup>UNDER 500</sup> 435 kcal Belgian chocolate sauce, vanilla ice cream	<b>2.98</b>
<b>Mini warm cookie dough sandwich</b> 🌿 <sup>UNDER 500</sup> 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>2.98</b>
<b>Mini American-style pancakes</b> 🌿 <sup>UNDER 500</sup> 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	<b>3.54</b>
<b>Fresh fruit</b> 🌿 <sup>5% 500</sup> 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	<b>4.56</b>
<b>Warm chocolate fudge cake</b> 🌿 913 kcal. Vanilla ice cream	<b>5.33</b>
<b>Warm chocolate brownie</b> 🌿 736 kcal Belgian chocolate sauce, vanilla ice cream	<b>5.33</b>
<b>Warm cookie dough sandwich</b> 🌿 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>5.33</b>
<b>British Bramley apple crumble</b> 🌿 Vanilla ice cream 830 kcal or custard 694 kcal	<b>5.62</b>
<b>American-style pancakes</b> 🌿 <sup>5% 500</sup> 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	<b>4.99</b>
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<b>Add: Custard</b> 🌿 (134 kcal) <b>1.23</b> ; <b>Vanilla ice cream scoop</b> 🌿 (135 kcal) <b>94p</b> <b>Belgian chocolate sauce</b> 🌿 (61 kcal) <b>42p</b> ; <b>Toffee sauce</b> 🌿 (74 kcal) <b>42p</b> <b>Banana</b> 🌿 (101 kcal) <b>62p</b> ; <b>Strawberries</b> 🌿 (14 kcal) <b>62p</b> ; <b>Blueberries</b> 🌿 (17 kcal) <b>62p</b>	

### 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 <sup>5%</sup> 5% fat or less <sup>UNDER 500</sup> 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.<sup>§</sup>

# 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>6.59</b>	<b>Eggs Benedict</b> 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	<b>5.14</b>
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	<b>4.99</b>	<b>Mushroom Benedict</b> 🌿 629 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	<b>5.14</b>
<b>Small breakfast</b> <sup>500</sup> 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	<b>4.45</b>	<b>Miner's Benedict</b> 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	<b>5.14</b>
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<b>Add: Two slices of black pudding</b> (355 kcal) <b>1.51</b>			
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<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>6.59</b>	<b>American-style pancakes</b> Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. 🌿 <sup>5%</sup> 554 kcal	<b>4.99 4.30</b>
<b>Vegetarian breakfast</b> 🌿 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>4.99</b>	<b>Small American-style pancakes</b> Two pancakes, maple-cured bacon, maple-flavour syrup. <sup>500</sup> 322 kcal Two pancakes, maple-flavour syrup. 🌿 <sup>5%</sup> <sup>500</sup> 277 kcal	<b>3.54 3.25</b>
<b>Small vegetarian breakfast</b> 🌿 <sup>500</sup> 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	<b>4.45</b>	<b>Scrambled egg on toast</b> 🌿 570 kcal Three eggs, buttered white bloomer toast	<b>3.77</b>
<b>Vegan breakfast</b> 🌿 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>4.61</b>	<b>Beans on toast</b> 🌿 <sup>5%</sup> 566 kcal. Buttered white bloomer toast	<b>3.66</b>
<b>Freedom breakfast</b> 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>4.45</b>	<b>Small beans on toast</b> 🌿 <sup>5%</sup> <sup>500</sup> 251 kcal Buttered white bloomer toast	<b>2.62</b>
<b>American breakfast</b> 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	<b>6.85</b>	<b>Two slices of toast with jam or marmalade</b> 🌿 <sup>500</sup> 496 kcal White bloomer bread	<b>2.47</b>
<b>Small American breakfast</b> 629 kcal Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup	<b>4.99</b>	<b>Fresh fruit</b> 🌿 <sup>5%</sup> <sup>500</sup> 177 kcal Apple, banana, blueberries, strawberries	<b>3.66</b>

## Breakfast extras

<b>Add any of the following:</b>			
<b>Two slices of black pudding</b> 355 kcal	<b>1.51</b>	<b>Two rashers of back bacon</b> 99 kcal	<b>1.57</b>
<b>Sausage</b> 168 kcal	<b>1.05</b>	<b>Four rashers of maple-cured bacon</b> 91 kcal	<b>1.52</b>
<b>Quorn™ sausage</b> 🌿 116 kcal	<b>1.05</b>	<b>Two scrambled eggs</b> 🌿 136 kcal	<b>1.63</b>
<b>Grilled halloumi-style cheese</b> 🌿 396 kcal	<b>1.97</b>	<b>Fried egg</b> 🌿 56 kcal	<b>93p</b>
<b>Baked beans</b> 🌿 126 kcal	<b>93p</b>	<b>Poached egg</b> 🌿 63 kcal	<b>93p</b>
<b>Hash brown</b> 🌿 82 kcal		<b>Two mushrooms</b> 🌿 91 kcal	<b>93p</b>
<b>Two mushrooms</b> 🌿 91 kcal		<b>Two grilled tomato halves</b> 🌿 16 kcal	<b>52p</b>
<b>Two scrambled eggs</b> 🌿 136 kcal		<b>Slice of toast</b> 🌿 191 kcal	<b>1.13</b>

## Breakfast butties and wraps

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	<b>3.88</b>	<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	<b>4.36</b>
<b>Sausage butty</b> 713 kcal. Two sausages, buttered white bloomer bread	<b>3.88</b>	<b>Vegetarian breakfast wrap</b> 🌿 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	<b>4.36</b>
<b>Quorn™ sausage butty</b> 🌿 609 kcal Two Quorn sausages, buttered white bloomer bread	<b>3.88</b>		

## Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills 📄

<b>Egg &amp; cheese muffin</b> 🌿 <sup>UNDER 500</sup> 249 kcal Fried egg, American-style cheese, in an English muffin	<b>3.31</b>
<b>Egg &amp; bacon muffin</b> <sup>500</sup> 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	<b>3.77</b>
<b>Egg &amp; sausage muffin</b> <sup>500</sup> 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	<b>3.77</b>
<b>Egg &amp; Quorn™ sausage muffin</b> 🌿 <sup>500</sup> 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	<b>3.77</b>
<b>Breakfast muffin</b> <sup>500</sup> 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	<b>4.01</b>
<b>Smashed avocado muffin</b> 🌿 <sup>5%</sup> <sup>500</sup> 244 kcal Guacamole, pico di gallo, on an English muffin, rocket Add: <b>Maple-cured bacon</b> (91 kcal) <b>1.52</b> ; <b>Poached egg</b> 🌿 (63 kcal) <b>93p</b> <b>Grilled halloumi-style cheese</b> 🌿 (396 kcal) <b>1.97</b>	<b>4.01</b>
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<b>Add: Hash brown</b> 🌿 (82 kcal) <b>46p</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. \*Excluding decaffeinated. \*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**

**£1.56** each

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**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**

<b>Flat white</b> 🌿 92 kcal
<b>Cappuccino</b> 🌿 102 kcal
<b>Latte</b> 🌿 113 kcal
<b>Mocha</b> 🌿 147 kcal
<b>Espresso</b> 🌿 6 kcal
<b>Black coffee</b> 🌿 6 kcal
<b>White coffee</b> 🌿 24 kcal (Oat milk available 🌿 4 kcal)
<b>Hot chocolate</b> 🌿 169 kcal
<b>Tea</b> with semi-skimmed milk 🌿 14 kcal (Oat milk available 🌿 4 kcal) Decaffeinated tea and coffee available.

# FOOD

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

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



Carmarthen's old oak (yr hen dderwen) stood at the junction of Priory Street and Old Oak Lane for over 300 years. This famous landmark is said to have sprung from an acorn planted in 1659 by a master at the grammar school. Fragments of the oak tree can be seen in St Peter's Civic Hall and the County Museum. Its name lives on in this public house which was purpose built in 1957 for Boots the Chemist.

**FOOD HYGIENE RATING**

👍👍👍👍👍  
**5**  
VERY GOOD

**Food hygiene rating**

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

**CERTIFIED SUSTAINABLE SEAFOOD MSC**  
[www.msc.org](http://www.msc.org)

**100% UK AND IRISH BEEF**

**100% UK and Irish beef**

Sourced from farms in the UK and Ireland. Traceable from farm to fork.

**RSPCA ASSURED**  
CERTIFICATION MARK

**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.

**LAVAZZA**  
TORINO, ITALIA, 1895



**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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The spoken menu app for the visually impaired

UNLIMITED  
**FREE Wi-Fi**

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

STD

MENU\_1721



