

## Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 8 kcal) 34p	4.31
Small bowl of chips	602 kcal	2.57
Five chicken wings	402 kcal	3.34
Eight Whitby breaded scampi	527 kcal	4.99
Grilled halloumi-style cheese	446 kcal	1.97
Peas	130 kcal	94p
Mushy peas	248 kcal	94p
Side salad	87 kcal	2.29
Mediterranean side salad	198 kcal	3.22
Roasted vegetables	135 kcal	1.53
Coleslaw	399 kcal	1.40
Sliced chillies	3 kcal	88p
Chicken gravy	50 kcal	94p
Onion rings	Six 269 kcal	2.33
Garlic pizza bread	8' 386 kcal	4.40
With cheese	8' 461 kcal	4.98
	Twelve 538 kcal	3.50
	11' 772 kcal	5.57
	11' 922 kcal	6.44

## Desserts

<b>NEW</b> Millionaire's shortbread	528 kcal	2.40
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce		
Vanilla ice cream	338 kcal	2.05
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	365 kcal	2.05
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Cheesecake	437 kcal	5.57
Rasperry & white chocolate cheesecake, strawberries, blueberries		
Mini warm chocolate brownie	435 kcal	3.22
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	435 kcal	3.22
Salted caramel filling, toffee sauce, vanilla ice cream		
Mini American-style pancakes	412 kcal	3.77
Two pancakes, maple-flavour syrup, vanilla ice cream		
Fresh fruit	447 kcal	4.80
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	913 kcal	5.57
Vanilla ice cream		
Warm chocolate brownie	736 kcal	5.57
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	735 kcal	5.57
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble		5.84
Vanilla ice cream 830 kcal or custard 694 kcal		
American-style pancakes	689 kcal	5.22
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 (74 kcal) 42p		
Banana (101 kcal) 62p; Strawberries (14 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.

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

# BREAKFAST

Served  
8am - 12 noon

<b>Large breakfast</b> 1286 kcal	7.09	<b>Eggs Benedict</b> 725 kcal	5.57
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast			
<b>Traditional breakfast</b> 742 kcal	5.41	<b>Mushroom Benedict</b> 629 kcal	5.57
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast			
<b>Small breakfast</b> 419 kcal	4.84	<b>Miner's Benedict</b> 939 kcal	5.57
Fried egg, bacon, sausage, baked beans, hash brown			
Add: Two slices of black pudding (355 kcal) 1.51			
<b>Large vegetarian breakfast</b> 1080 kcal	7.09	<b>American-style pancakes</b>	5.22
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast			
<b>Vegetarian breakfast</b> 732 kcal	5.41	Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast			
<b>Small vegetarian breakfast</b> 271 kcal	4.84	Four pancakes, maple-flavour syrup. 554 kcal	
Fried egg, vegan sausage, baked beans, hash brown, tomato			
<b>Vegan breakfast</b> 702 kcal	5.01	<b>Small American-style pancakes</b>	3.77
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread			
<b>Freedom breakfast</b> 545 kcal	4.84	Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal	
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato			
<b>American breakfast</b> 1258 kcal	7.09	Two pancakes, maple-flavour syrup. 277 kcal	
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup			
<b>Small American breakfast</b> 629 kcal	5.22	<b>Scrambled egg on toast</b> 570 kcal	4.01
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup			
Three eggs, buttered white bloomer toast			
<b>Beans on toast</b> 566 kcal	3.88	<b>Beans on toast</b> 566 kcal	3.88
Buttered white bloomer toast			
<b>Small beans on toast</b> 251 kcal	2.84	<b>Two slices of toast with jam or marmalade</b> 496 kcal	2.69
Buttered white bloomer toast			
<b>Two slices of toast with jam or marmalade</b> 496 kcal	2.69	<b>Fresh fruit</b> 177 kcal	3.88
White bloomer bread			
<b>Fresh fruit</b> 177 kcal	3.88	<b>Porridge</b> 252 kcal (plain)	2.09
<b>Porridge</b> 252 kcal (plain)	2.09	Add: Banana (101 kcal) 62p; Maple-flavour syrup (125 kcal) 34p	
Strawberries (14 kcal) 62p; Blueberries (17 kcal) 62p;			
Honey (91 kcal) 34p			

## Breakfast extras

Add any of the following:			
Two slices of black pudding 355 kcal	1.51	Two rashers of back bacon 99 kcal	1.57
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52
Vegan sausage 74 kcal	1.05	Two scrambled eggs 136 kcal	1.63
Grilled halloumi-style cheese 396 kcal	1.97	Fried egg 56 kcal	93p
Baked beans 126 kcal	93p	Poached egg 63 kcal	93p
Hash brown 82 kcal	46p	Two mushrooms 91 kcal	93p
Two mushrooms 91 kcal	93p	Two grilled tomato halves 16 kcal	52p
Two grilled tomato halves 16 kcal	52p	Slice of toast 191 kcal	1.13
Slice of toast 191 kcal	1.13		

## Breakfast butties and wraps

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.13	<b>Breakfast wrap</b> 739 kcal	4.59
Fried egg, bacon, sausage, hash brown, Cheddar cheese			
<b>Sausage butty</b> 713 kcal. Two sausages, buttered white bloomer bread	4.13	<b>Vegetarian breakfast wrap</b> 751 kcal	4.59
Fried egg, two vegan sausages, two hash browns, Cheddar cheese			
<b>Vegetarian sausage butty</b> 525 kcal	4.13		
Two vegan sausages, buttered white bloomer bread			
Vegan option available with vegan spread 503 kcal			

## Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills<sup>†</sup>

<b>Egg &amp; cheese muffin</b> 249 kcal	3.54
Fried egg, American-style cheese, in an English muffin	
<b>Egg &amp; bacon muffin</b> 298 kcal	4.01
Fried egg, bacon, American-style cheese, in an English muffin	
<b>Egg &amp; sausage muffin</b> 417 kcal	4.01
Fried egg, sausage, American-style cheese, in an English muffin	
<b>Egg &amp; vegetarian sausage muffin</b> 322 kcal	4.01
Fried egg, vegan sausage, American-style cheese, in an English muffin	
<b>Breakfast muffin</b> 466 kcal	4.23
Fried egg, sausage, bacon, American-style cheese, in an English muffin	
<b>Smashed avocado muffin</b> 244 kcal	4.23
Guacamole, pico di gallo, on an English muffin, rocket	
Add: Maple-cured bacon (91 kcal) 1.52; Poached egg (63 kcal) 93p	
Grilled halloumi-style cheese (396 kcal) 1.97	
Add: Hash brown (82 kcal) 46p	

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)  
<sup>†</sup>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. <sup>‡</sup>Statement of daily calorie needs from the Department of Health & Social Care. <sup>§</sup>Excluding decaffeinated. <sup>¶</sup>Drinks exclude bottled wine, sparkling wine, Prosecco, cocktails, spirits, 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<sup>†</sup>

TEA, COFFEE AND HOT CHOCOLATE  
— ALL DAY EVERY DAY —




## £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

Flat white 92 kcal	92p
Cappuccino 102 kcal	102p
Latte 113 kcal	113p
Mocha 147 kcal	147p
Espresso 6 kcal	6p
Black coffee 6 kcal	6p
White coffee 24 kcal	24p
(Oat milk available) 4 kcal	4p
Hot chocolate 169 kcal	169p
Tea 14 kcal	14p
(Oat milk available) 4 kcal	4p
Decaffeinated tea and coffee available.	

for the facts  
[drinkaware.co.uk](http://drinkaware.co.uk)

[jdwetherspoon.com](http://jdwetherspoon.com)

# FOOD

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

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

## The Moon Under Water

Watford



### Food hygiene rating

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



### 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.

**Breakfast**  
8am - 12 noon

Traditional breakfast  
**£5.41**

**Tea, coffee and hot chocolate**  
Free refills<sup>†</sup>

**£1.56**  
each

## Burger meals

INCLUDES A DRINK\*

Featuring 3oz American burger soft drink\* | alcoholic drink\*  
**£5.70** | **£7.23**

## Afternoon deals

INCLUDES A DRINK\*

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips soft drink\* | alcoholic drink\*  
**£6.33** | **£7.86**

## Steak Club<sup>®</sup>

INCLUDES A DRINK\*

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin soft drink\* | alcoholic drink\*  
**£9.90** | **£11.43**

## Curry Club<sup>®</sup>

INCLUDES A DRINK\*

Thursday 11.30am - 11pm

Featuring the katsu curry range soft drink\* | alcoholic drink\*  
**£8.14** | **£9.67**

How to order  
from your table



Download the Wetherspoon app or scan this QR code.



Or note your table number and order at the bar.



### Coffee

The freshly ground 100% Arabica Lavazza coffee<sup>†</sup> 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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HOTELS  
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**goodfoodtalks**  
opening menus for everybody  
The spoken menu app for the visually impaired

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.<sup>§</sup>

UNLIMITED  
**FREE Wi-Fi**



