

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning (8 kcal) 34p)	4.50
Small bowl of chips	602 kcal	2.65
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 Twelve 538 kcal 3.50	
Garlic pizza bread	8' 386 kcal 4.40 11' 772 kcal 5.57	
With cheese	8' 461 kcal 4.98 11' 922 kcal 6.44	

Desserts

Vanilla ice cream	338 kcal	2.11
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	365 kcal	2.11
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie	435 kcal	3.28
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	435 kcal	3.28
Salted caramel filling, toffee sauce, vanilla ice cream		
Mini American-style pancakes	412 kcal	4.70
Two pancakes, maple-flavour syrup, vanilla ice cream		
Fresh fruit	447 kcal	5.16
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	913 kcal. Vanilla ice cream	5.91
Warm chocolate brownie	736 kcal	5.91
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	735 kcal	5.91
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble		6.22
Vanilla ice cream 830 kcal or custard 694 kcal		
American-style pancakes	689 kcal	6.16
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		

BREAKFAST

Served
8am - 12 noon

Large breakfast	1286 kcal	8.01
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	742 kcal	6.31
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast		
Small breakfast	419 kcal	5.41
Fried egg, bacon, sausage, baked beans, hash brown		
Add: Two slices of black pudding (355 kcal) 1.51		
Large vegetarian breakfast	1206 kcal	8.01
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	816 kcal	6.31
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	313 kcal	5.41
Fried egg, Quorn sausage, baked beans, hash brown, tomato		
Vegan breakfast	786 kcal	5.91
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
Freedom breakfast	545 kcal	5.41
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
American breakfast	1258 kcal	8.01
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	6.16
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup		
Eggs Benedict	725 kcal	6.50
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	629 kcal	6.50
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	6.50
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
American-style pancakes		
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal		6.16
Four pancakes, maple-flavour syrup. 554 kcal		5.45
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup. 322 kcal		4.70
Two pancakes, maple-flavour syrup. 277 kcal		4.42
Scrambled egg on toast	570 kcal	4.93
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal. Buttered white bloomer toast	3.77
Small beans on toast	251 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	496 kcal	2.58
White bloomer bread		
Fresh fruit	177 kcal	3.77
Apple, banana, blueberries, strawberries		
Porridge	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
Quorn™ sausage	116 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

Bacon butty	525 kcal. Three rashers of bacon, buttered white bloomer bread	4.36
Sausage butty	713 kcal. Two sausages, buttered white bloomer bread	4.36
Quorn™ sausage butty	609 kcal	4.36
Two Quorn sausages, buttered white bloomer bread		
Breakfast wrap	739 kcal	5.52
Fried egg, bacon, sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	835 kcal	5.52
Fried egg, two Quorn sausages, two hash browns, Cheddar cheese		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills

Egg & cheese muffin	249 kcal	4.47
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	298 kcal	4.93
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	417 kcal	4.93
Fried egg, sausage, American-style cheese, in an English muffin		
Egg & Quorn™ sausage muffin	364 kcal	4.93
Fried egg, Quorn sausage, American-style cheese, in an English muffin		
Breakfast muffin	466 kcal	5.16
Fried egg, sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	244 kcal	5.16
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
*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. **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

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

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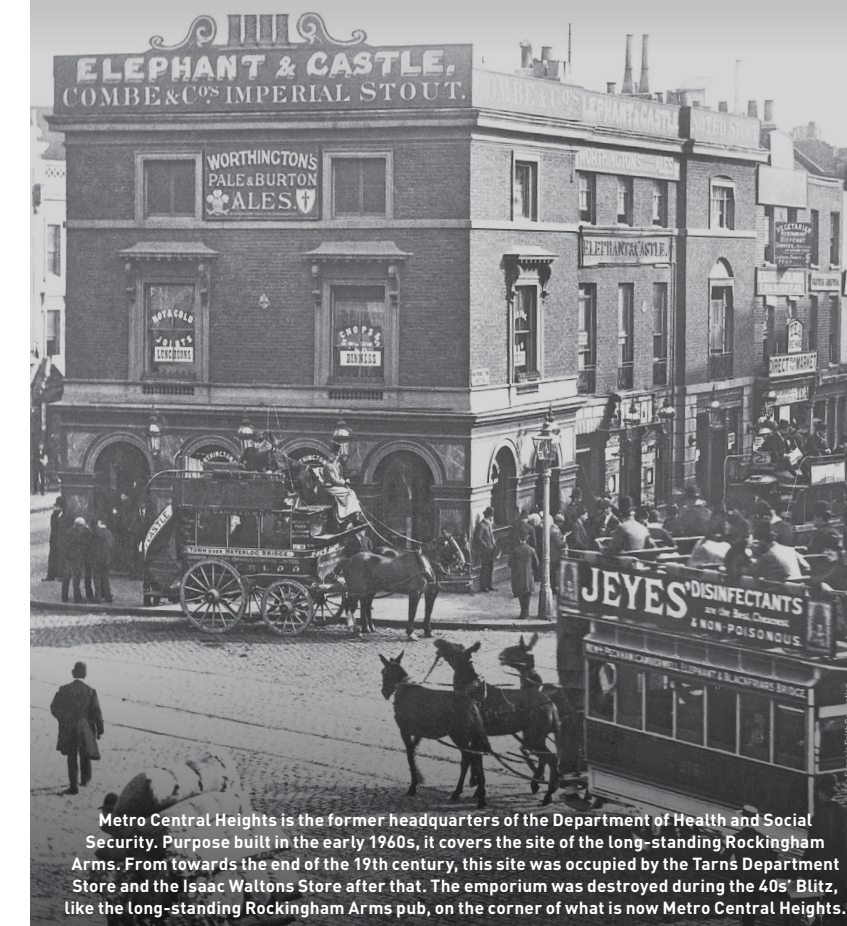
FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks

The Rockingham Arms

Elephant & Castle



Metro Central Heights is the former headquarters of the Department of Health and Social Security. Purpose built in the early 1960s, it covers the site of the long-standing Rockingham Arms. From towards the end of the 19th century, this site was occupied by the Tarns Department Store and the Isaac Waltons Store after that. The emporium was destroyed during the 40s' Blitz, like the long-standing Rockingham Arms pub, on the corner of what is now Metro Central Heights.



Food hygiene rating

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



100% UK and Irish beef
Sourced from farms in the UK and Ireland. Traceable from farm to fork.



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
£6.31

Tea, coffee and hot chocolate
Free refills
£1.56 each

Burger meals

INCLUDES A DRINK

Featuring 3oz American burger soft drink* | alcoholic drink*
£7.20 | **£8.96**

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips soft drink* | alcoholic drink*
£7.85 | **£9.61**

Steak Club

INCLUDES A DRINK

Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£11.42 | **£13.18**

Curry Club

INCLUDES A DRINK

Thursday 11.30am - 11pm
Featuring the katsu curry range soft drink* | alcoholic drink*
£9.67 | **£11.43**

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* 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

57 in England, Ireland, Scotland and Wales
HOTELS
Book direct for the best rates* jdwetherspoon.com or on our app



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.*

