
















## 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> 	<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>Onion rings</b> 	<b>Six 269 kcal 2.33</b> <b>Twelve 538 kcal 3.50</b>
<b>Garlic pizza bread</b> 	<b>8" 386 kcal 4.40</b> <b>11" 772 kcal 5.57</b>
<b>With cheese</b> 	<b>8" 461 kcal 4.98</b> <b>11" 922 kcal 6.44</b>

## Desserts











<b>Vanilla ice cream</b>   338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	<b>1.82</b>
<b>Cookie crunch</b>   365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	<b>1.82</b>
<b>Mini warm chocolate brownie</b>   435 kcal Belgian chocolate sauce, vanilla ice cream	<b>2.98</b>
<b>Mini warm cookie dough sandwich</b>   435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	<b>2.98</b>
<b>Fresh fruit</b>   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>  830 kcal Vanilla ice cream	<b>5.62</b>
<b>Add:</b> Vanilla ice cream scoop  (135 kcal) <b>94p</b> Belgian chocolate sauce  (61 kcal) <b>42p</b> Toffee sauce  (74 kcal) <b>42p</b> Banana  (101 kcal) <b>62p</b> Strawberries  (14 kcal) <b>62p</b> Blueberries  (17 kcal) <b>62p</b>	

# 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>7.43</b>
<b>Traditional breakfast</b> 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	<b>5.75</b>
<b>Small breakfast</b>  419 kcal Fried egg, bacon, sausage, baked beans, hash brown	<b>5.19</b>
<b>Add: Two slices of black pudding (355 kcal) 1.51</b>	
<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>7.43</b>
<b>Vegetarian breakfast</b>  816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	<b>5.75</b>
<b>Small vegetarian breakfast</b>   313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	<b>5.19</b>
<b>Vegan breakfast</b>  786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	<b>5.36</b>
<b>Freedom breakfast</b> 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	<b>5.19</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>Hash brown</b>  82 kcal
<b>Sausage</b> 168 kcal	<b>1.05</b>	<b>Four rashers of maple-cured bacon</b> 91 kcal	<b>1.52</b>	<b>Two mushrooms</b>  91 kcal
<b>Quorn™ sausage</b>  116 kcal	<b>1.05</b>	<b>Two scrambled eggs</b>  136 kcal	<b>1.63</b>	<b>Two grilled tomato halves</b>  16 kcal
<b>Grilled halloumi-style cheese</b>  396 kcal	<b>1.97</b>	<b>Fried egg</b>  56 kcal	<b>93p</b>	<b>Slice of toast</b>  191 kcal
<b>Baked beans</b>  126 kcal	<b>93p</b>	<b>Poached egg</b>  63 kcal	<b>93p</b>	

## Breakfast butties and wraps

<b>Bacon butty</b> 525 kcal. Three rashers of bacon, buttered white bloomer bread	<b>4.36</b>	<b>Breakfast wrap</b> 739 kcal Fried egg, bacon, sausage, hash brown, Cheddar cheese	<b>4.93</b>
<b>Sausage butty</b> 713 kcal. Two sausages, buttered white bloomer bread	<b>4.36</b>	<b>Vegetarian breakfast wrap</b>  835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	<b>4.93</b>
<b>Quorn™ sausage butty</b>  609 kcal Two Quorn sausages, buttered white bloomer bread	<b>4.36</b>		

## Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills 

<b>Egg &amp; cheese muffin</b>   249 kcal Fried egg, American-style cheese, in an English muffin	<b>3.77</b>
<b>Egg &amp; bacon muffin</b>   298 kcal Fried egg, bacon, American-style cheese, in an English muffin	<b>4.23</b>
<b>Egg &amp; sausage muffin</b>   417 kcal Fried egg, sausage, American-style cheese, in an English muffin	<b>4.23</b>
<b>Egg &amp; Quorn™ sausage muffin</b>   364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	<b>4.23</b>
<b>Breakfast muffin</b>  466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	<b>4.47</b>

**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)  
\*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, 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**  
TEA, COFFEE AND HOT CHOCOLATE  
— ALL DAY EVERY DAY —

**LAVAZZA**  
TORINO, ITALIA, 1895

**100% ARABICA BEANS**

**£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**

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

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

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

SIM

MENU\_1749

# FOOD

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

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



This pub is near the site of one of the five gateways through the medieval city walls. Originally called Wales Gate, it became known as Blounts Gate after a former gatekeeper. A blue plaque nearby indicates the location of the gateway to the Town Quay. Although the nearest water is now more than 200m away, until 150 years ago, the Taff flowed along what is now Westgate Street and, until the end of the 18th century, the quay was Cardiff's main outlet to the sea.

**FOOD HYGIENE RATING**  
 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](http://www.msc.org)

**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.

**RSPCA ASSURED**  
CERTIFICATION MARK

**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  
**£5.75**

**Tea, coffee and hot chocolate**  
Free refills   
**£1.56** each

## Burger meals

**INCLUDES A DRINK\***   

Featuring 3oz American burger soft drink\* | alcoholic drink\*  
**£6.61** | **£8.14**

## Afternoon deals

**INCLUDES A DRINK\***   

Mon - Fri, 2pm - 5pm  
Featuring small freshly battered fish and chips soft drink\* | alcoholic drink\*  
**£7.27** | **£8.80**

## Steak Club®

**INCLUDES A DRINK\***   

Tuesday 11.30am - 11pm  
Featuring classic 8oz sirloin soft drink\* | alcoholic drink\*  
**£10.83** | **£12.36**

## Curry Club®

**INCLUDES A DRINK\***   

Thursday 11.30am - 11pm  
Featuring the katsu curry range soft drink\* | alcoholic drink\*  
**£9.07** | **£10.60**

**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.

**LAVAZZA**  
TORINO, ITALIA, 1895

**100% ARABICA BEANS**

**RAINFORREST ALLIANCE**  
TRADE & NATURE

**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](http://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.\*

**UNLIMITED FREE Wi-Fi**



