


































Sides and extras
























Bowl of chips  964 kcal (Add: Spicy seasoning  (8 kcal) 34p)	4.46
Small bowl of chips 	2.71
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 4.64 11' 772 kcal 5.80	
With cheese  8' 461 kcal 5.21 11' 922 kcal 6.68	

Desserts











Vanilla ice cream  500 338 kcal	2.05
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch  500 365 kcal	2.05
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie  500 435 kcal	3.22
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich  500 435 kcal	3.22
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes  500 412 kcal	3.77
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit  50 500 447 kcal	4.80
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake  913 kcal. Vanilla ice cream	5.57
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  50 689 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	

BREAKFAST



Served
8am - 12 noon

Large breakfast 1286 kcal	7.09	Eggs Benedict 725 kcal	5.57
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast		Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Traditional breakfast 742 kcal	5.41	Mushroom Benedict  629 kcal	5.57
Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast		Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Small breakfast 500 419 kcal	4.84	Miner's Benedict 939 kcal	5.57
Fried egg, bacon, sausage, baked beans, hash brown		Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Add: Two slices of black pudding (355 kcal) 1.51		American-style pancakes	
		Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	5.22
Large vegetarian breakfast  1206 kcal	7.09	Four pancakes, maple-flavour syrup.  500 554 kcal	4.52
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		Small American-style pancakes	
Vegetarian breakfast  816 kcal	5.41	Two pancakes, maple-cured bacon, maple-flavour syrup.  500 322 kcal	3.77
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Two pancakes, maple-flavour syrup.  500  500 277 kcal	3.47
Small vegetarian breakfast  500 313 kcal	4.84	Scrambled egg on toast  570 kcal	4.01
Fried egg, Quorn sausage, baked beans, hash brown, tomato		Three eggs, buttered white bloomer toast	
Vegan breakfast  786 kcal	5.01	Beans on toast  50 566 kcal. Buttered white bloomer toast	3.88
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Small beans on toast  50  500 251 kcal	2.84
Freedom breakfast 545 kcal	4.84	Buttered white bloomer toast	
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		Two slices of toast with jam or marmalade  500 496 kcal	2.69
American breakfast 1258 kcal	7.09	White bloomer bread	
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup		Fresh fruit  50  500 177 kcal	3.88
Small American breakfast 629 kcal	5.22	Apple, banana, blueberries, strawberries	
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup		Porridge  50  500 252 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	Hash brown  82 kcal	46p
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms  91 kcal	93p
Quorn™ sausage  116 kcal	1.05	Two scrambled eggs  136 kcal	1.63	Two grilled tomato halves  16 kcal	52p
Grilled halloumi-style cheese  396 kcal	1.97	Fried egg  56 kcal	93p	Slice of toast  191 kcal	1.13
Baked beans  126 kcal	93p	Poached egg  63 kcal	93p		

Breakfast butties and wraps

Bacon butty 525 kcal. Three rashers of bacon, buttered white bloomer bread	4.13	Breakfast wrap 739 kcal	4.59
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.13	Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Quorn™ sausage butty  609 kcal	4.13	Vegetarian breakfast wrap  835 kcal	4.59
Two Quorn sausages, buttered white bloomer bread		Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills 

Egg & cheese muffin  500 249 kcal	3.54
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin  500 298 kcal	4.01
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin  500 417 kcal	4.01
Fried egg, sausage, American-style cheese, in an English muffin	
Egg & Quorn™ sausage muffin  500 364 kcal	4.01
Fried egg, Quorn sausage, American-style cheese, in an English muffin	
Breakfast muffin  500 466 kcal	4.23
Fried egg, sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin  50  500 244 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
*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, spiritzies, 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 
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



The Miles Thompson
Kendal

These were the former South Lakeland District Council offices, housed in a building which was originally Kendal's public wash house and baths, designed by Miles Thompson.

FOOD HYGIENE RATING

Food hygiene rating

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

CERTIFIED SUSTAINABLE SEAFOOD MSC
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.

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.

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

Breakfast
8am - 12 noon
Traditional breakfast
£5.41

Tea, coffee and hot chocolate
Free refills 
£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 
INCLUDES A DRINK  
Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£9.90 | **£11.43**

Curry Club 
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.

LAVAZZA
TORINO, ITALIA, 1895

100% ARABICA BEANS


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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HOTELS
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UNLIMITED FREE Wi-Fi 






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% 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.*

for the facts
drinkaware.co.uk
jdwetherspoon.com

