

## Sides and extras

Bowl of chips 🌿 964 kcal (Add: Spicy seasoning 🌶️ (8 kcal) 34p)	4.23
Small bowl of chips 🌿 602 kcal	2.48
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 🌱 <sup>500</sup> 338 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch 🌱 <sup>500</sup> 365 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie 🌱 <sup>500</sup> 435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich 🌱 <sup>500</sup> 435 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes 🌱 <sup>500</sup> 412 kcal	3.54
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit 🌱 <sup>500</sup> 447 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake 🌱 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie 🌱 736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich 🌱 735 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble 🌱	5.62
Vanilla ice cream 830 kcal or custard 694 kcal	
American-style pancakes 🌱 <sup>500</sup> 689 kcal	4.99
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 <sup>500</sup> 5% fat or less <sup>500</sup> Dish under 500 Calories

🐟 Seafood with this mark comes from an MSC-certified sustainable fishery. MSC-C-566477 www.msc.org

Adults need around 2000 kcal a day.<sup>8</sup>

# BREAKFAST

Served  
8am - 12 noon

Large breakfast 1286 kcal	6.59	Eggs Benedict 725 kcal	5.14
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	4.99	Mushroom Benedict 🌱 629 kcal	5.14
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 <sup>500</sup> 419 kcal	4.45	Miner's Benedict 939 kcal	5.14
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	
Large vegetarian breakfast 🌱 1206 kcal	6.59	Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	4.99
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		Four pancakes, maple-flavour syrup. 🌱 <sup>500</sup> 554 kcal	4.30
Vegetarian breakfast 🌱 816 kcal	4.99	Small American-style pancakes	
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Two pancakes, maple-cured bacon, maple-flavour syrup. <sup>500</sup> 322 kcal	3.54
Small vegetarian breakfast 🌱 <sup>500</sup> 313 kcal	4.45	Two pancakes, maple-flavour syrup. 🌱 <sup>500</sup> <sup>500</sup> 277 kcal	3.25
Fried egg, Quorn sausage, baked beans, hash brown, tomato		Scrambled egg on toast 🌱 570 kcal	3.77
Vegan breakfast 🌿 786 kcal	4.61	Three eggs, buttered white bloomer toast	
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Beans on toast 🌱 <sup>500</sup> 566 kcal. Buttered white bloomer toast	3.66
Freedom breakfast 545 kcal	4.45	Small beans on toast 🌱 <sup>500</sup> <sup>500</sup> 251 kcal	2.62
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		Buttered white bloomer toast	
American breakfast 1258 kcal	6.85	Two slices of toast with jam or marmalade 🌱 <sup>500</sup> 496 kcal	2.47
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup		White bloomer bread	
Small American breakfast 629 kcal	4.99	Fresh fruit 🌿 <sup>500</sup> <sup>500</sup> 177 kcal	3.66
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup		Apple, banana, blueberries, strawberries	

## 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	3.88	Breakfast wrap 739 kcal	4.36
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	3.88	Fried egg, bacon, sausage, hash brown, Cheddar cheese	
Quorn™ sausage butty 🌱 609 kcal	3.88	Vegetarian breakfast wrap 🌱 835 kcal	4.36
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 🌱 <sup>500</sup> 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin <sup>500</sup> 298 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin <sup>500</sup> 417 kcal	3.77
Fried egg, sausage, American-style cheese, in an English muffin	
Egg & Quorn™ sausage muffin 🌱 <sup>500</sup> 364 kcal	3.77
Fried egg, Quorn sausage, American-style cheese, in an English muffin	
Breakfast muffin <sup>500</sup> 466 kcal	4.01
Fried egg, sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin 🌱 <sup>500</sup> <sup>500</sup> 244 kcal	4.01
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: jdetherspoon.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 —

£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 <sup>Tetley</sup>

with semi-skimmed milk 🌱 14 kcal

(Oat milk available 🌿 4 kcal)

Decaffeinated tea and coffee available.

for the facts  
drinkaware.co.uk

jdetherspoon.com

STD

MENU 470

# FOOD

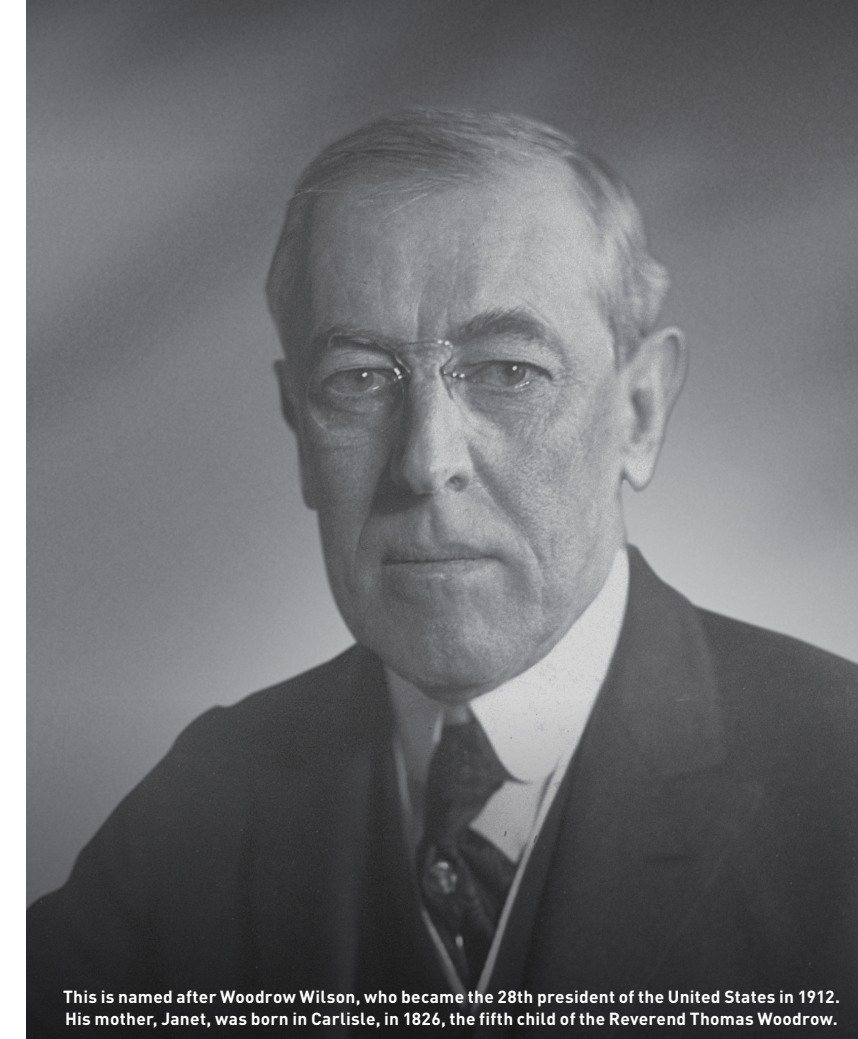
Main menu 11.30am - 11pm. Children's menu available.

INCLUDES A DRINK\* 🍷🍷

Choose from over 150 drinks

## Woodrow Wilson

Carlisle



This is named after Woodrow Wilson, who became the 28th president of the United States in 1912. His mother, Janet, was born in Carlisle, in 1826, the fifth child of the Reverend Thomas Woodrow.



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  
£4.99

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

## Burger meals

INCLUDES A DRINK 🍷🍷

Featuring 3oz American burger

soft drink\* | alcoholic drink\*

£5.44 | £6.97

## Afternoon deals

INCLUDES A DRINK 🍷🍷

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink\* | alcoholic drink\*

£6.09 | £7.62

## Steak Club®

INCLUDES A DRINK 🍷🍷

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink\* | alcoholic drink\*

£9.67 | £11.20

## Curry Club®

INCLUDES A DRINK 🍷🍷

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink\* | alcoholic drink\*

£7.91 | £9.44

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.

wetherspoon hotels

57 HOTELS in England, Ireland, Scotland and Wales

Book direct for the best rates\*  
jdetherspoon.com or on our app

goodfoodtalks

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



