

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning)	(7 kcal)	34p	4.44
Small bowl of chips	602 kcal			2.60
Five chicken wings	407 kcal			3.34
NEW Five chicken breast bites	161 kcal			2.99
Eight Whitby breaded scampi	464 kcal			4.99
Grilled halloumi-style cheese	447 kcal			1.97
Mediterranean side salad	198 kcal			3.22
Sliced chillies	3 kcal			88p
Peas	133 kcal	94p	Mushy peas	248 kcal 94p
Side salad	91 kcal	2.29	Coleslaw	399 kcal 1.40
Chicken gravy	50 kcal	94p	Roasted vegetables	135 kcal 1.53
Onion rings	Six 269 kcal	2.33	Twelve	538 kcal 3.50
Garlic pizza bread	8* 386 kcal	4.62	11*	772 kcal 5.85
With cheese	8* 473 kcal	5.23	11*	922 kcal 6.77

Desserts

NEW Chocolate & salted caramel torte	5.60
Chocolate biscuit base, chocolate & salted caramel filling	
Vanilla ice cream	746 kcal or coconut ice cream 701 kcal
NEW Salted caramel sticky toffee pudding	5.23
Vanilla ice cream 877 kcal or custard 741 kcal	
Millionaire's shortbread	500 409 kcal 2.28
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	500 334 kcal 1.91
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	500 364 kcal 1.91
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	500 435 kcal 3.13
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	500 431 kcal 3.13
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	500 412 kcal 3.72
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	5% 500 470 kcal 4.79
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal, Vanilla ice cream 5.60
Warm chocolate brownie	736 kcal 5.60
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal 5.60
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	5.90
Vanilla ice cream 673 kcal, coconut ice cream 628 kcal or custard 537 kcal	
American-style pancakes	5% 689 kcal 5.23
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 66 kcal 42p	
Banana 110 kcal 62p; Strawberries 27 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% fat or less
 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.⁸

BREAKFAST

Large breakfast	1343 kcal	6.92
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	5.24
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	500 435 kcal	4.67
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal)	75p	
Freedom breakfast	586 kcal	4.67
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	6.92
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	5.24
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	5% 500 291 kcal	4.67
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	4.84
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	7.19
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	5.23
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	5% 500 252 kcal (plain)	2.19
Add: Banana 110 kcal 62p; Maple-flavour syrup 125 kcal 34p		
Strawberries 27 kcal 62p; Blueberries 17 kcal 62p		
Honey 91 kcal 34p; Sliced apple 46 kcal 62p		
NEW Shakshuka	547 kcal 5.40	
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta		
Add: Grilled halloumi-style cheese 447 kcal 1.97		
Maple-cured bacon 91 kcal 1.52		
NEW Fiesta brunch	659 kcal 4.08	
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal 5.40	
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal 5.40	
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal 5.40	
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
NEW Hash brown basket	500 410 kcal 1.99	
American-style pancakes		
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.	5% 708 kcal 5.23	
Four pancakes, maple-cured bacon, maple-flavour syrup.	645 kcal 5.23	
Four pancakes, maple-flavour syrup.	554 kcal 4.51	
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup.	500 322 kcal 3.72	
Two pancakes, maple-flavour syrup.	5% 500 277 kcal 3.42	
Scrambled egg on toast	570 kcal 3.96	
Three eggs, buttered white bloomer toast		
Beans on toast	5% 566 kcal. Buttered white bloomer toast 3.84	
Vegan option available with vegan spread	5% 500 460 kcal	
Small beans on toast	5% 500 252 kcal 2.75	
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal 2.59	
White bloomer bread		
Fresh fruit	5% 500 200 kcal 3.84	
Apple, banana, blueberries, strawberries		
NEW Fresh fruit and yoghurt	5% 500 334 kcal 4.67	
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

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. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jdwetherspoon.com

⁸Offer (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 our website, app and on the telephone. ⁹Statement of dietary needs from the Department of Health & Social Care. ¹⁰Excludes decaffeinated. ¹¹Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, spritz cocktails, 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).

Served
8am - 12 noon

Breakfast extras

Add any of the following:

Black pudding	178 kcal	75p	Hash brown	82 kcal	46p
Lincolnshire sausage	168 kcal	1.05	Vegan sausage	82 kcal	1.05
Slice of toast	225 kcal	1.13	Baked beans	126 kcal	93p
Fried egg	56 kcal	93p	Poached egg	63 kcal	93p
Two scrambled eggs	136 kcal	1.63			
Two rashers of back bacon	131 kcal	1.57			
Four rashers of maple-cured bacon	91 kcal	1.52			
Two mushrooms	100 kcal	93p			
Two grilled tomato halves	16 kcal	52p			
Grilled halloumi-style cheese	447 kcal	1.97			

Breakfast butties and wraps

Bacon butty	574 kcal	4.08
Three rashers of bacon, buttered white bloomer bread		
Sausage butty	714 kcal	4.08
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	4.08
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread	5% 500 435 kcal	
Breakfast wrap	724 kcal	4.57
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.57
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills¹⁰

Egg & cheese muffin	500 249 kcal	3.47
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	500 314 kcal	3.96
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	500 417 kcal	3.96
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	500 330 kcal	3.96
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	500 482 kcal	4.20
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	5% 500 271 kcal	4.20
Guacamole, pico de gallo, on an English muffin, rocket		
Add: Maple-cured bacon 91 kcal 1.52; Poached egg 63 kcal 93p		
Grilled halloumi-style cheese 447 kcal 1.97		
Add: Hash brown 82 kcal 46p		

Tea, coffee and hot chocolate

FREE REFILLS¹⁰	
TEA, COFFEE AND HOT CHOCOLATE	
— ALL DAY EVERY DAY —	
LAVAZZA	
Flat white	92 kcal
Cappuccino	102 kcal
Latte	113 kcal
Mocha	147 kcal
Espresso	6 kcal
Black coffee	6 kcal
White coffee	24 kcal
Hot chocolate	169 kcal
Tea	
with semi-skimmed milk	14 kcal
Dairy alternative: oat sachet	4 kcal
Decaffeinated tea and coffee available.	
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
£1.56 each	

for the facts
drinkaware.co.uk

jdwetherspoon.com

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MENU_59

FOOD

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

The Red Lion & Pineapple

Acton



Table service

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Search for a pub • Book a hotel • Save your favourites • Find an ale



Food hygiene rating

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



100% UK and Irish beef
From farms in the UK and Ireland, prime beef steaks, matured for 28 days. 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 standard 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.



Coffee

The freshly ground 100% Arabica Lavazza coffee* we serve is from Rainforest Alliance-certified farms.



Award-winning children's menu

Best children's meals (first place) Independently run 'secret diner' survey.



Sustainable Restaurant Association

Awarded the highest rating in the world's largest sustainability certification for pubs and restaurants, evaluating standards in 'sourcing, society and the environment'.

wetherspoon hotels
Over 50 hotels in England, Ireland, Scotland and Wales

Book direct
for the best rates*
at jdwetherspoon.com, on our app or by phone.

UNLIMITED
FREE
Wi-Fi

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.⁸

goodfoodtalks
opening menus for everybody

The spoken menu app for the visually impaired

