

DESSERTS

NEW Chocolate & salted caramel torte Chocolate biscuit base, chocolate & salted caramel filling Vanilla ice cream V 746 kcal or coconut ice cream V 701 kcal	5.59
NEW Salted caramel sticky toffee pudding V Vanilla ice cream 877 kcal or custard 741 kcal	5.57
Millionaire's shortbread V UNDER 500 409 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.27
Vanilla ice cream V UNDER 500 334 kcal Two scoops, toffee sauce, Belgian chocolate sauce	1.91
Cookie crunch V UNDER 500 364 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	1.91
Mini warm chocolate brownie V UNDER 500 435 kcal Belgian chocolate sauce, vanilla ice cream	3.13
Mini warm cookie dough sandwich V UNDER 500 431 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.13
Mini American-style pancakes V UNDER 500 412 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	4.13
Fresh fruit V 5% UNDER 500 470 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.79
Warm chocolate fudge cake V 909 kcal Vanilla ice cream	5.59
Warm chocolate brownie V 736 kcal Belgian chocolate sauce, vanilla ice cream	5.59
Warm cookie dough sandwich V 727 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.59
British Bramley apple crumble Vanilla ice cream V 673 kcal, coconut ice cream V 628 kcal or custard 5% 537 kcal	5.90
American-style pancakes V 5% 689 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	5.57
Add: Custard V (134 kcal) 1.23 ; Vanilla ice cream scoop V (135 kcal) 94p Belgian chocolate sauce V (61 kcal) 42p ; Toffee sauce V (66 kcal) 42p Banana V (110 kcal) 62p ; Strawberries V (27 kcal) 62p Blueberries V (17 kcal) 62p	



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.

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

- F** = Very mild **FF** = Mild **FFF** = Medium hot **FFFF** = Very hot
- FFFFF** = Extremely hot
- V** Vegetarian **V** Vegan
- 5%** 5% fat or less **UNDER 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.⁵

BREAKFAST Served 8am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	7.43
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	5.75
Small breakfast UNDER 500 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	5.19
Add: Black pudding (178 kcal) 75p	
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.19
Large vegetarian breakfast V 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.43
Vegetarian breakfast V 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.75
Small vegetarian breakfast V 5% UNDER 500 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	5.19
Vegan breakfast V 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.36
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	7.43
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	5.57
Porridge V 5% UNDER 500 252 kcal (plain) Add: Banana V (110 kcal) 62p ; Maple-flavour syrup V (125 kcal) 34p Strawberries V (27 kcal) 62p ; Blueberries V (17 kcal) 62p Honey V (91 kcal) 34p ; Sliced apple V (46 kcal) 62p	2.09

NEW Shakhuka V 547 kcal Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta	5.92
Add: Maple-cured bacon (91 kcal) 1.52	
Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.92
Mushroom Benedict V 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.92
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.92

NEW Hash brown basket V UNDER 500 410 kcal	1.99
American-style pancakes NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup. V 5% 708 kcal Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup. V 5% 554 kcal	5.57 5.57 4.88
Small American-style pancakes Two pancakes, maple-cured bacon, maple-flavour syrup. 500 322 kcal Two pancakes, maple-flavour syrup. V 5% UNDER 500 277 kcal	4.13 3.83
Scrambled egg on toast V 570 kcal Three eggs, buttered white bloomer toast	4.36
Beans on toast V 5% 566 kcal. Buttered white bloomer toast Vegan option available with vegan spread V 5% UNDER 500 460 kcal	3.77
Small beans on toast V 5% UNDER 500 252 kcal Buttered white bloomer toast	2.62
Two slices of toast with jam or marmalade V 524 kcal White bloomer bread	2.58
Fresh fruit V 5% UNDER 500 200 kcal Apple, banana, blueberries, strawberries	3.77
NEW Fresh fruit and yoghurt V 5% UNDER 500 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	5.19

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: jdetherspoon.com
⁵Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. ⁶Statement of daily Calorie needs from the Department of Health & Social Care.
⁷Drinks 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).

BREAKFAST BUTTIES AND WRAPS

Bacon butty 574 kcal Three rashers of bacon, buttered white bloomer bread	4.36
Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	4.36
Vegetarian sausage butty V 541 kcal Two vegan sausages, buttered white bloomer bread Vegan option available with vegan spread V 5% UNDER 500 435 kcal	4.36
Breakfast wrap 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	4.93
Vegetarian breakfast wrap V 735 kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	4.93

BREAKFAST MUFFIN DEAL

Includes tea, coffee or hot chocolate. Free refills* Egg & cheese muffin V UNDER 500 249 kcal Fried egg, American-style cheese, in an English muffin	3.77
Egg & bacon muffin UNDER 500 314 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.23
Egg & sausage muffin UNDER 500 417 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	4.23
Egg & vegetarian sausage muffin V UNDER 500 330 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	4.23
Breakfast muffin 500 482 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	4.47
Smashed avocado muffin V 5% UNDER 500 271 kcal Guacamole, pico de gallo, on an English muffin, rocket	4.47
Add: Maple-cured bacon (91 kcal) 1.52 ; Poached egg V (63 kcal) 93p Add: Hash brown V (82 kcal) 46p	

BREAKFAST EXTRAS

Add any of the following: Black pudding 178 kcal 75p Hash brown V 82 kcal 46p Lincolnshire sausage 168 kcal 1.05 Vegan sausage V 82 kcal 1.05 Slice of toast V 225 kcal 1.13 Baked beans V 126 kcal 93p Fried egg V 56 kcal 93p Poached egg V 63 kcal 93p Two scrambled eggs V 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 V 100 kcal 93p Two grilled tomato halves V 16 kcal 52p	
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TEA, COFFEE AND HOT CHOCOLATE
FREE REFILLS[†]

TEA, COFFEE AND HOT CHOCOLATE
— ALL DAY EVERY DAY —

LAVAZZA
TORINO. ITALIA. 1895

100% ARABICA BEANS **FAIR TRADE** **DECAF AVAILABLE**

Flat white V 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso V 6 kcal Black coffee V 6 kcal White coffee V 24 kcal Hot chocolate V 169 kcal	Tea with semi-skimmed milk V 14 kcal Dairy alternative: oat sachet V 4 kcal Decaffeinated tea and coffee available.	£1.56 each
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Biscuits
Walkers shortbread **V** 151 kcal **71p**
Stem ginger biscuit **V** 123 kcal **71p**
Belgian chocolate biscuit **V** 129 kcal **71p**
Salted caramel brownie bar **V** 316 kcal **1.64**

for the facts
drinkaware.co.uk

jdwetherspoon.com

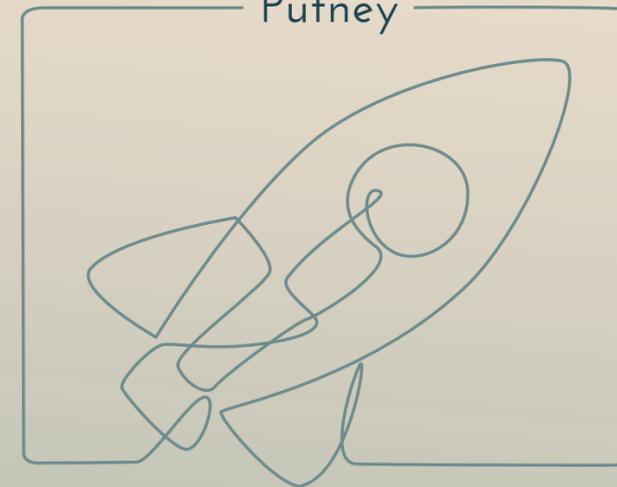
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FOOD

Breakfast 8am – 12 noon.
Main menu 11.30am – 10pm.

The Rocket Putney



Previously occupied by the Rocket Riverside restaurant, these premises are at the foot of Putney Wharf Tower, a refurbished office block, built in 1962 as the headquarters of International Computers Limited. In 1998, an archaeological dig was carried out on the site of the curved extension to the tower, revealing the existence of a large house which stood here for 250 years. On the 1841 Tithe Map, it is recorded as Gothic House.

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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

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