

Sides and extras

Bowl of chips ④ 964 kcal (Add: Spicy seasoning ④ (8 kcal) 34p)	4.23
Small bowl of chips ④ 602 kcal	2.48
Five chicken wings ④④ 402 kcal	3.34
Eight Whitby breaded scampi 527 kcal	4.99
Grilled halloumi-style cheese ④ 446 kcal	1.97
Peas ④ 130 kcal	94p
Mushy peas ④ 248 kcal	94p
Side salad ④ 87 kcal	2.29
Mediterranean side salad ④ 198 kcal	3.22
Roasted vegetables ④ 135 kcal	1.53
Coleslaw ④ 399 kcal	1.40
Sliced chillies ④④④④ ④ 3 kcal	88p
Chicken gravy 50 kcal	94p
Onion rings ④	Six 269 kcal 2.33 Twelve 538 kcal 3.50
Garlic pizza bread ④	8' 386 kcal 4.40 11' 772 kcal 5.57
With cheese ④	8' 461 kcal 4.98 11' 922 kcal 6.44

Desserts

Vanilla ice cream ④ 338 kcal	1.82
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch ④ 365 kcal	1.82
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie ④ 435 kcal	2.98
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich ④ 435 kcal	2.98
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes ④ 412 kcal	3.54
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit ④ 447 kcal	4.56
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake ④ 913 kcal. Vanilla ice cream	5.33
Warm chocolate brownie ④ 736 kcal	5.33
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich ④ 735 kcal	5.33
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble ④	5.62
Vanilla ice cream 830 kcal or custard 694 kcal	
American-style pancakes ④ 689 kcal	4.99
Four pancakes, maple-flavour syrup, vanilla ice cream	
Add: Custard ④ (134 kcal) 1.23; Vanilla ice cream scoop ④ (135 kcal) 94p	
Belgian chocolate sauce ④ (61 kcal) 42p; Toffee sauce ④ (74 kcal) 42p	
Banana ④ (101 kcal) 62p; Strawberries ④ (14 kcal) 62p; Blueberries ④ (17 kcal) 62p	

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 ④ 629 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 ④ 419 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			
Large vegetarian breakfast ④ 1206 kcal	6.59	American-style pancakes	4.99
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal	
Vegetarian breakfast ④ 816 kcal	4.99	Four pancakes, maple-flavour syrup. ④ 554 kcal	
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Small American-style pancakes	3.54
Small vegetarian breakfast ④ 313 kcal	4.45	Two pancakes, maple-cured bacon, maple-flavour syrup. ④ 322 kcal	
Fried egg, Quorn sausage, baked beans, hash brown, tomato		Two pancakes, maple-flavour syrup. ④ 277 kcal	
Vegan breakfast ④ 786 kcal	4.61	Scrambled egg on toast ④ 570 kcal	3.77
Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Three eggs, buttered white bloomer toast	
Freedom breakfast 545 kcal	4.45	Beans on toast ④ 566 kcal. Buttered white bloomer toast	3.66
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		Small beans on toast ④ ④ 251 kcal	
American breakfast 1258 kcal	6.85	Buttered white bloomer toast	
Two fried eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup		Two slices of toast with jam or marmalade ④ 496 kcal	2.47
Small American breakfast 629 kcal	4.99	White bloomer bread	
Fried egg, hash brown, maple-cured bacon, sausage, two pancakes, maple-flavour syrup		Fresh fruit ④ ④ 177 kcal	3.66

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 ④ 82 kcal	46p
Sausage 168 kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52	Two mushrooms ④ 91 kcal	93p
Quorn™ sausage ④ 116 kcal	1.05	Two scrambled eggs ④ 136 kcal	1.63	Two grilled tomato halves ④ 16 kcal	52p
Grilled halloumi-style cheese ④ 396 kcal	1.97	Fried egg ④ 56 kcal	93p	Slice of toast ④ 191 kcal	1.13
Baked beans ④ 126 kcal	93p	Poached egg ④ 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 ④ 609 kcal	3.88	Vegetarian breakfast wrap ④ 835 kcal	
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 ④

Egg & cheese muffin ④ 249 kcal	3.31
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin ④ 298 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin ④ 417 kcal	3.77
Fried egg, sausage, American-style cheese, in an English muffin	
Egg & Quorn™ sausage muffin ④ 364 kcal	3.77
Fried egg, Quorn sausage, American-style cheese, in an English muffin	
Breakfast muffin ④ 466 kcal	4.01
Fried egg, sausage, bacon, American-style cheese, in an English muffin	
Smashed avocado muffin ④ 244 kcal	4.01
Guacamole, pico di gallo, on an English muffin, rocket	
Add: Maple-cured bacon (91 kcal) 1.52; Poached egg ④ (63 kcal) 93p	
Grilled halloumi-style cheese ④ (396 kcal) 1.97	
Add: Hash brown ④ (82 kcal) 46p	

Tea, coffee and hot chocolate

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

LAVAZZA TORINO, ITALIA, 1895

④ ① ② ③ ④ ⑤ VERY GOOD

£1.56 each

Biscuits
Walkers shortbread ④ 151 kcal 71p
Stem ginger biscuit ④ 123 kcal 71p
Belgian chocolate biscuit ④ 129 kcal 71p
Salted caramel brownie bar ④ 316 kcal 1.64

FOOD

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

INCLUDES A DRINK*
Choose from over 150 drinks

The Captain Noel Newton

Oakham

For more than 60 years, these premises were the Royal British Legion, having been acquired in the late 1940s from Captain Noel Newton. Newton served in the army during World War I with the rank of captain, then major – and was awarded the Military Cross. He was later a member of Rutland County Council. The premises are built onto a surviving part of The Limes – a grand house named after the tall trees in its walled garden.

FOOD HYGIENE RATING
① ② ③ ④ ⑤

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.

CERTIFIED SUSTAINABLE SEAFOOD MSC
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.

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 ④
£1.56 each

Burger meals
INCLUDES A DRINK ④
Featuring 3oz American burger soft drink* | alcoholic drink*
£5.44 | £6.97

Afternoon deals
INCLUDES A DRINK ④
Mon - Fri, 2pm - 5pm
Featuring small freshly battered fish and chips soft drink* | alcoholic drink*
£6.09 | £7.62

Steak Club
INCLUDES A DRINK ④
Tuesday 11.30am - 11pm
Featuring classic 8oz sirloin soft drink* | alcoholic drink*
£9.67 | £11.20

Curry Club
INCLUDES A DRINK ④
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.

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

① = Very mild ② = Mild ③ = Medium hot ④ = Very hot ⑤ = Extremely hot

④ Vegetarian ④ Vegan ④ 5% fat or less ④ 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.*

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, 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).

for the facts drinkaware.co.uk

jdwetherspoon.com

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

wetherspoon hotels
57 in England, Ireland, Scotland and Wales
HOTELS
Book direct for the best rates* jdwetherspoon.com or on our app

UNLIMITED
FREE Wi-Fi

