

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
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 🌿 UNDER 500 338 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.05
Cookie crunch 🌿 UNDER 500 365 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.05
Mini warm chocolate brownie 🌿 UNDER 500 435 kcal Belgian chocolate sauce, vanilla ice cream	3.22
Mini warm cookie dough sandwich 🌿 UNDER 500 435 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.22
Fresh fruit 🌿 UNDER 500 447 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	4.80
Warm chocolate fudge cake 🌿 913 kcal, Vanilla ice cream	5.57
Warm chocolate brownie 🌿 736 kcal Belgian chocolate sauce, vanilla ice cream	5.57
Warm cookie dough sandwich 🌿 735 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.57
British Bramley apple crumble 🌿 830 kcal Vanilla ice cream	5.84
Add:	
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 **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. ⁸

BREAKFAST

Served
8am - 12 noon

Large breakfast 1286 kcal Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, two slices of toast	7.09
Traditional breakfast 742 kcal Fried egg, bacon, sausage, baked beans, two hash browns, slice of toast	5.41
Small breakfast UNDER 500 419 kcal Fried egg, bacon, sausage, baked beans, hash brown	4.84

Add: Two slices of black pudding (355 kcal)	1.51

Large vegetarian breakfast 🌿 1206 kcal Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	7.09
Vegetarian breakfast 🌿 816 kcal Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	5.41
Small vegetarian breakfast 🌿 UNDER 500 313 kcal Fried egg, Quorn sausage, baked beans, hash brown, tomato	4.84
Vegan breakfast 🌿 786 kcal Two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	5.01
Freedom breakfast 545 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	4.84

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 Fried egg, bacon, sausage, hash brown, Cheddar cheese	4.59
Sausage butty 713 kcal. Two sausages, buttered white bloomer bread	4.13	Vegetarian breakfast wrap 🌿 835 kcal Fried egg, two Quorn sausages, two hash browns, Cheddar cheese	4.59
Quorn™ sausage butty 🌿 609 kcal Two Quorn sausages, buttered white bloomer bread	4.13		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills ¹

Egg & cheese muffin 🌿 UNDER 500 249 kcal Fried egg, American-style cheese, in an English muffin	3.54
Egg & bacon muffin 🌿 UNDER 500 298 kcal Fried egg, bacon, American-style cheese, in an English muffin	4.01
Egg & sausage muffin UNDER 500 417 kcal Fried egg, sausage, American-style cheese, in an English muffin	4.01
Egg & Quorn™ sausage muffin 🌿 UNDER 500 364 kcal Fried egg, Quorn sausage, American-style cheese, in an English muffin	4.01
Breakfast muffin UNDER 500 466 kcal Fried egg, sausage, bacon, American-style cheese, in an English muffin	4.23

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
¹Offer (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. ⁸Statement of daily calorie needs from the Department of Health & Social Care. ¹Excluding decaffeinated. ²Drinks 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 **Tetley**
with semi-skimmed milk 🌿 14 kcal
(Oat milk available 🌿 4 kcal)
Decaffeinated tea and coffee available.

for the facts
drinkaware.co.uk

jdetherspoon.com

LTSIM

MENU_79

FOOD

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

INCLUDES A DRINK* 🍷🍹
Choose from over 150 drinks

The Moon and Stars

Romford



The famous writer George Orwell described his ideal pub in detail in a newspaper article. He named his fictional pub 'Moon Under Water' which is why 'moon' appears in the name of several Wetherspoon pubs. This pub opened in 1994, in premises previously occupied by Bonbon, Ladies' Fashions (99 South Street) and Pizza Hut (101-103). The building was erected in the inter-war years on the site of a detached Victorian house and its walled garden.

FOOD HYGIENE RATING
🌿 1 2 3 4 5
VERY GOOD

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

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.

RSPCA ASSURED
CERTIFICATION MARK

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
£5.41

Tea, coffee and hot chocolate
Free refills ¹
£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

RAINFORREST ALLIANCE
TRADE & NATURE

Coffee
The freshly ground 100% Arabica Lavazza coffee⁸ 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

57 in England, Ireland, Scotland and Wales
HOTELS
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

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

UNLIMITED
FREE Wi-Fi

