

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning) (7 kcal) 34p	4.23
Small bowl of chips	602 kcal	2.48
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
Side salad	91 kcal	2.29
Chicken gravy	50 kcal	94p
Roasted vegetables	135 kcal	1.53
Onion rings	Six 269 kcal	2.33
Garlic pizza bread	8* 386 kcal	4.40
With cheese	8* 473 kcal	4.98
Mushy peas	248 kcal	94p
Coleslaw	399 kcal	1.40
Twelve	538 kcal	3.50
11* 772 kcal		5.57
11* 922 kcal		6.44

Desserts

NEW 11" sharing dessert pizza	883 kcal	5.99
Banana, strawberries, chocolate cookie, toffee sauce, Belgian chocolate sauce		
NEW Chocolate & salted caramel torte		5.57
Chocolate biscuit base, chocolate & salted caramel filling		
Vanilla ice cream	746 kcal or coconut ice cream	701 kcal
NEW Salted caramel sticky toffee pudding		5.22
Vanilla ice cream	877 kcal or custard	741 kcal
Millionaire's shortbread	409 kcal	2.40
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce		
Vanilla ice cream	334 kcal	2.05
Two scoops, toffee sauce, Belgian chocolate sauce		
Cookie crunch	364 kcal	2.05
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce		
Mini warm chocolate brownie	435 kcal	3.22
Belgian chocolate sauce, vanilla ice cream		
Mini warm cookie dough sandwich	431 kcal	3.22
Salted caramel filling, toffee sauce, vanilla ice cream		
Mini American-style pancakes	412 kcal	3.77
Two pancakes, maple-flavour syrup, vanilla ice cream		
Fresh fruit	470 kcal	4.80
Apple, banana, blueberries, strawberries, vanilla ice cream		
Warm chocolate fudge cake	909 kcal	5.57
Vanilla ice cream		
Warm chocolate brownie	736 kcal	5.57
Belgian chocolate sauce, vanilla ice cream		
Warm cookie dough sandwich	727 kcal	5.57
Salted caramel filling, toffee sauce, vanilla ice cream		
British Bramley apple crumble		5.84
Vanilla ice cream	673 kcal, coconut ice cream	628 kcal or custard
American-style pancakes	689 kcal	5.22
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.

DIETARY SYMBOLS

V = Very mild **M** = Mild **M** = Medium hot **M** = Very hot
M = Extremely hot
V Vegetarian **V** Vegan **5%** 5% fat or less **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

Large breakfast	1343 kcal	7.09
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	5.41
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	4.84
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal)	75p	
Freedom breakfast	586 kcal	4.84
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	7.09
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	5.41
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	4.84
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	5.01
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	7.09
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	5.22
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
NEW Creamy jumbo oat porridge (new recipe: now contains gluten)	2.09	
198 kcal (plain)		
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	5.57
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	4.13
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.57
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	5.57
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.57
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
American-style pancakes		
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup	708 kcal	5.22
Four pancakes, maple-cured bacon, maple-flavour syrup	645 kcal	5.22
Four pancakes, maple-flavour syrup	554 kcal	4.52
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup	322 kcal	3.77
Two pancakes, maple-flavour syrup	277 kcal	3.47
Scrambled egg on toast	570 kcal	4.01
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal	3.88
Vegan option available with vegan spread	460 kcal	2.84
Small beans on toast	252 kcal	2.84
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	2.69
White bloomer bread		
Fresh fruit	200 kcal	3.88
Apple, banana, blueberries, strawberries		
NEW Fresh fruit and yoghurt	334 kcal	4.84
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: jdweatherspoon.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 daily Calorie needs from the Department of Health & Social Care. ¹⁰Excluding 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	4.13
Three rashers of bacon, buttered white bloomer bread		
Sausage butty	714 kcal	4.13
Two Lincolnshire sausages, buttered white bloomer bread		
Vegetarian sausage butty	541 kcal	4.13
Two vegan sausages, buttered white bloomer bread		
Vegan option available with vegan spread	435 kcal	
Breakfast wrap	724 kcal	4.59
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.59
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills ¹⁰		
Egg & cheese muffin	249 kcal	3.54
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	314 kcal	4.01
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	417 kcal	4.01
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	330 kcal	4.01
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	482 kcal	4.23
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	271 kcal	4.23
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 REFILLS		
TEA, COFFEE AND HOT CHOCOLATE		
— ALL DAY EVERY DAY —		
LAVAZZA TORINO, ITALIA 1895		
100% ARABICA BEANS		
100% IRISH BEEF		
£1.56 each		
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

for the facts drinkaware.co.uk

jdweatherspoon.com

FOOD

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



The Whalebone

Downham Market

In the early 1700s, nearby King's Lynn was a flourishing whaling port, fishing the waters off Greenland, with Lynn's famous Greenland Fishery frequented by whalers. This property's sales particulars stated that the premises 'have been occupied as such, with full trade upwards of 60 years' (since c1748). During these years, the inn was called The Whalebone. Perhaps this is why it got its name or possibly from a souvenir whalebone brought back.



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.



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.

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

Breakfast
8am - 12 noon
Traditional breakfast
£5.41

Tea, coffee and hot chocolate
Free refills
£1.56 each

Deli Deals

INCLUDES A DRINK

Featuring **NEW** small southern-fried chicken wrap just-a-wrap, without a drink

£3.29

soft drink* £4.38 | alcoholic drink* £5.91

Burger meals

INCLUDES A DRINK

Featuring 3oz American burger

soft drink* £5.70 | alcoholic drink* £7.23

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink* £6.33 | alcoholic drink* £7.86

Steak Club

INCLUDES A DRINK

Tuesday 11.30am - 11pm

Featuring classic 8oz sirloin

soft drink* £9.90 | alcoholic drink* £11.43

Curry Club

INCLUDES A DRINK

Thursday 11.30am - 11pm

Featuring the katsu curry range

soft drink* £8.14 | alcoholic drink* £9.67

INCLUDES A DRINK

Choose from over 150 drinks

LAVAZZA



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 jdweatherspoon.com, on our app or by phone.

UNLIMITED FREE Wi-Fi

Small plates | Any 3 for £14.93

8" pizzas. Sourdough base – proved, stretched, topped and freshly baked to order.

Table listing small plates with prices and descriptions. Items include Margherita pizza, Spicy chicken, Pepperoni, Ham and mushroom, BBQ chicken, Roasted vegetable, Roasted vegetable and vegan cheese, Spicy meat feast, Char-grilled halloumi-style cheese, Char-grilled tandoori chicken breast skewer, Garlic pizza bread, Nachos, Bowl of chips, Shawarma-chicken-topped chips, Bowl of chips with curry sauce, Cheesy chips, Loaded chips, Tomato & basil soup, and Quorn nuggets.

Deli Deals INCLUDES A DRINK

All wraps and paninis are freshly made to order.

Table listing deli deals with prices and descriptions. Items include 10" wraps, Small Korean fried chicken, Small vegetarian brunch wrap, Small shawarma chicken, Small southern-fried chicken, Small cold chicken breast, and Small fried halloumi-style cheese.

12" wraps

Table listing 12" wrap options with prices and descriptions. Items include Korean fried chicken, Shawarma chicken, Southern-fried chicken, Cold chicken breast, and Fried halloumi-style cheese.

Paninis

Table listing panini options with prices and descriptions. Items include Roasted vegetable and vegan cheese, Tuna mayo and Cheddar cheese, Cheddar cheese and tomato, and Wiltshire cured ham and Cheddar cheese.

8" pizzas on a freshly baked sourdough base

Choose any 8" pizza from the small plates section.

Table listing pizza options with prices and descriptions. Items include Side salad, Tomato & basil soup, and Spicy rice.

Burgers INCLUDES A DRINK

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.

Table listing burger options with prices and descriptions. Items include Beef burgers, American burger, Classic beef burger, Skinny beef burger, American cheese burger, Double beef burgers, Double American burger, Double classic beef burger, and Double American cheese burger.

Gourmet burgers

Served with chips, six onion rings (871 kcal, included in Calories below).

Table listing gourmet burger options with prices and descriptions. Items include Ultimate burger, Tennessee burger, BBQ burger, Heatwave burger, Fiesta burger, and Triple American cheese & bacon burger.

Curries INCLUDES A DRINK

Classic curries With basmati pilau rice, plain naan and poppadums.

Table listing classic curry options with prices and descriptions. Items include Mangalorean roasted cauliflower & spinach curry, Chicken tikka masala, Chicken jalfrezi, and Beef Madras.

Change your plain naan to a garlic naan (add 92 kcal) 47p

Simple curries With basmati pilau rice or chips.

Table listing simple curry options with prices and descriptions. Items include Simple Mangalorean roasted cauliflower & spinach curry, Simple chicken tikka masala, Simple chicken jalfrezi, and Simple beef Madras.

Add: One vegetable samosa and two onion bhajis (293 kcal) 1.76

Two plain poppadums (86 kcal) 47p

NEW Char-grilled tandoori chicken breast skewer (145 kcal) 3.99

Katsu curries

Table listing katsu curry options with prices and descriptions. Items include Katsu grilled chicken curry, Katsu Quorn nugget curry, and Katsu chicken curry.

Adults need around 2000 kcal a day.

11" pizzas INCLUDES A DRINK

Sourdough base – proved, stretched, topped and freshly baked to order.

Table listing 11" pizza options with prices and descriptions. Items include Margherita, Spicy chicken, Pepperoni, Ham and mushroom, BBQ chicken, Roasted vegetable, Spicy meat feast, Char-grilled halloumi-style cheese, Char-grilled tandoori chicken breast skewer, and Pepperoni.

Small pub classics INCLUDES A DRINK

Table listing small pub classic options with prices and descriptions. Items include Small freshly battered cod and chips, Small Whitby breaded scampi, Small Wiltshire cured ham, egg and chips, Small all-day brunch, Small vegetarian all-day brunch, and Afternoon deal.

Chicken INCLUDES A DRINK

NEW Char-grilled tandoori chicken breast skewers

Table listing chicken options with prices and descriptions. Items include Char-grilled tandoori chicken breast skewers, Sticky Korean fried chicken bowl, and Peri-peri char-grilled half chicken.

Chicken on the bone is marinated, slow cooked and finished on the char-grill.

Peri-peri char-grilled half chicken

Table listing peri-peri chicken options with prices and descriptions. Items include Lemon and herb Char-grilled in a lemon & herb glaze, Hot and spicy Char-grilled in a Naga chilli & citrus glaze, and Char-grilled half chicken, mash and gravy.

Chicken baskets

Table listing chicken basket options with prices and descriptions. Items include Boneless basket, Chicken wing basket, Chicken bites basket, Southern-fried chicken strips basket, and Quorn 'no chicken' nuggets basket.

11" pizzas INCLUDES A DRINK

Sourdough base – proved, stretched, topped and freshly baked to order.

Table listing 11" pizza options with prices and descriptions. Items include Margherita, Spicy chicken, Pepperoni, Ham and mushroom, BBQ chicken, Roasted vegetable, Spicy meat feast, Char-grilled halloumi-style cheese, Char-grilled tandoori chicken breast skewer, and Pepperoni.

Small pub classics INCLUDES A DRINK

Table listing small pub classic options with prices and descriptions. Items include Small freshly battered cod and chips, Small Whitby breaded scampi, Small Wiltshire cured ham, egg and chips, Small all-day brunch, Small vegetarian all-day brunch, and Afternoon deal.

Steaks and grills INCLUDES A DRINK

From farms in the UK and Ireland, prime beef steaks (traceable from farm to fork), matured for 28 days, seasoned with a steak-seasoning blend and freshly cooked to your liking.

Table listing steak and grill options with prices and descriptions. Items include Classic 8oz sirloin steak, Mashed potato, and Gourmet 8oz sirloin steak.

Below meals are served with peas, tomato and mushroom.

Table listing meal options with prices and descriptions. Items include BBQ chicken melt, Jacket potato, 5oz gammon and egg, 10oz gammon and eggs, Mixed grill, Large mixed grill, and Jacket potato.

Noodles, salads and pastas INCLUDES A DRINK

Additional toppings: Maple-cured bacon (91 kcal), Tuna mayo (298 kcal), Char-grilled whole chicken breast (93 kcal), Char-grilled whole chicken breast (187 kcal), NEW Spicy pulled chicken thigh (249 kcal), NEW Char-grilled tandoori chicken breast skewer (145 kcal), Grilled halloumi-style cheese (1447 kcal), Chilli bean non-carne (149 kcal).

Table listing noodle, salad, and pasta options with prices and descriptions. Items include Ramen noodle bowl, Chicken & maple-cured bacon salad, Mediterranean salad, Grilled halloumi-style cheese & roasted vegetable salad, Burrito salad bowl, and Pasta alfredo.

Pasta alfredo (618 kcal) 9.13 10.66

Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket

Add: Char-grilled chicken breast (187 kcal) 1.97; Maple-cured bacon (91 kcal) 1.52

British beef & pancetta lasagne 9.70 11.23

Choose: Side salad 761 kcal; Chips 1295 kcal

Jacket potatoes INCLUDES A DRINK

With side salad and one filling. Extra fillings 1.22 each.

Table listing jacket potato options with prices and descriptions. Items include Tuna mayo, Cheese, Baked beans, Chilli bean non-carne, and Roasted vegetables.

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