

Desserts

NEW Giant profiterole ⁵⁰⁰ 433 kcal Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry Vanilla ice cream	6.29
NEW Salted caramel sticky toffee pudding ⁸⁷⁷ kcal Vanilla ice cream	6.57
NEW Millionaire's shortbread ⁵⁰⁰ 409 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.96
Vanilla ice cream ³³⁴ kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.61
Cookie crunch ³⁶⁴ kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.61
Mini warm chocolate brownie ⁵⁰⁰ 435 kcal Belgian chocolate sauce, vanilla ice cream	3.74
Mini warm cookie dough sandwich ⁴³¹ kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.74
Fresh fruit ⁴⁷⁰ kcal Apple, banana, blueberries, strawberries, vanilla ice cream	5.55
Warm chocolate fudge cake ⁹⁰⁹ kcal Vanilla ice cream	6.29
Warm chocolate brownie ⁷³⁶ kcal Belgian chocolate sauce, vanilla ice cream	6.29
Warm cookie dough sandwich ⁷²⁷ kcal Salted caramel filling, toffee sauce, vanilla ice cream	6.29
British Bramley apple crumble ⁶⁷³ kcal Vanilla ice cream	6.57

Add: Vanilla ice cream scoop ¹³⁵ kcal) 94p ; Toffee sauce ⁶⁶ kcal) 42p Belgian chocolate sauce ⁶¹ 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

Served
6.30am - 12 noon

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	8.38
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	6.71
Small breakfast ⁵⁰⁰ 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	5.83

Add: Black pudding (178 kcal) 75p	
Freedom breakfast 586 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	5.83
Large vegetarian breakfast ¹¹²⁹ kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	8.38
Vegetarian breakfast ⁷⁸⁶ kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	6.71
Small vegetarian breakfast ²⁹¹ kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	5.83
Vegan breakfast ⁶⁴² kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	6.33
Porridge ²⁵² kcal (plain) Add: Banana ¹¹⁰ kcal) 62p ; Strawberries ²⁷ kcal) 62p Blueberries ¹⁷ kcal) 62p ; Honey ⁹¹ kcal) 34p Sliced apple ⁴⁶ kcal) 62p	2.61

Breakfast extras

Add any of the following:

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

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	4.82
Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	4.82
Vegetarian sausage butty ⁵⁴¹ kcal Two vegan sausages, buttered white bloomer bread	4.82
NEW Vegan option available with vegan spread ⁴³⁵ kcal	

Breakfast muffin deal

Includes tea, coffee or hot chocolate. Free refills*

Egg & cheese muffin ²⁴⁹ kcal Fried egg, American-style cheese, in an English muffin	4.93
Egg & bacon muffin ³¹⁴ kcal Fried egg, bacon, American-style cheese, in an English muffin	5.39
Egg & sausage muffin ⁴¹⁷ kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	5.39
Egg & vegetarian sausage muffin ³³⁰ kcal Fried egg, vegan sausage, American-style cheese, in an English muffin	5.39
Breakfast muffin ⁴⁸² kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	5.61

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. 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
*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 our website, app and on the telephone. *Statement of daily Calorie needs from the Department of Health & Social Care. **Excluding decaffeinated. *Drinks 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).

Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	6.91
Mushroom Benedict ⁶³⁸ kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	6.91
Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	6.91
NEW Hash brown basket ⁴¹⁰ kcal	1.99
Scrambled egg on toast ⁵⁷⁰ kcal Three eggs, buttered white bloomer toast	5.39
Beans on toast ⁵⁶⁶ kcal Buttered white bloomer toast	4.25
NEW Vegan option available with vegan spread ⁴⁶⁰ kcal	
Small beans on toast ²⁵² kcal Buttered white bloomer toast	3.12
Two slices of toast with jam or marmalade ⁵²⁴ kcal White bloomer bread	3.19
Fresh fruit ²⁰⁰ kcal Apple, banana, blueberries, strawberries	4.25
NEW Fresh fruit and yoghurt ³³⁴ kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	5.83

Breakfast wrap 724 kcal Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	5.95
Vegetarian breakfast wrap ⁷³⁵ kcal Fried egg, two vegan sausages, two hash browns, Cheddar cheese	5.95

Tea, coffee and hot chocolate

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

TORINO, ITALY, 1895

100% ARABICA BEANS

MSC

£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**

for the facts
drinkaware.co.uk

jdetherspoon.com

LTSIMNOGRILL

MENU_7498

FOOD

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



To overcome the natural slope of the land and numerous other constraints, this building's architect, Barlow, decided that trains would enter the railway station's elevated platforms on a raised deck, over five metres higher than the adjoining roads. The deck was supported by hundreds of cast-iron columns, meaning that there was a vast storage area below. This was used to store thousands of barrels of Burton Beer - highly popular in the capital at the time.

The Barrel Vault

St Pancras



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'.

Scan to find out more.



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The spoken menu app for the visually impaired

