# BREAKFAST Served until 11am



| Large breakfast 1343 kcal<br>Two fried eggs, bacon, two Lincolnshire sausages, baked beans,<br>three hash browns, mushroom, two slices of toast          | 14.50 |
|--|-------|
| <b>Traditional breakfast</b> 807 kcal<br>Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns,<br>slice of toast                         | 12.95 |
| <b>Small breakfast</b> 501 kcal<br>Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown   | 9.60  |
| Add: Slice of toast <b>V</b> (255 kcal) <b>1.60</b>  |       |
| Large vegetarian breakfast ♥ 1099 kcal<br>Two fried eggs, three vegan sausages, baked beans, three hash browns,<br>mushroom, tomato, two slices of toast | 14.50 |
| <b>Vegetarian breakfast  ②</b> 765 kcal<br>Two fried eggs, two vegan sausages, baked beans, two hash browns,<br>mushroom, tomato, slice of toast         | 12.95 |
| Small vegetarian breakfast ♥ ॐ ∰ 281 kcal<br>Fried egg, vegan sausage, baked beans, hash brown, tomato   | 9.60  |
| Vegan breakfast @ 622 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread                              | 11.90 |

| Small vegetarian breakfast ♥ ॐ ௵ 281 kcal<br>Fried egg, vegan sausage, baked beans, hash brown, tomato   | 9.60  |
|--|-------|
| Vegan breakfast  | 11.90 |
| MUFFINS AND BUTTIES  |       |
| Egg & cheese muffin © 667 413 kcal<br>Fried egg, American-style cheese, in an English muffin, two hash browns                                      | 7.90  |
| Egg & bacon muffin \$\overline{100}\$ 478 kcal Fried egg, bacon, American-style cheese, in an English muffin, two hash browns                      | 8.30  |
| <b>Egg &amp; sausage muffin</b> 581 kcal<br>Fried egg, Lincolnshire sausage, American-style cheese,<br>in an English muffin, two hash browns       | 8.30  |
| Egg & vegetarian sausage muffin ♥ 666 484 kcal<br>Fried egg, vegan sausage, American-style cheese,<br>in an English muffin, two hash browns        | 8.30  |
| <b>Breakfast muffin</b> 646 kcal<br>Fried egg, Lincolnshire sausage, bacon, American-style cheese,<br>in an English muffin, two hash browns        | 8.70  |
| Smashed avocado muffin <b>②</b>  | 8.70  |
| <b>Bacon butty</b> 639 kcal<br>Four rashers of bacon, buttered white bloomer bread   | 7.30  |
| Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread   | 7.30  |
| Vegetarian sausage butty ♥ 520 kcal<br>Two vegan sausages, buttered white bloomer bread<br>Vegan option available with vegan spread ② ጭ ₩ 144 kcal | 7.30  |
| <b>Breakfast sandwich</b> 733 kcal<br>Lincolnshire sausage, bacon, egg, buttered white bloomer bread   | 9.05  |

| Freedom breakfast 586 kcal<br>Two fried eggs, bacon, baked beans, two hash browns,<br>mushroom, tomato   | 11.90 |
|--|-------|
| <b>Eggs Benedict</b> 725 kcal<br>Two poached eggs, on an English muffin, with Wiltshire cured ham,<br>Hollandaise sauce, rocket  | 12.95 |
| Mushroom Benedict ♥ 638 kcal<br>Two poached eggs, on an English muffin, with mushroom,<br>Hollandaise sauce, rocket  | 12.95 |
| Scrambled egg on toast ♥ 570 kcal Three eggs, buttered white bloomer toast   | 6.85  |
| Beans on toast  \$\mathbb{O}\$ \$\sigma\$ 566 kcal Buttered white bloomer toast  Vegan option available with vegan spread \$\overline{O}\$ \$\sigma\$ \$\sigma\$ 460 kcal          | 6.20  |
| <b>Two slices of toast with jam or marmalade </b> 480 kcal White bloomer bread   | 3.85  |
| All-butter croissant with jam <b>©</b> 572 kcal Airport exclusive  | 4.35  |
| Fresh fruit  | 6.20  |
| Fresh fruit and yoghurt ♥ ☜ ☜ 366 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt   | 7.60  |
| Strawberries, blueberries, yoghurt and berry granola () (3340 kcal Airport exclusive   | 7.60  |
| Porridge ♥ ጭ ඎ 252 kcal (plain)  Add: Banana ∅ (110 kcal) 1.35; Strawberries ∅ (14 kcal) 1.35  Blueberries ∅ (17 kcal) 1.35; Honey ♥ (91 kcal) 1.00  Sliced apple ∅ (46 kcal) 1.35 | 4.70  |

### BREAKFAST EXTRAS

| Add any of the following:           |      |
|-------------------------------------|------|
| Lincolnshire sausage 168 kcal       | 2.30 |
| Vegan sausage @ 82 kcal             | 2.30 |
| Slice of toast <b>2</b> 225 kcal    | 1.60 |
| Two hash browns @ 164 kcal          | 2.30 |
| Two rashers of back bacon 131 kcal  | 2.30 |
| Two scrambled eggs ♥ 136 kcal       | 2.00 |
| Fried egg V 56 kcal                 | 1.20 |
| Poached egg ♥ 63 kcal               | 1.20 |
| Baked beans @ 126 kcal              | 1.70 |
| Two mushrooms @ 100 kcal            | 1.70 |
| Two grilled tomato halves @ 16 kcal | 95p  |
|                                     |      |

Coffee

# TEA, COFFEE AND HOT CHOCOLATE

Walkers shortbread ♥ 151 kcal 85p; Stem ginger biscuit ♥ 123 kcal 85p



**Biscuits** 

Flat white **V** 92 kcal Cappuccino V 102 kcal Latte V 113 kcal Mocha V 147 kcal Espresso @ 6 kcal Black coffee 6 6 kcal White coffee 24 kcal

with semi-skimmed milk V 14 kcal

Dairy alternative: oat sachet 4 kcal Decaffeinated tea and coffee available





The freshly ground 100% Arabica

Lavazza coffee<sup>tt</sup> we serve is from

Rainforest Alliance-certified farms.



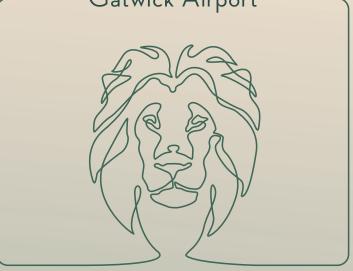


Adults need around 2000 kcal a day.5

jdwetherspoon.com 🗏

**Breakfast until 11am** Main menu from 11am

The Red Lion Gatwick Airport



This pub has a very traditional name, with its roots in heraldry. In the 14th century, John of Gaunt was the most powerful man in England. His heraldic device was a red lion and, as a sign of loyalty, was displayed outside many buildings. Many other red lions have taken their name from the coat of arms of local lords of the manor.

wetherspoon





# **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

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day,5

Hot chocolate V 169 kcal

#### SMALL PLATES Ultimate nachos // V 731 kcal Airport exclusive 10.05 Emmental & Cheddar cheese sauce, guacamole, pico de gallo, sour cream, sliced chillies Add: Chilli bean non-carne / @ 149 kcal 3.50 Pulled beef brisket 70 kcal 3.50 Bowl of chips @ 964 kcal 4.95 Bowl of chips with curry sauce 1082 kcal 6.90 Ultimate cheesy chips V 1224 kcal Airport exclusive 6.55 Emmental & Cheddar cheese sauce Fully loaded chips 1417 kcal Airport exclusive 9.35 Emmental & Cheddar cheese sauce, maple-cured bacon, sour cream Chicken bites 5% 555 422 kcal 9.60 Ten battered chicken breast pieces, BBQ sauce **Southern-fried chicken strips \*\*\*** 609 kcal 9.60 Five chicken breast strips, chipotle mayo Chicken wings **\*\* 9**49 kcal 10.70 Ten spicy chicken wings, Naga chilli dip



# **PANINIS**

The paninis below, freshly made to order, are all served with chips @ (add 602 kcal) or ask for a side salad instead @ (add 111 kcal).

| Cheddar cheese and tomato <b>(</b> 0 604 kcal   | 10.65 |
|---|-------|
| Wiltshire cured ham and Cheddar cheese 580 kcal | 10.65 |
| BBQ chicken, bacon and Cheddar cheese 576 kcal  | 10.65 |

#### SALADS AND PASTAS

| Chicken & maple-cured bacon salad 384 kcal<br>Chicken breast  | 13.70 |
|---|-------|
| Mediterranean vegetable salad    352 kcal Tenderstem® broccoli, pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing  Add: Chicken breast (188 kcal) 3.50 | 10.85 |

Pasta alfredo M 618 kcal 11.35 Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket

Add: Chicken breast (188 kcal) 3.50 Maple-cured bacon (91 kcal) 2.30

British beef & pancetta lasagne 14.30 Choose: Side salad 761 kcal: Chips 1295 kcal



#### **BURGERS**





100% UK and Irish beef

Sourced from farms in the UK and Ireland. Traceable from farm to fork.

### **Classic burgers**

Served with chips (602 kcal, included in Calories below). With iceberg lettuce, tomato, red onion.

| Beef burger 1143 kcal   | 14.25 |
|---|-------|
| Plant-based burger ⊘ 1049 kcal<br>Garlic & herb sauce                         | 14.25 |
| Fried buttermilk chicken burger 1158 kcal Breaded whole chicken breast fillet | 14.25 |

#### **Gourmet burgers**

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

With iceberg lettuce, tomato, red onion.

| Cheese melt burger 1611 kcal<br>Beef patty, American-style cheese, smothered with<br>Emmental & Cheddar cheese sauce  | 16.7  |
|---|-------|
| <b>Smoky brisket stack</b> 2041 kcal<br>Beef patty, pulled BBQ beef brisket, American-style cheese,<br>maple-cured bacon  | 16.7  |
| <b>Buffalo burger ///</b> 1802 kcal<br>Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce,<br>American-style cheese, topped with a spicy chicken wing | 16.7  |
| <b>Ultimate beef burger</b> 1723 kcal<br>Beef patty, maple-cured bacon, Cheddar cheese,<br>signature burger sauce, gherkin  | 16.7  |
| Tennessee glaze burger<br>Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze<br>Choose: Beef 1591 kcal<br>Fried buttermilk chicken 1605 kcal                 | 16.7  |
| With red onion, gherkin, ketchup, American-style mustard  | ••••• |
|   |       |

#### **Additional toppings**

Beef patty, American-style cheese

| Maple-cured bacon with Cheddar cheese 173 kcal        | 2.85 |
|---|------|
| Maple-cured bacon with American-style cheese 160 kcal | 2.85 |
| Cheddar cheese ♥ 82 kcal                              | 1.75 |
| American-style cheese <b>V</b> 69 kcal                | 1.75 |
| Maple-cured bacon 91 kcal                             | 2.30 |

American cheese stack 1469 kcal Airport exclusive

#### **Additional burger patties**

| Beef patty 337 kcal               | 3.50 |
|-----------------------------------|------|
| Fried buttermilk chicken 351 kcal | 3.50 |
| Plant-based patty @ 152 kcal      | 2.50 |
|                                   |      |

Airport exclusive

Dish created exclusively for Wetherspoon's airport pubs.

# 11" PIZZAS

Sourdough base - proved, stretched, topped and freshly baked to order. Margherita V 948 kcal. Mozzarella, basil 13.75 **Pepperoni** 1166 kcal. Mozzarella, pepperoni 14.85 Ham and mushroom 1026 kcal. Mozzarella, ham, mushroom, rocket 14.85

| <b>BBQ chicken</b> 1112 kcal<br>Mozzarella, BBQ sauce, chicken breast, red onion, rocket              | 14.85 |
|---|-------|
| Roasted vegetable <b>①</b> 1028 kcal<br>Mozzarella, mushroom, roasted pepper, courgette, onion, basil | 14.85 |
| <b>Vegan roasted vegetable @ ®</b> 709 kcal<br>Mushroom, roasted pepper, courgette, onion, basil      | 14.85 |
| Spicy meat feast /// 1229 kcal<br>Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket | 16.75 |
| Additional toppings   |       |

Sliced chillies **FFFF 3** kcal; Mushroom **4** kcal each **1.50** Mozzarella V 150 kcal; Ham 71 kcal Chicken breast 94 kcal; Maple-cured bacon 91 kcal each **1.80** 

**Pepperoni** 109 kcal; **Garlic & herb dip** 180 kcal each **2.10** 



## WORLD FLAVOURS

| Sticky Korean fried chicken bowl                                      | 13.9 |
|---|------|
| Chicken strips, chicken breast bites, tossed in a Korean-style sauce, |      |
| coriander, sliced chillies  |      |
| Choose: Coconut-flavour rice 867 kcal; Chips 1235 kcal                |      |
|   |      |

Ramen noodle bowl // @ 58 555 477 kcal 11.65 Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Chicken breast (188 kcal) 3.50; Poached egg ♥ (63 kcal) 1.20

Classic curries

With basmati pilau rice, plain naan, poppadums, sliced chillies and coriander.

Chicken tikka masala 1190 kcal 15.35 Sweet potato, chickpea & spinach curry // @ 59 916 kcal 15.35 Sweet potato tossed in a rich coconut sauce with chickpeas and spinach

**Katsu curries** 

16.75

With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.

Katsu grilled chicken curry / 53 542 kcal 14.35 Sliced grilled chicken breast

Katsu chicken curry **₱** 706 kcal 14.35 Sliced whole breaded chicken breast fillet



PUB CLASSICS Freshly battered fish and chips 16.75 Cod, peas 1240 kcal or mushy peas 1298 kcal Add: Two slices of bread (404 kcal) 1.60 Chip shop-style curry sauce (118 kcal) 1.70 All-day brunch 1245 kcal 14.40 Two Lincolnshire sausages, bacon, two fried eggs, baked beans, chips Vegetarian all-day brunch ♥ 992 kcal 14.40 Three vegan sausages, two fried eggs, baked beans, chips Wiltshire cured ham, eggs and chips 926 kcal 14.05 Three slices of Wiltshire cured ham, two fried eggs Chilli bean non-carne 7 @ 82 629 kcal 14.05 Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips



### SIDES AND EXTRAS

| Bowl of chips @ 964 kcal                        | 4.9  |
|---|------|
| Side salad <b>②</b> 91 kcal                     | 2.40 |
| Emmental & Cheddar cheese sauce V 122 kcal      | 2.60 |
| Mediterranean side salad <b>⊘</b> 198 kcal      | 3.9  |
| Tenderstem® broccoli and peas @ 118 kcal        | 3.0  |
| Onion rings O Six 269 kcal 3.65 Twelve 538 kcal | 5.50 |

#### **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



Adults need around 2000 kcal a day.§