

BREAKFAST Served until 11am



Eggs Benedict; Fresh fruit; Large breakfast

Large breakfast 1343 kcal	14.30
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	
Traditional breakfast 807 kcal	12.75
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	
Small breakfast <small>UNDER 500</small> 435 kcal	9.60
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	
Add: Two slices of black pudding (355 kcal) 2.20	
Slice of toast <small>UNDER 500</small> (255 kcal) 1.60	
Large vegetarian breakfast <small>UNDER 500</small> 1129 kcal	14.30
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	
Vegetarian breakfast <small>UNDER 500</small> 786 kcal	12.75
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	
Small vegetarian breakfast <small>UNDER 500</small> 291 kcal	9.60
Fried egg, vegan sausage, baked beans, hash brown, tomato	
Vegan breakfast <small>UNDER 500</small> 642 kcal	11.70
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	

MUFFINS AND BUTTIES

Egg & cheese muffin <small>UNDER 500</small> 413 kcal	7.50
Fried egg, American-style cheese, in an English muffin, two hash browns	
Egg & bacon muffin <small>UNDER 500</small> 478 kcal	7.90
Fried egg, bacon, American-style cheese, in an English muffin, two hash browns	
Egg & sausage muffin 581 kcal	7.90
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin, two hash browns	
Egg & vegetarian sausage muffin <small>UNDER 500</small> 494 kcal	7.90
Fried egg, vegan sausage, American-style cheese, in an English muffin, two hash browns	
Breakfast muffin 657 kcal	8.30
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin, two hash browns	
Smashed avocado muffin <small>UNDER 500</small> 435 kcal	8.30
Guacamole, pico de gallo, on an English muffin, rocket, two hash browns	
Add: Maple-cured bacon (91 kcal) 2.20 ; Poached egg <small>UNDER 500</small> (63 kcal) 1.10	
Bacon butty 574 kcal	6.99
Three rashers of bacon, buttered white bloomer bread	
Sausage butty 714 kcal	6.99
Two Lincolnshire sausages, buttered white bloomer bread	
Vegetarian sausage butty <small>UNDER 500</small> 541 kcal	6.99
Two vegan sausages, buttered white bloomer bread	
Vegan option available with vegan spread <small>UNDER 500</small> 435 kcal	
Breakfast sandwich 753 kcal	8.75
Lincolnshire sausage, bacon, egg, buttered white bloomer bread	

NEW Shakshuka <small>UNDER 500</small> 547 kcal	9.60
Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta	
Add: Maple-cured bacon (91 kcal) 2.20	
Freedom breakfast 606 kcal	11.70
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Eggs Benedict 725 kcal	12.75
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Mushroom Benedict <small>UNDER 500</small> 638 kcal	12.75
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Miner's Benedict 939 kcal	12.75
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
Scrambled egg on toast <small>UNDER 500</small> 570 kcal	6.75
Three eggs, buttered white bloomer toast	
Beans on toast <small>UNDER 500</small> 566 kcal. Buttered white bloomer toast	6.10
Vegan option available with vegan spread <small>UNDER 500</small> 460 kcal	
Two slices of toast with jam or marmalade <small>UNDER 500</small> 524 kcal	3.75
White bloomer bread	
Fresh fruit <small>UNDER 500</small> 245 kcal	6.10
Apple, banana, blueberries, strawberries	
NEW Fresh fruit and yoghurt <small>UNDER 500</small> 334 kcal	7.50
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
Porridge <small>UNDER 500</small> 252 kcal (plain)	4.60
Add: Banana (110 kcal) 1.25 ; Strawberries (27 kcal) 1.25	
Blueberries (17 kcal) 1.25 ; Honey (91 kcal) 90p	
Sliced apple (46 kcal) 1.25	

BREAKFAST EXTRAS

Add any of the following:	
Two slices of black pudding 355 kcal	2.20
Lincolnshire sausage 168 kcal	2.20
Vegan sausage 82 kcal	2.20
Slice of toast <small>UNDER 500</small> 225 kcal	1.60
Two hash browns 164 kcal	2.20
Two rashers of back bacon 131 kcal	2.20
Two scrambled eggs <small>UNDER 500</small> 136 kcal	1.90
Fried egg <small>UNDER 500</small> 56 kcal	1.10
Poached egg <small>UNDER 500</small> 63 kcal	1.10
Baked beans 126 kcal	1.60
Two mushrooms 100 kcal	1.60
Two grilled tomato halves 16 kcal	85p

TEA, COFFEE AND HOT CHOCOLATE

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

LAVAZZA TORINO, ITALIA, 1895

100% ARABICA BEANS

Flat white <small>UNDER 500</small> 92 kcal	Tea with semi-skimmed milk <small>UNDER 500</small> 14 kcal
Cappuccino <small>UNDER 500</small> 102 kcal	Dairy alternative: oat sachet 4 kcal
Latte <small>UNDER 500</small> 113 kcal	Decaffeinated tea and coffee available.
Mocha <small>UNDER 500</small> 147 kcal	
Espresso 6 kcal	
Black coffee 6 kcal	
White coffee <small>UNDER 500</small> 24 kcal	
Hot chocolate <small>UNDER 500</small> 169 kcal	

£3.40

Biscuits

Walkers shortbread UNDER 500 151 kcal **85p**; **Stem ginger biscuit** UNDER 500 123 kcal **85p**

Belgian chocolate biscuit UNDER 500 129 kcal **85p**; **Salted caramel brownie bar** UNDER 500 316 kcal **2.20**

Coffee

The freshly ground 100% Arabica Lavazza coffee* we serve is from Rainforest Alliance-certified farms.



FOOD

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

FOOD HYGIENE RATING

0 1 2 3 4 **5** VERY GOOD

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



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.*

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated 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. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: jd.wetherspoon.com *Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *Statement of daily Calorie needs from the Department of Health & Social Care. †Excluding decaffeinated.

SMALL PLATES

Nachos 🌶️🌶️🌶️🌱 695 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	9.85
Bowl of chips 🌱 964 kcal	4.90
Bowl of chips with curry sauce 🌱 1082 kcal	6.85
Cheesy chips 🌱 1256 kcal	5.99
Loaded chips 1303 kcal Cheese, maple-cured bacon, sour cream	8.40
Chicken bites 🌱🌱🌱🌱 422 kcal Ten battered chicken breast pieces, sticky soy sauce	9.50
Chicken wings 🌶️🌶️🌶️ 949 kcal Ten spicy chicken wings, Naga chilli dip	10.60

PANINIS

The paninis below, freshly made to order, are all served with chips 🌱 (add 602 kcal) or ask for a side salad instead 🌱 (add 91 kcal).

Cheddar cheese and tomato 🌱 527 kcal	10.35
Wiltshire cured ham and Cheddar cheese 508 kcal	10.35
BBQ chicken, bacon and Cheddar cheese 586 kcal	10.35

NOODLES, SALADS AND PASTAS

Ramen noodle bowl 🌱🌱🌱🌱🌱 466 kcal Noodles, bean sprouts, shiitake mushroom, spring onion, carrot, pak choi, bamboo shoots, red onion, sliced chillies, coriander, in a light broth Add: Chicken breast (93 kcal) 1.70 ; Poached egg 🌱 (63 kcal) 1.10	11.35
Chicken & maple-cured bacon salad 🌱🌱🌱 283 kcal Chicken breast	13.70
Mediterranean salad 🌱🌱🌱 334 kcal Pearl barley, quinoa, butternut squash, wheat berries, red pepper, cherry tomatoes, pumpkin seeds, basil, dressing Add: Chicken breast (187 kcal) 3.85	10.85
Pasta alfredo 🌱 618 kcal Fusilli pasta, creamy pecorino & regato cheese sauce, spinach, sun-dried tomato, basil, rocket Add: Chicken breast (187 kcal) 3.85 Maple-cured bacon (91 kcal) 2.20	11.35
British beef & pancetta lasagne 761 kcal Side salad	14.30



British beef & pancetta lasagne
Ramen noodle bowl; Mediterranean salad

BURGERS



Fried buttermilk chicken BBQ burger; Ultimate burger; Double American burger

100% UK AND IRISH BEEF
100% UK and Irish beef
Sourced from farms in the UK and Ireland.
Traceable from farm to fork.

Double beef burgers Two 3oz beef patties. Served with chips (602 kcal, included in Calories below).	
Double American burger 1138 kcal Red onion, gherkin, ketchup, American-style mustard	14.05
Double classic beef burger 1119 kcal Iceberg lettuce, tomato, red onion	14.05
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	15.55

Meat-free burger Served with chips (602 kcal, included in Calories below).	
Beyond Burger™ 🌱 1043 kcal BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	14.05

Chicken burger Served with chips (602 kcal, included in Calories below).	
Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet	14.05

Gourmet burgers Served with chips, six onion rings (871 kcal, included in Calories below).	
Ultimate burger 1656 kcal Two 3oz beef patties, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin	16.10
Tennessee burger 1610 kcal Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze Choose: Beef (two 3oz beef patties) 1565 kcal Fried buttermilk chicken 1703 kcal	16.10
BBQ burger 1610 kcal Maple-cured bacon, Cheddar cheese, BBQ sauce Choose: Beef (two 3oz beef patties) 1644 kcal Fried buttermilk chicken 1780 kcal	16.10
Triple American cheese & bacon burger 1770 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	16.65

Additional toppings

Maple-cured bacon with Cheddar cheese 173 kcal	2.75
Maple-cured bacon with American-style cheese 160 kcal	2.75
Cheddar cheese 🌱 82 kcal	1.65
American-style cheese 🌱 69 kcal	1.65
Maple-cured bacon 91 kcal	2.20

PUB CLASSICS

Freshly battered cod and chips 🌱🌱 16.20 Peas 1240 kcal or mushy peas 1298 kcal Add: Two slices of bread 🌱 (404 kcal) 1.60 Chip shop-style curry sauce 🌱 (118 kcal) 1.60	
All-day brunch 1245 kcal Two Lincolnshire sausages, bacon, two fried eggs, baked beans, chips Add: Two slices of black pudding (355 kcal) 2.20	14.30
Vegetarian all-day brunch 🌱 1023 kcal Three vegan sausages, two fried eggs, baked beans, chips	14.30
Wiltshire cured ham, eggs and chips 926 kcal Three slices of Wiltshire cured ham, two fried eggs	14.05
Chilli bean non-carne 🌱🌱🌱 635 kcal Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips	13.95



All-day brunch; Freshly battered fish and chips

Sustainable fish
The cod and haddock we serve come from fisheries which have been independently certified to the MSC standard for well-managed and sustainable fisheries.



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.



Mangalorean roasted cauliflower & spinach curry; Katsu chicken curry

CURRIES

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

Chicken tikka masala 🌶️🌶️ 1190 kcal	15.35
Mangalorean roasted cauliflower & spinach curry 🌱🌱🌱 927 kcal	15.35

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

Katsu grilled chicken curry 🌱🌱 542 kcal Sliced grilled chicken breast	14.35
Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet	14.35

SIDES AND EXTRAS

Bowl of chips 🌱 964 kcal	4.90
Side salad 🌱 91 kcal	2.30
Mediterranean side salad 🌱 198 kcal	3.85
Onion rings 🌱	Six 269 kcal 3.55 Twelve 538 kcal 5.40

DIETARY SYMBOLS

- 🌱 = Very mild
- 🌶️ = Mild
- 🌶️🌶️ = Medium hot
- 🌶️🌶️🌶️ = Very hot
- 🌶️🌶️🌶️🌶️ = Extremely hot
- 🌱 Vegetarian 🌱 Vegan
- 5% 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.⁵