

Desserts

NEW Giant profiterole ⁵⁰⁰ 433 kcal	5.59
Choux pastry filled with vanilla cream, Belgian chocolate sauce, strawberry Vanilla ice cream	
NEW Salted caramel sticky toffee pudding ⁸⁷⁷ kcal	6.26
Vanilla ice cream	
NEW Millionaire's shortbread ⁵⁰⁰ 409 kcal	2.27
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream ³³⁴ kcal	1.91
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch ³⁶⁴ kcal	1.91
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie ⁵⁰⁰ 435 kcal	3.13
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich ⁵⁰⁰ 431 kcal	3.13
Salted caramel filling, toffee sauce, vanilla ice cream	
Fresh fruit ⁴⁷⁰ kcal	4.79
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake ⁹⁰⁹ kcal	5.59
Vanilla ice cream	
Warm chocolate brownie ⁷³⁶ kcal	5.59
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich ⁷²⁷ kcal	5.59
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble ⁶⁷³ kcal	5.90
Vanilla ice cream	

Add: Vanilla ice cream scoop ¹³⁵ kcal	94p; Toffee sauce ⁶⁶ kcal
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.[§]

BREAKFAST

Served
8am - 12 noon

Large breakfast 1343 kcal	7.99	Eggs Benedict 725 kcal	6.59
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	
Traditional breakfast 807 kcal	6.40	Mushroom Benedict ⁶³⁸ kcal	6.59
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	
Small breakfast ⁴³⁵ kcal	5.56	Miner's Benedict 939 kcal	6.59
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	
-----		-----	
Add: Black pudding (178 kcal)	75p	NEW Hash brown basket ⁴¹⁰ kcal	1.99
-----		Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	
Freedom breakfast 586 kcal	5.56	Scrambled egg on toast ⁵⁷⁰ kcal	5.13
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		Three eggs, buttered white bloomer toast	
Large vegetarian breakfast ¹¹²⁹ kcal	7.99	Beans on toast ⁵⁶⁶ kcal	3.96
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		Buttered white bloomer toast	
Vegetarian breakfast ⁷⁸⁶ kcal	6.40	NEW Vegan option available with vegan spread ⁴⁶⁰ kcal	2.74
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		Small beans on toast ²⁵² kcal	
Small vegetarian breakfast ²⁹¹ kcal	5.56	Buttered white bloomer toast	
Fried egg, vegan sausage, baked beans, hash brown, tomato		Two slices of toast with jam or marmalade ⁵²⁴ kcal	
Vegan breakfast ⁶⁴² kcal	6.03	White bloomer bread	
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		Fresh fruit ²⁰⁰ kcal	
Porridge ²⁵² kcal (plain)	2.19	Apple, banana, blueberries, strawberries	
Add: Banana ¹¹⁰ kcal		NEW Fresh fruit and yoghurt ³³⁴ kcal	
62p; Strawberries ²⁷ kcal		Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	
62p			
Blueberries ¹⁷ kcal			
62p; Honey ⁹¹ kcal			
34p			
Sliced apple ⁴⁶ kcal			
62p			

Breakfast extras

Add any of the following:			
Black pudding 178 kcal	75p	Two rashers of back bacon 131 kcal	1.57
Lincolnshire sausage 168 kcal	1.05	Baked beans ¹²⁶ kcal	93p
Vegan sausage ⁸² kcal	1.05	Four rashers of maple-cured bacon 91 kcal	1.52
Slice of toast ²²⁵ kcal	1.13	Two scrambled eggs ¹³⁶ kcal	1.63
Hash brown ⁸² kcal	46p	Two poached eggs ⁵⁶ kcal	93p
		Poached egg ⁶³ kcal	93p

Breakfast butties and wraps

Bacon butty 574 kcal. Three rashers of bacon, buttered white bloomer bread	4.56	Breakfast wrap 724 kcal	5.67
Sausage butty 714 kcal	4.56	Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese	
Two Lincolnshire sausages, buttered white bloomer bread		Vegetarian breakfast wrap ⁷³⁵ kcal	
Vegetarian sausage butty ⁵⁴¹ kcal	4.56	Fried egg, two vegan sausages, two hash browns, Cheddar cheese	
Two vegan sausages, buttered white bloomer bread			
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	4.69
Fried egg, American-style cheese, in an English muffin	
Egg & bacon muffin ³¹⁴ kcal	5.13
Fried egg, bacon, American-style cheese, in an English muffin	
Egg & sausage muffin ⁴¹⁷ kcal	5.13
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin	
Egg & vegetarian sausage muffin ³³⁰ kcal	5.13
Fried egg, vegan sausage, American-style cheese, in an English muffin	
Breakfast muffin ⁴⁸² kcal	5.35
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin	

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).

Tea, coffee and hot chocolate

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

£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

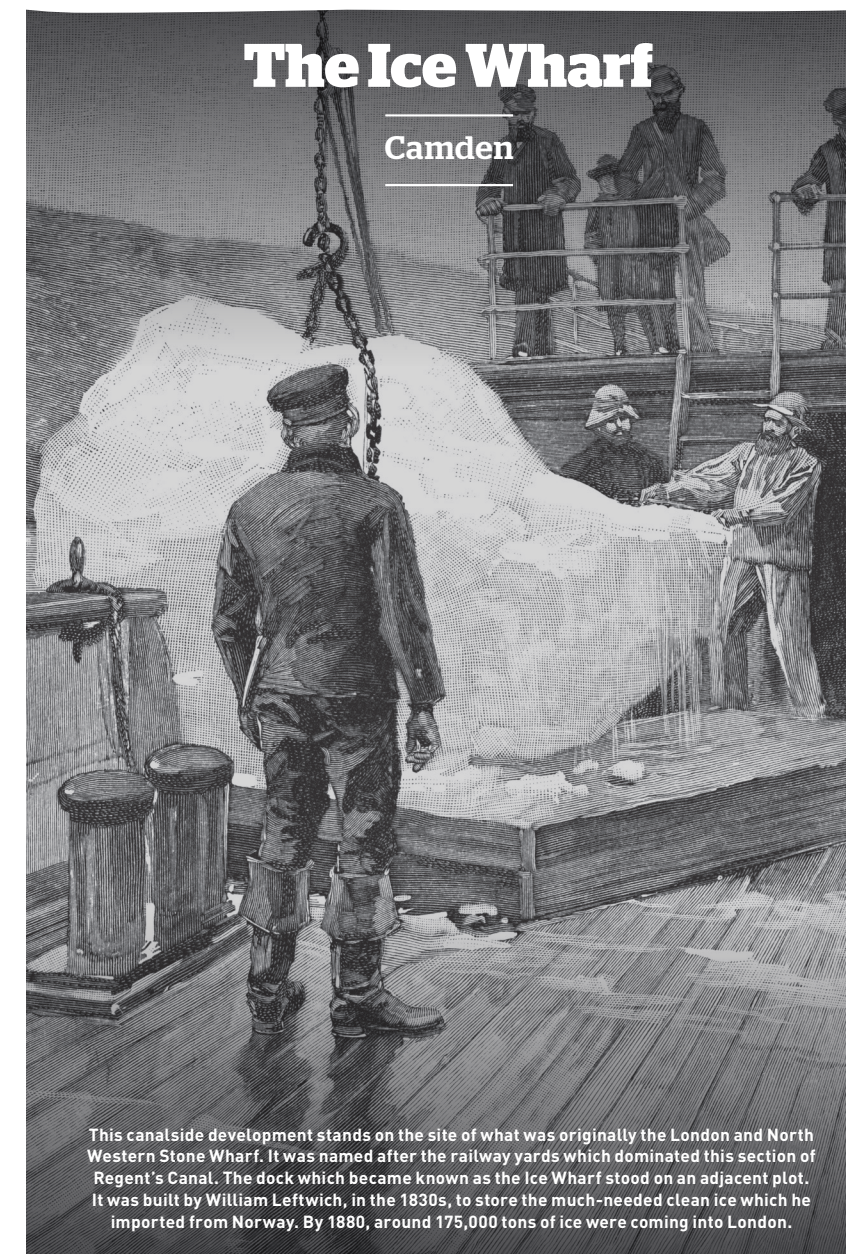
for the facts
drinkaware.co.uk
jdetherspoon.com

LTSIMNOGRILL

MENU_2450

FOOD

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



This canal-side development stands on the site of what was originally the London and North Western Stone Wharf. It was named after the railway yards which dominated this section of Regent's Canal. The dock which became known as the Ice Wharf stood on an adjacent plot. It was built by William Leftwich, in the 1830s, to store the much-needed clean ice which he imported from Norway. By 1880, around 175,000 tons of ice were coming into London.



Table service

Download the Wetherspoon app or scan this QR code.

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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'.

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







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



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opening menus for everybody
The spoken menu app for the visually impaired

Small plates | Any 3 for £18.09

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

Margherita   467 kcal. Mozzarella, basil	6.70
Pepperoni  575 kcal. Mozzarella, pepperoni	7.25
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	7.25
BBQ chicken 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	7.25
Roasted vegetable  514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	7.25
Roasted vegetable and vegan cheese    416 kcal Mushroom, roasted pepper, courgette, onion, basil	7.25
Spicy meat feast    615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.80
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11" garlic pizza bread  772 kcal	5.72
Nachos    695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.39
Bowl of chips  964 kcal	4.72
Bowl of chips with curry sauce  1082 kcal	6.13
Cheesy chips  1256 kcal	5.92
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.66

With any of the small plates below, choose one dip:
Sweet chilli    37 kcal; **Sticky soy**  100 kcal; **Naga chilli**    136 kcal
Jack Daniel's® Tennessee Honey glaze  87 kcal; **Chipotle mayo**    150 kcal
Blue cheese  270 kcal; **BBQ sauce**  83 kcal












Halloumi-style fries   396 kcal	5.45
Chicken bites  322 kcal. Ten battered chicken breast pieces	6.55
Southern-fried chicken strips  459 kcal. Five chicken breast strips	6.50
Chicken wings    813 kcal. Ten spicy chicken wings	7.23
Quorn™ nuggets   331 kcal. Eight coated pieces	6.13

Deli Deals



All wraps and paninis are freshly made to order.

NEW 10" wraps A smaller wrap and filling.	
Small brunch wrap 559 kcal Fried egg, bacon, Lincolnshire sausage, Cheddar cheese	just-a-wrap, without a drink 4.83 each
Small vegetarian brunch wrap  545 kcal Fried egg, two vegan sausages, Cheddar cheese	
Small shawarma chicken    502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	soft drink* 5.86 each
Small Quorn™ nuggets  310 kcal Salad leaves, tomato, cucumber, salsa	
Small southern-fried chicken     399 kcal Salad leaves, smoky chipotle mayo	alcoholic drink* 7.62 each
Small fried halloumi-style cheese     391 kcal Salad leaves, sweet chilli sauce, tomato, cucumber Add: Small side salad  (46 kcal); Small portion of chips  (329 kcal) 1.03 each	

12" wraps

Shawarma chicken    719 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	
Quorn™ nuggets   508 kcal. Tomato, cucumber, salsa	
Southern-fried chicken    609 kcal Salad leaves, smoky chipotle mayo	
Fried halloumi-style cheese    707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	

Paninis


NEW Roasted vegetable and vegan cheese  480 kcal	
Cheddar cheese and tomato  527 kcal	
Wiltshire cured ham and Cheddar cheese 508 kcal	
BBQ chicken, bacon and Cheddar cheese 586 kcal	

8" pizzas on a freshly baked sourdough base
Choose any 8" pizza from the small plates section.

Add: Side salad  (91 kcal); Spicy rice  (208 kcal)
Chips  (602 kcal) **1.44** each

Burgers

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

Beef burgers One 3oz beef patty. Served with a small portion of chips (329 kcal, included in Calories below).	
American burger 696 kcal Red onion, gherkin, ketchup, American-style mustard	soft drink* 7.23 each
Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 8.99 each
Skinny beef burger  375 kcal Iceberg lettuce, tomato, red onion, with a side salad, instead of chips	
American cheese burger 730 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 7.78
	alcoholic drink* 9.54
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	soft drink* 9.34 each
Double classic beef burger 1119 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 11.10 each
Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 9.88
	alcoholic drink* 11.64

Chicken burgers

Served with a small portion of chips (329 kcal, included in the Calories below).





Crunchy chicken strip burger  776 kcal	soft drink* 7.23
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink* 8.99

Served with chips (602 kcal, included in Calories below).

Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet	soft drink* 9.34
	alcoholic drink* 11.10

Meat-free burgers

Served with chips (602 kcal, included in Calories below).

Beyond Burger™  1043 kcal  BEYOND MEAT plant-based patty, iceberg lettuce, garlic & herb sauce	soft drink* 9.34 each
Fried halloumi-style cheese burger   1118 kcal. Sweet chilli sauce	alcoholic drink* 11.10 each

Just-a-burger













Served on its own, without chips or a drink.

American burger  367 kcal Red onion, gherkin, ketchup, American-style mustard	
Crunchy chicken strip burger   447 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	each 4.74

Curries

Classic curries

With basmati pilau rice, plain naan and poppadums.


Mangalorean roasted cauliflower & spinach curry    927 kcal	
Chicken tikka masala  1190 kcal	
Chicken jalfrezi     935 kcal	
Beef Madras     1043 kcal	

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

Add: One vegetable samosa and two onion bhajis    (293 kcal) **1.76**
 Two plain poppadums  (86 kcal) **47p**

Katsu curries

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

Katsu grilled chicken curry  542 kcal Sliced chicken breast	
Katsu Quorn™ nugget curry  686 kcal Eight coated pieces	soft drink* 10.30 each
	alcoholic drink* 12.06 each
Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet	

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	
Tennessee burger Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze	soft drink* 11.39 each
Choose: Beef (two 3oz beef patties) 1567 kcal Fried buttermilk chicken 1703 kcal	

BBQ burger





Maple-cured bacon, Cheddar cheese, BBQ sauce	
Choose: Beef (two 3oz beef patties) 1644 kcal Fried buttermilk chicken 1780 kcal	alcoholic drink* 13.15 each

Fiesta burger

1380 kcal
 BEYOND MEAT plant-based patty, salsa, guacamole, roasted pepper, courgette, onion

Triple American cheese & bacon burger 1770 kcal Three 3oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	soft drink* 12.74
	alcoholic drink* 14.50

Additional toppings and burger patties

Maple-cured bacon with Cheddar cheese 173 kcal	2.14
Maple-cured bacon with American-style cheese 160 kcal	2.14
Cheddar cheese  82 kcal	1.52
American-style cheese  69 kcal	1.52
NEW Vegan cheese  57 kcal	1.52
Maple-cured bacon 91 kcal	1.52
Crunchy chicken strip  92 kcal	1.50

3oz beef patty 168 kcal





Fried buttermilk chicken 473 kcal each **1.97**

Fried halloumi-style cheese  298 kcal
 BEYOND MEAT patty  184 kcal



Chicken


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

Peri-peri char-grilled half chicken

Lemon and herb 	soft drink* 12.27 each
Char-grilled in a lemon & herb glaze Coleslaw, garlic & herb dip	
Choose: Side salad 918 kcal; Mediterranean salad 1048 kcal Spicy rice 1059 kcal; Chips 1453 kcal	
Hot and spicy   	alcoholic drink* 14.03 each
Char-grilled in a Naga chilli & citrus glaze Coleslaw, Naga chilli dip	
Choose: Side salad 888 kcal; Mediterranean salad 1018 kcal Spicy rice 1029 kcal; Chips 1423 kcal	






Chicken baskets

Boneless basket 	
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce	
Choose: Side salad 720 kcal; Spicy rice 861 kcal; Chips 1255 kcal	
Chicken bites basket Ten battered chicken breast pieces, coleslaw, sticky soy sauce	soft drink* 10.25 each
Choose: Side salad 623 kcal; Spicy rice  763 kcal; Chips 1157 kcal	

Southern-fried chicken strips basket 
 Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze
Choose: Side salad 748 kcal; Spicy rice 888 kcal; Chips 1282 kcal

Quorn™ 'no chicken' nuggets basket  
 Eight coated pieces, coleslaw, sweet chilli sauce
Choose: Side salad 569 kcal; Spicy rice 709 kcal; Chips 1104 kcal






Small pub classics

Fish and chips	soft drink* 9.48	alcoholic drink* 11.24
Small freshly battered cod and chips 		
Peas 681 kcal or mushy peas 739 kcal		
Small Whitby breaded scampi	9.48	11.24
Chips, peas 629 kcal or mushy peas 686 kcal. Four Whitby breaded scampi		
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Add: Two slices of bread  (404 kcal) 1.34 Chip shop-style curry sauce  (118 kcal) 1.46		
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Small Wiltshire cured ham, egg and chips  455 kcal One slice of Wiltshire cured ham, fried egg	8.34	10.10
Small all-day brunch 681 kcal Lincolnshire sausage, bacon, fried egg, baked beans, chips Add: Black pudding (178 kcal) 75p	8.61	10.37
Small vegetarian all-day brunch  611 kcal Two vegan sausages, fried egg, baked beans, chips	8.61	10.37

Afternoon deal

Mon - Fri, 2pm - 5pm
 Choose from the above small pub classic meals.

Pub classics

Fish and chips	soft drink* 11.55	alcoholic drink* 13.31
Freshly battered cod and chips 		
Peas 1240 kcal or mushy peas 1298 kcal		
Whitby breaded scampi	11.55	13.31
Chips, peas 1135 kcal or mushy peas 1192 kcal. Eight Whitby breaded scampi		
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Add: Two slices of bread  (404 kcal) 1.34 Chip shop-style curry sauce  (118 kcal) 1.46		
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All-day brunch 1245 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips Add: Black pudding (178 kcal) 75p	11.23	12.99
Vegetarian all-day brunch  1023 kcal Two fried eggs, three vegan sausages, baked beans, chips	11.23	12.99
Steak & kidney pudding 1279 kcal Peas, onion & red wine gravy, chips	9.92	11.68
Bangers and mash 894 kcal Three Lincolnshire sausages, peas, onion & red wine gravy	9.92	11.68
Vegetarian bangers and mash  635 kcal Three vegan sausages, peas, onion & red wine gravy	9.92	11.68
Wiltshire cured ham, eggs and chips 856 kcal Two slices of Wiltshire cured ham, two fried eggs	9.38	11.14
Sausages, chips and beans 1170 kcal Three Lincolnshire sausages	9.38	