

BREAKFAST Served until 11am



Eggs Benedict; Fresh fruit; Large breakfast

Large breakfast 1343 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	14.30	NEW Shakshuka 547 kcal Two poached eggs, lightly spiced Mediterranean tomato & pepper sauce, rocket, toasted ciabatta Add: Maple-cured bacon (91 kcal) 2.20	9.60
Traditional breakfast 807 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	12.75	Freedom breakfast 606 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	11.70
Small breakfast 435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	9.60	Eggs Benedict 725 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	12.75
Add: Two slices of black pudding (355 kcal) 2.20		Mushroom Benedict 638 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	12.75
Slice of toast (255 kcal) 1.60		Miner's Benedict 939 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	12.75
Large vegetarian breakfast 1129 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	14.30	Scrambled egg on toast 570 kcal Three eggs, buttered white bloomer toast	6.75
Vegetarian breakfast 786 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	12.75	Beans on toast 566 kcal Buttered white bloomer toast	6.10
Small vegetarian breakfast 291 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	9.60	Vegan option available with vegan spread 460 kcal	
Vegan breakfast 642 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	11.70	Two slices of toast with jam or marmalade 524 kcal White bloomer bread	3.75

MUFFINS AND BUTTIES

Egg & cheese muffin 413 kcal Fried egg, American-style cheese, in an English muffin, two hash browns	7.50	NEW Fresh fruit and yoghurt 334 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	7.50
Egg & bacon muffin 478 kcal Fried egg, bacon, American-style cheese, in an English muffin, two hash browns	7.90	Porridge 252 kcal (plain) Add: Add: Banana (110 kcal) 1.25 ; Strawberries (27 kcal) 1.25	4.60
Egg & sausage muffin 581 kcal Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin, two hash browns	7.90	Blueberries (17 kcal) 1.25 ; Honey (91 kcal) 90p	
Egg & vegetarian sausage muffin 494 kcal Fried egg, vegan sausage, American-style cheese, in an English muffin, two hash browns	7.90	Sliced apple (46 kcal) 1.25	
Breakfast muffin 657 kcal Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin, two hash browns	8.30		
Smashed avocado muffin 435 kcal Guacamole, pico de gallo, on an English muffin, rocket, two hash browns	8.30		
Add: Maple-cured bacon (91 kcal) 2.20 ; Poached egg (63 kcal) 1.10			
Bacon butty 574 kcal Three rashers of bacon, buttered white bloomer bread	6.99		
Sausage butty 714 kcal Two Lincolnshire sausages, buttered white bloomer bread	6.99		
Vegetarian sausage butty 541 kcal Two vegan sausages, buttered white bloomer bread	6.99		
Vegan option available with vegan spread 435 kcal			
Breakfast sandwich 733 kcal Lincolnshire sausage, bacon, egg, buttered white bloomer bread	8.75		

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 225 kcal	1.60
Two hash browns 164 kcal	2.20
Two rashers of back bacon 131 kcal	2.20
Two scrambled eggs 136 kcal	1.90
Fried egg 56 kcal	1.10
Poached egg 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 92 kcal	Tea with semi-skimmed milk 14 kcal
Cappuccino 102 kcal	Dairy alternative: oat sachet 4 kcal
Latte 113 kcal	Decaffeinated tea and coffee available.
Mocha 147 kcal	
Espresso 6 kcal	
Black coffee 6 kcal	
White coffee 24 kcal	
Hot chocolate 169 kcal	

£3.40

Biscuits
Walkers shortbread 151 kcal **85p**; **Stem ginger biscuit** 123 kcal **85p**
Belgian chocolate biscuit 129 kcal **85p**; **Salted caramel brownie bar** 316 kcal **2.20**

Coffee

The freshly ground 100% Arabica Lavazza coffee^{††} we serve is from Rainforest Alliance-certified farms.



jdwetherspoon.com

MENU_5785

FOOD

Breakfast until 11am
Main menu from 11am

The Flying Horse Gatwick Airport



Gatwick Airport covers the site of Gatwick Race Course, which had held race meetings here for 50 years from 1890. The name 'The Flying Horse' links the old race course with the airport.

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: jdwwetherspoon.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










11" garlic pizza bread  772 kcal	8.10
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





BURGERS





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 16.10 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 16.10 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










11" PIZZAS







Sourdough base – proved, stretched, topped and freshly baked to order.	
Margherita  934 kcal Mozzarella, basil	13.25
Pepperoni  1151 kcal Mozzarella, pepperoni	14.35
Ham and mushroom 1011 kcal Mozzarella, ham, mushroom, rocket	14.35
BBQ chicken 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	14.35
Spicy meat feast    1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	16.55
Additional toppings	
Red onion  10 kcal	
Sliced chillies      3 kcal; Mushroom  4 kcal	each 1.40
Mozzarella  150 kcal; Ham 71 kcal; Garlic & herb dip  180 kcal	
Chicken breast 94 kcal; Maple-cured bacon 91 kcal	each 1.70
Pepperoni  109 kcal	1.99



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
Garlic pizza bread 	8" 386 kcal 7.25 11" 772 kcal 8.10
With cheese 	8" 473 kcal 8.65 11" 922 kcal 10.55



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.










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.⁵