

Sides and extras

Bowl of chips	964 kcal (Add: Spicy seasoning 7 kcal)	34p	4.23
Small bowl of chips	602 kcal		2.48
Five chicken wings	407 kcal		2.99
NEW Five chicken breast bites	161 kcal		2.99
Eight Whitby breaded scampi	464 kcal		4.99
Grilled halloumi-style cheese	447 kcal		1.97
Peas	133 kcal		94p
Mushy peas	248 kcal		94p
Side salad	91 kcal		2.29
Mediterranean side salad	198 kcal		3.22
Roasted vegetables	135 kcal		1.53
Coleslaw	399 kcal		1.40
Sliced chillies	3 kcal		88p
Chicken gravy	50 kcal		94p
Onion rings	Six 269 kcal	2.33	Twelve 538 kcal
Garlic pizza bread	8* 386 kcal	4.40	11* 772 kcal
With cheese	8* 473 kcal	4.98	11* 922 kcal

Desserts

NEW Salted caramel sticky toffee pudding	4.99
Vanilla ice cream	877 kcal or custard 741 kcal
NEW Millionaire's shortbread	409 kcal
Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	
Vanilla ice cream	334 kcal
Two scoops, toffee sauce, Belgian chocolate sauce	
Cookie crunch	364 kcal
Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	
Mini warm chocolate brownie	435 kcal
Belgian chocolate sauce, vanilla ice cream	
Mini warm cookie dough sandwich	431 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
Mini American-style pancakes	412 kcal
Two pancakes, maple-flavour syrup, vanilla ice cream	
Fresh fruit	470 kcal
Apple, banana, blueberries, strawberries, vanilla ice cream	
Warm chocolate fudge cake	909 kcal
Vanilla ice cream	
Warm chocolate brownie	736 kcal
Belgian chocolate sauce, vanilla ice cream	
Warm cookie dough sandwich	727 kcal
Salted caramel filling, toffee sauce, vanilla ice cream	
British Bramley apple crumble	537 kcal
Vanilla ice cream	
American-style pancakes	689 kcal
Four pancakes, maple-flavour syrup, vanilla ice cream	
Add: Custard (134 kcal) 1.23	Vanilla ice cream scoop (135 kcal) 94p
Belgian chocolate sauce (61 kcal) 42p	Toffee sauce (66 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% 5% fat or less UNDER 500 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.⁹

BREAKFAST

Served
8am - 12 noon

Large breakfast	1343 kcal	5.99
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast		
Traditional breakfast	807 kcal	3.14
Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast		
Small breakfast	435 kcal	2.25
Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown		
Add: Black pudding (178 kcal) 75p		
Freedom breakfast	586 kcal	2.25
Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato		
Large vegetarian breakfast	1129 kcal	5.99
Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast		
Vegetarian breakfast	786 kcal	3.14
Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast		
Small vegetarian breakfast	291 kcal	2.25
Fried egg, vegan sausage, baked beans, hash brown, tomato		
Vegan breakfast	642 kcal	2.25
Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread		
American breakfast	1258 kcal	6.85
Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup		
Small American breakfast	629 kcal	4.99
Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup		
Porridge	252 kcal (plain)	2.09
Add: Banana (110 kcal) 62p	Maple-flavour syrup (125 kcal) 34p	
Strawberries (27 kcal) 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
Lincolnshire sausage	168 kcal	1.05	Four rashers of maple-cured bacon	91 kcal
Vegan sausage	82 kcal	1.05	Two scrambled eggs	136 kcal
Slice of toast	225 kcal	1.13	Fried egg	56 kcal
Hash brown	82 kcal	46p	Poached egg	63 kcal

Breakfast butties and wraps

Bacon butty	574 kcal	Three rashers of bacon, buttered white bloomer bread	3.88
Sausage butty	714 kcal	Two Lincolnshire sausages, buttered white bloomer bread	3.88
Vegetarian sausage butty	541 kcal	Two vegan sausages, buttered white bloomer bread	3.88
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	3.31
Fried egg, American-style cheese, in an English muffin		
Egg & bacon muffin	314 kcal	3.77
Fried egg, bacon, American-style cheese, in an English muffin		
Egg & sausage muffin	417 kcal	3.77
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin		
Egg & vegetarian sausage muffin	330 kcal	3.77
Fried egg, vegan sausage, American-style cheese, in an English muffin		
Breakfast muffin	482 kcal	3.99
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin		
Smashed avocado muffin	271 kcal	3.99
Guacamole, pico de gallo, on an English muffin, rocket		
Add: Maple-cured bacon (91 kcal) 1.52	Poached egg (63 kcal) 93p	
Grilled halloumi-style cheese (447 kcal) 1.97		
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).

NEW Fiesta brunch	659 kcal	3.88
Poached egg, toast, guacamole, pico de gallo, grilled halloumi-style cheese, mushroom, salsa		
Eggs Benedict	725 kcal	5.14
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket		
Mushroom Benedict	638 kcal	5.14
Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket		
Miner's Benedict	939 kcal	5.14
Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket		
American-style pancakes		
NEW Four pancakes, banana, strawberries, blueberries, maple-flavour syrup	708 kcal	4.99
Four pancakes, maple-cured bacon, maple-flavour syrup	645 kcal	4.99
Four pancakes, maple-flavour syrup	554 kcal	4.30
Small American-style pancakes		
Two pancakes, maple-cured bacon, maple-flavour syrup	322 kcal	3.54
Two pancakes, maple-flavour syrup	277 kcal	3.25
Scrambled egg on toast	570 kcal	3.77
Three eggs, buttered white bloomer toast		
Beans on toast	566 kcal	3.66
Buttered white bloomer toast		
NEW Vegan option available with vegan spread	460 kcal	2.62
Small beans on toast	252 kcal	2.62
Buttered white bloomer toast		
Two slices of toast with jam or marmalade	524 kcal	1.99
White bloomer bread		
Fresh fruit	200 kcal	2.99
Apple, banana, blueberries, strawberries		
NEW Fresh fruit and yoghurt	334 kcal	3.49
Apple, banana, blueberries, strawberries, Greek-style honey yoghurt		

Breakfast wrap	724 kcal	4.36
Fried egg, bacon, Lincolnshire sausage, hash brown, Cheddar cheese		
Vegetarian breakfast wrap	735 kcal	4.36
Fried egg, two vegan sausages, two hash browns, Cheddar cheese		

Tea, coffee and hot chocolate

FREE REFILLS*	
TEA, COFFEE AND HOT CHOCOLATE	
— ALL DAY EVERY DAY —	
LAVAZZA	
100% ARABICA BEANS	
100% RASPBERRY	
100% CHOCOLATE	
£1.04 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
Flat white	92 kcal
Cappuccino	102 kcal
Latte	113 kcal
Mocha	147 kcal
Espresso	6 kcal
Black coffee	6 kcal
White coffee	24 kcal
Hot chocolate	169 kcal
Tea	with semi-skimmed milk 14 kcal
Dairy alternative: oat sachet 4 kcal	Decaffeinated tea and coffee available.

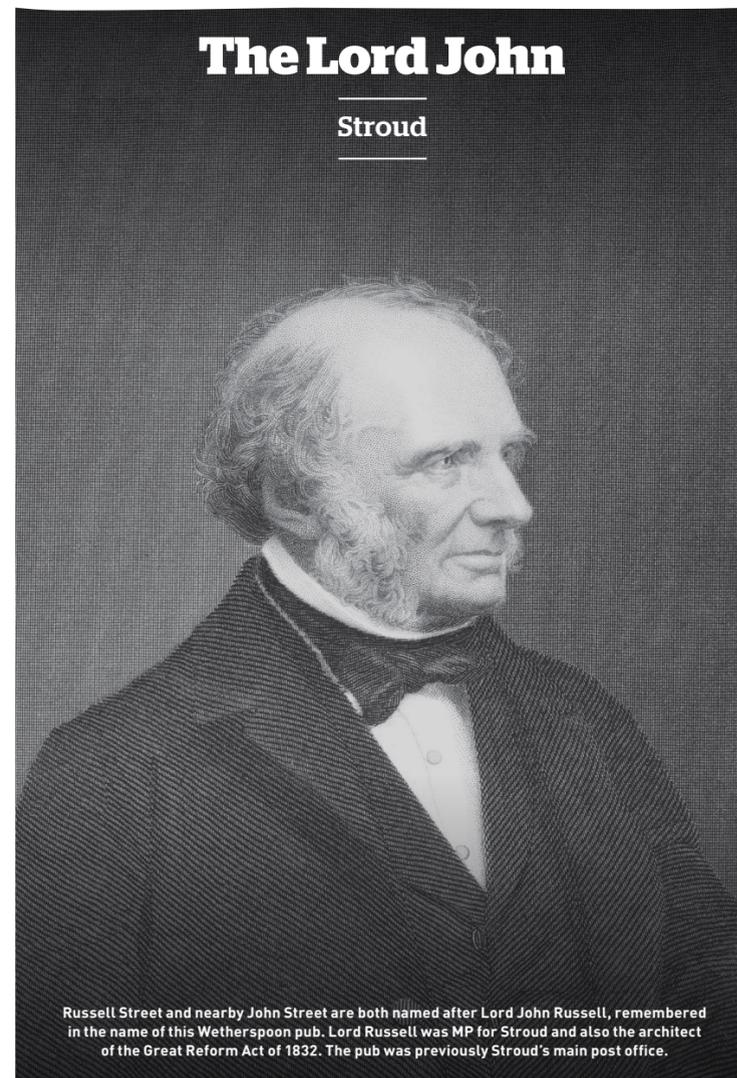
for the facts
drinkaware.co.uk

jdetherspoon.com

STD

FOOD

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



Stroud

Russell Street and nearby John Street are both named after Lord John Russell, remembered in the name of this Wetherspoon pub. Lord Russell was MP for Stroud and also the architect of the Great Reform Act of 1832. The pub was previously Stroud's main post office.



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'.

wetherspoon hotels
Over 50 hotels in England, Ireland, Scotland and Wales

Book direct for the best rates*
at jdetherspoon.com, on our app or by phone.

UNLIMITED
FREE Wi-Fi

goodfoodtalks
opening menus for everybody

The spoken menu app for the visually impaired

Allergen and nutritional information can be found on our customer information screen, website and Wetherspoon app. Adults need around 2000 kcal a day.⁹

MENU_683

Small plates | Any 3 for £14.93

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

Margherita  <small>USP50</small> 467 kcal. Mozzarella, basil	5.91
Pepperoni  575 kcal. Mozzarella, pepperoni	6.51
Ham and mushroom 505 kcal. Mozzarella, ham, mushroom, rocket	6.51
BBQ chicken 555 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	6.51
Roasted vegetable  514 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	6.51
Vegan roasted vegetable   <small>USP5</small> <small>USP50</small> 355 kcal Mushroom, roasted pepper, courgette, onion, basil	6.51
Spicy meat feast    615 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	7.09

NEW Char-grilled halloumi-style cheese  514 kcal Rocket, roasted pepper, courgette, onion, salsa	4.96
11" garlic pizza bread  772 kcal	5.57
Nachos     695 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	5.81
Bowl of chips  964 kcal	4.23
Bowl of chips with curry sauce  1082 kcal	5.58
Cheesy chips  1256 kcal	5.36
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	6.03
Tomato & basil soup   <small>USP5</small> <small>USP50</small> 374 kcal. White bloomer bread	4.23

NEW Vegan option available with vegan spread   USP5 USP50 285 kcal

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   <small>USP5</small> <small>USP50</small> 396 kcal	4.96
Chicken bites <small>USP50</small> 322 kcal. Ten battered chicken breast pieces	6.09
Southern-fried chicken strips  <small>USP50</small> 459 kcal. Five chicken breast strips	6.09
Chicken wings    813 kcal. Ten spicy chicken wings	6.75
Quorn™ nuggets   <small>USP50</small> 331 kcal. Eight coated pieces	5.19

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 2.99 each
Small vegetarian brunch wrap  545 kcal Fried egg, two vegan sausages, Cheddar cheese	soft drink* 3.75 each
Small shawarma chicken    502 kcal Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, rocket, fresh mint	alcoholic drink* 5.28 each
Small Quorn™ nuggets   <small>USP50</small> 310 kcal Salad leaves, tomato, cucumber, salsa	
Small southern-fried chicken    <small>USP50</small> 399 kcal Salad leaves, smoky chipotle mayo	
Small cold chicken breast    <small>USP50</small> 277 kcal Salad leaves, sweet chilli sauce	
Small fried halloumi-style cheese    <small>USP50</small> 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

NEW 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	
Cold chicken breast    479 kcal Salad leaves, sweet chilli sauce	soft drink* 5.70 each
Fried halloumi-style cheese    707 kcal Salad leaves, sweet chilli sauce, tomato, cucumber	alcoholic drink* 7.23 each

Paninis

Tuna mayo and Cheddar cheese 590 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); **Tomato & basil soup**  (150 kcal)
Spicy rice  (208 kcal); **Chips**  (602 kcal) **1.44** each

Adults need around 2000 kcal a day.⁹

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* 4.91 each
Classic beef burger 677 kcal Iceberg lettuce, tomato, red onion	alcoholic drink* 6.44 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* 5.50	alcoholic drink* 7.03
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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* 7.20 each	alcoholic drink* 8.73 each
Double classic beef burger 1119 kcal Iceberg lettuce, tomato, red onion		

Double American cheese burger 1207 kcal American-style cheese, red onion, gherkin, ketchup, American-style mustard	soft drink* 7.80	alcoholic drink* 9.33
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Chicken burgers

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

Crunchy chicken strip burger  776 kcal Two southern-fried chicken strips, iceberg lettuce, mayonnaise	soft drink* 4.91	alcoholic drink* 6.44
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Served with chips (602 kcal, included in Calories below).

Fried buttermilk chicken burger 1255 kcal Breaded whole chicken breast fillet	soft drink* 7.20 each	alcoholic drink* 8.73 each
Char-grilled chicken breast burger 970 kcal		
Skinny chicken burger  <small>USP50</small> 394 kcal Char-grilled chicken breast, with a side salad, instead of chips		

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* 7.20 each	alcoholic drink* 8.73 each
Breaded vegetable burger  1039 kcal Lentils, carrot, onion, sweetcorn, mushroom, mozzarella, mature Cheddar cheese		
Fried halloumi-style cheese burger   1118 kcal. Sweet chilli sauce		

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		

Curries

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

Mangalorean roasted cauliflower & spinach curry    927 kcal	
Chicken tikka masala   1190 kcal	soft drink* 9.84 each
Chicken jalfrezi    935 kcal	alcoholic drink* 11.37 each
Beef Madras     1043 kcal	
Change your plain naan to a garlic naan  (add 92 kcal) 47p	

Simple curries With basmati pilau rice or chips.

Simple Mangalorean roasted cauliflower & spinach curry    927 kcal Choose: Basmati pilau rice  568 kcal; Chips 970 kcal	
Simple chicken tikka masala  935 kcal Choose: Basmati pilau rice 830 kcal; Chips 1232 kcal	soft drink* 7.62 each
Simple chicken jalfrezi    977 kcal Choose: Basmati pilau rice  575 kcal; Chips 977 kcal	alcoholic drink* 9.15 each
Simple beef Madras     1086 kcal Choose: Basmati pilau rice 684 kcal; Chips 1086 kcal	
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 char-grilled chicken breast	
Katsu Quorn™ nugget curry  686 kcal Eight coated pieces	soft drink* 8.73 each
Katsu chicken curry 828 kcal Sliced whole breaded chicken breast fillet	alcoholic drink* 10.26 each

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
Choose: Beef (two 3oz beef patties) 1567 kcal
Char-grilled chicken breast 1417 kcal
Fried buttermilk chicken 1703 kcal

BBQ burger
Maple-cured bacon, Cheddar cheese, BBQ sauce
Choose: Beef (two 3oz beef patties) 1644 kcal
Char-grilled chicken breast 1494 kcal
Fried buttermilk chicken 1780 kcal

Heatwave burger                                                       