

# BREAKFAST Served until 11am




Eggs Benedict; Fresh fruit; Large breakfast

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

## MUFFINS AND BUTTIES

<b>Egg &amp; cheese muffin</b> <small>UNDER 500</small> 413 kcal	<b>7.50</b>
Fried egg, American-style cheese, in an English muffin, two hash browns	
<b>Egg &amp; bacon muffin</b> <small>UNDER 500</small> 478 kcal	<b>7.90</b>
Fried egg, bacon, American-style cheese, in an English muffin, two hash browns	
<b>Egg &amp; sausage muffin</b> 581 kcal	<b>7.90</b>
Fried egg, Lincolnshire sausage, American-style cheese, in an English muffin, two hash browns	
<b>Egg &amp; vegetarian sausage muffin</b> <small>UNDER 500</small> 494 kcal	<b>7.90</b>
Fried egg, vegan sausage, American-style cheese, in an English muffin, two hash browns	
<b>Breakfast muffin</b> 657 kcal	<b>8.30</b>
Fried egg, Lincolnshire sausage, bacon, American-style cheese, in an English muffin, two hash browns	
<b>Smashed avocado muffin</b> <small>UNDER 500</small> 435 kcal	<b>8.30</b>
Guacamole, pico de gallo, on an English muffin, rocket, two hash browns	
<b>Add: Maple-cured bacon</b> (91 kcal) <b>2.20</b> ; <b>Poached egg</b> <small>UNDER 500</small> (63 kcal) <b>1.10</b>	
<b>Bacon butty</b> 574 kcal	<b>6.99</b>
Three rashers of bacon, buttered white bloomer bread	
<b>Sausage butty</b> 714 kcal	<b>6.99</b>
Two Lincolnshire sausages, buttered white bloomer bread	
<b>Vegetarian sausage butty</b> <small>UNDER 500</small> 541 kcal	<b>6.99</b>
Two vegan sausages, buttered white bloomer bread	
<b>Vegan option available with vegan spread</b> <small>UNDER 500</small> 435 kcal	
<b>Breakfast sandwich</b> 733 kcal	<b>8.75</b>
Lincolnshire sausage, bacon, egg, buttered white bloomer bread	

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

**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.

## BREAKFAST EXTRAS

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

## TEA, COFFEE AND HOT CHOCOLATE

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

**LAVAZZA** TORINO, ITALIA, 1895

**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**

**Flat white** UNDER 500 92 kcal  
**Cappuccino** UNDER 500 102 kcal  
**Latte** UNDER 500 113 kcal  
**Mocha** UNDER 500 147 kcal  
**Espresso** UNDER 500 6 kcal  
**Black coffee** UNDER 500 6 kcal  
**White coffee** UNDER 500 24 kcal  
**Hot chocolate** UNDER 500 169 kcal

**Tea** with semi-skimmed milk UNDER 500 14 kcal  
 Dairy alternative: oat sachet UNDER 500 4 kcal  
 Decaffeinated tea and coffee available.

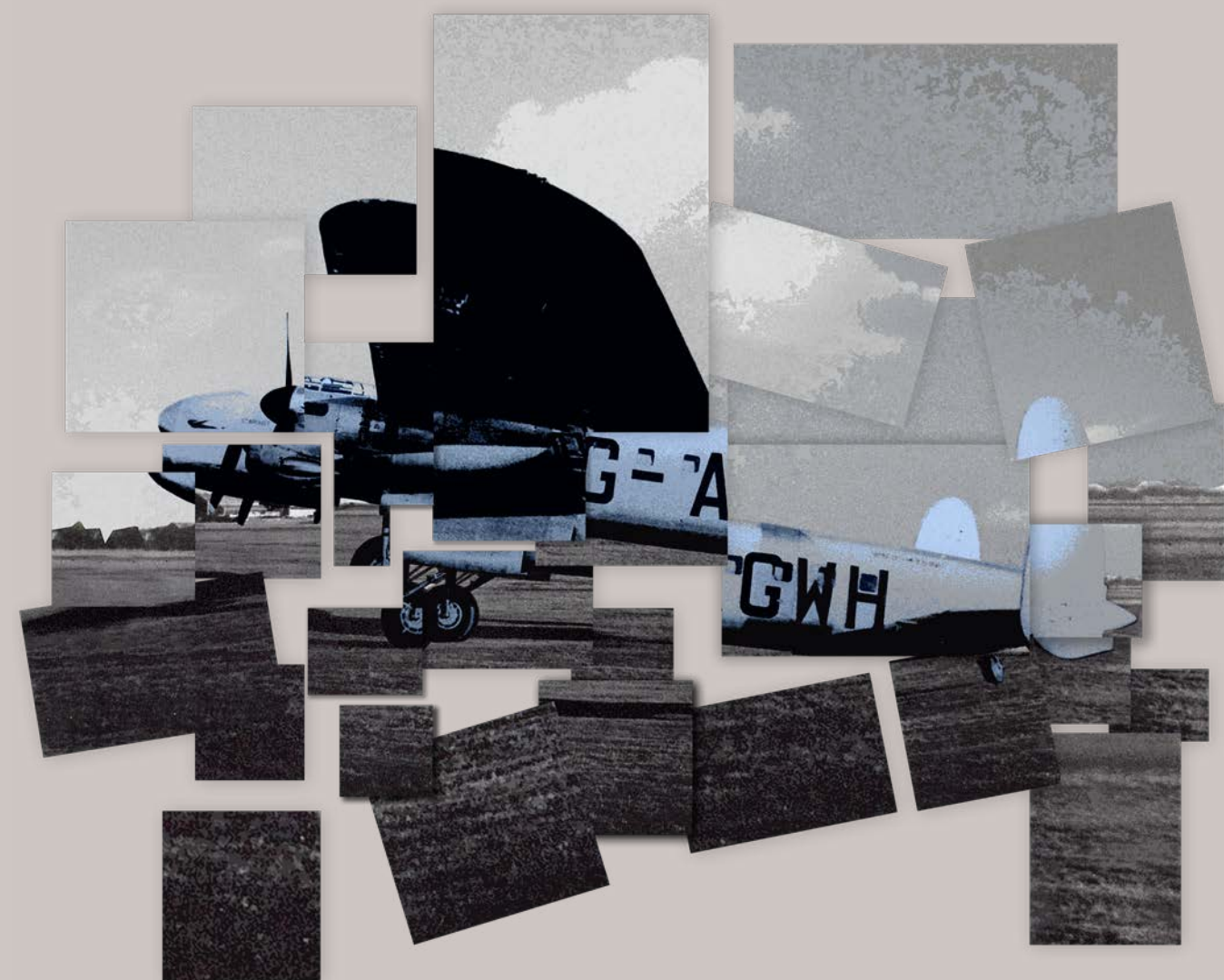
**£3.40**

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

**LAVAZZA**  
 TORINO, ITALIA, 1895



**100% ARABICA BEANS**  
**RAINFOREST ALLIANCE**  
**DECAF AVAILABLE**

wetherspoon  
**STAR LIGHT**  
  
 HEATHROW AIRPORT  
 — FOOD MENU —



At the end of World War II, land around an isolated rural hamlet called Heath Row was requisitioned for an international airport, at which, on 6 December 1945, Don Bennett landed the first civil aircraft (a 13-seat Avro 691 Lancastrian 3) named Star Light. On 1 January 1946, the same legendary war-time pilot captained Star Light again on an inaugural flight to Buenos Aires. On 26 March, the new airport was officially named London Airport. In 1966, it was renamed Heathrow Airport.












**Table service**  
 Download the Wetherspoon app or scan this QR code.  
 Or note your table number and order at the bar.



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. JD Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See our website for full details: [jdwetherspoon.com](http://jdwetherspoon.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. APT47649




## SMALL PLATES











<b>11" garlic pizza bread</b>  772 kcal	<b>8.10</b>
<b>Nachos</b>    695 kcal Cheese, guacamole, salsa, sour cream, sliced chillies	<b>9.85</b>
<b>Bowl of chips</b>  964 kcal	<b>4.90</b>
<b>Bowl of chips with curry sauce</b>  1082 kcal	<b>6.85</b>
<b>Cheesy chips</b>  1256 kcal	<b>5.99</b>
<b>Loaded chips</b> 1303 kcal Cheese, maple-cured bacon, sour cream	<b>8.40</b>
<b>Chicken bites</b>   422 kcal Ten battered chicken breast pieces, sticky soy sauce	<b>9.50</b>
<b>Chicken wings</b>   949 kcal Ten spicy chicken wings, Naga chilli dip	<b>10.60</b>

## 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).

<b>Cheddar cheese and tomato</b>  527 kcal	<b>10.35</b>
<b>Wiltshire cured ham and Cheddar cheese</b> 508 kcal	<b>10.35</b>
<b>BBQ chicken, bacon and Cheddar cheese</b> 586 kcal	<b>10.35</b>

## NOODLES, SALADS AND PASTAS

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



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.



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

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








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

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

### Additional toppings

<b>Maple-cured bacon with Cheddar cheese</b> 173 kcal	<b>2.75</b>
<b>Maple-cured bacon with American-style cheese</b> 160 kcal	<b>2.75</b>
<b>Cheddar cheese</b>  82 kcal	<b>1.65</b>
<b>American-style cheese</b>  69 kcal	<b>1.65</b>
<b>Maple-cured bacon</b> 91 kcal	<b>2.20</b>

## PUB CLASSICS

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



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.

## CURRIES


















<b>Classic curries</b> With basmati pilau rice, plain naan and poppadums.	
<b>Chicken tikka masala</b>   1190 kcal	<b>15.35</b>
<b>Mangalorean roasted cauliflower &amp; spinach curry</b>    927 kcal	<b>15.35</b>
<b>Katsu curries</b> With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.	
<b>Katsu grilled chicken curry</b>  542 kcal Sliced grilled chicken breast	<b>14.35</b>
<b>Katsu chicken curry</b> 828 kcal Sliced whole breaded chicken breast fillet	<b>14.35</b>



Mangalorean roasted cauliflower & spinach curry; Katsu chicken curry

## 11" PIZZAS

On a freshly baked sourdough base.

<b>Margherita</b>  939 kcal Mozzarella, basil	<b>13.25</b>
<b>Pepperoni</b>   1157 kcal Mozzarella, pepperoni	<b>14.35</b>
<b>Ham and mushroom</b> 1011 kcal Mozzarella, ham, mushroom, rocket	<b>14.35</b>
<b>BBQ chicken</b> 1097 kcal Mozzarella, BBQ sauce, chicken breast, red onion, rocket	<b>14.35</b>
<b>Roasted vegetable</b>  1028 kcal Mozzarella, mushroom, roasted pepper, courgette, onion, basil	<b>14.35</b>
<b>Spicy meat feast</b>    1214 kcal Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket	<b>16.55</b>
<b>Additional toppings</b>	
<b>Red onion</b>  10 kcal	
<b>Sliced chillies</b>      3 kcal; <b>Mushroom</b>  4 kcal	each <b>1.40</b>
<b>Mozzarella</b>  150 kcal; <b>Ham</b> 71 kcal	
<b>Chicken breast</b> 94 kcal; <b>Maple-cured bacon</b> 91 kcal	each <b>1.70</b>
<b>Pepperoni</b>   109 kcal	<b>1.99</b>



Margherita

## SIDES AND EXTRAS

<b>Bowl of chips</b>  964 kcal	<b>4.90</b>
<b>Side salad</b>  91 kcal	<b>2.30</b>
<b>Mediterranean side salad</b>  198 kcal	<b>3.85</b>
<b>Onion rings</b>  <b>Six</b> 269 kcal <b>3.55</b> <b>Twelve</b> 538 kcal <b>5.40</b>	
<b>Garlic pizza bread</b>  <b>8"</b> 386 kcal <b>7.25</b> <b>11"</b> 772 kcal <b>8.10</b>	
<b>With cheese</b>  <b>8"</b> 461 kcal <b>8.65</b> <b>11"</b> 922 kcal <b>10.55</b>	

### 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.<sup>5</sup>