

# LIGHTER-CHOICE MENU

How to order: Please place your order using the Wetherspoon app or note your table number and order at the bar. Some of our dishes require specific ordering instructions: please note the comments below each dish and always let a staff member know that you are ordering from the lighter-choice menu.

**UNDER 500**  
**UNDER 500 CALORIES**  
LOOK FOR THE LOGO

## UNDER 500 KCAL

### BREAKFAST

**Small breakfast** 461 kcal  
Egg, bacon, sausage, baked beans, hash brown.

**Small vegetarian breakfast** 377 kcal  
Egg, Quorn vegan sausage, baked beans, hash brown, tomato.

**Gluten-free breakfast** 439 kcal  
Two eggs, bacon, baked beans, mushroom, tomato.

### BENEDICT

**Mushroom Benedict** 489 kcal  
Two poached eggs, on an English muffin, with mushrooms, Hollandaise sauce, rocket.

### BREAKFAST BUTTY

**Quorn sausage butty** 494 kcal  
Two Quorn vegan sausages, white bloomer bread, Country Life spreadable.

### LIGHTER OPTIONS

**Smashed avocado English muffin** 348 kcal  
Smashed avocado and fresh salsa, on an English muffin, rocket.

**Beans on toast** 489 kcal  
With Country Life spreadable.

**MOMA Porridge** 307 kcal  
Fresh blueberries and brown sugar 307 kcal or banana and honey 456 kcal.

**Berry breakfast bowl** 375 kcal  
Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, açai & blueberry compote, strawberry, blueberries, chia seeds.

**Fresh fruit bowl** 210 kcal  
A selection of fresh fruit.

**Two slices of toast and *Lipton's* preserve** 459 kcal

**Freshly baked pastries**  
Pain au chocolat 352 kcal  
Pain aux raisins 384 kcal

### SALAD & RISOTTOS

**Quinoa salad** 498 kcal  
Quinoa, rice, black turtle beans, pink cabbage, grilled yellow pepper, Roquito® pepper, pumpkin seeds, kale, avocado, dressing.

**Seafood risotto** 451 kcal  
Mussels, king prawns, squid rings and crab meat, in a slow-roasted tomato, white wine & lobster sauce.

**Creamy mushroom risotto** 470 kcal  
Roasted chestnut, oyster, shiitake, porcini mushrooms, with a dash of Prosecco, rocket.



Creamy mushroom risotto

## 5% FAT OR LESS

### BREAKFAST

**American-style pancakes**  
Four pancakes, maple-flavour syrup, maple-cured bacon. 634 kcal

Four pancakes, maple-flavour syrup, banana. 695 kcal

Four pancakes, maple-flavour syrup, strawberries, blueberries. 580 kcal

### LIGHTER OPTIONS

**Beans on toast** 489 kcal  
With Country Life spreadable.

**MOMA Porridge** 307 kcal  
Fresh blueberries and brown sugar 307 kcal or banana and honey 456 kcal.

**Fresh fruit bowl** 210 kcal  
A selection of fresh fruit.



MOMA Porridge; Fresh fruit bowl

### SIDE

**Side salad** 72 kcal

### PUB CLASSIC

**British beef chilli** 815 kcal  
British diced and minced beef, black beans, kidney beans, in a spicy chipotle chilli sauce containing Shipyard American Pale Ale. Rice, sour cream, fresh salsa, tortilla chips.

### RISOTTOS

**Seafood risotto** 451 kcal  
Mussels, king prawns, squid rings and crab meat, in a slow-roasted tomato, white wine & lobster sauce.

**Creamy mushroom risotto** 470 kcal  
Roasted chestnut, oyster, shiitake, porcini mushrooms, with a dash of Prosecco, rocket.

**Add:** Pulled chicken breast (192 kcal)



Seafood risotto