

VEGAN MENU



UNDER 500 CALORIES - LOOK FOR THE LOGO

How to order: Please note your table number and place your order at the bar. Full allergen/nutritional information and no-gluten/no-dairy menus can be found on our website or please ask at the bar.

BREAKFAST



Fresh fruit ① ② ③ 199 Cal



Bagel ① With Jam 304 Cal

BUILD YOUR BREAKFAST:

Tomato ① ② 2 Cal

Mushroom ① ② 25 Cal
(please ask for this to be cooked without butter)

Baked Beans ① 111 Cal

Hash brown ① 216 Cal

MAIN MEALS

Jacket potato with side salad and baked beans ① ② 333 Cal

Sweet potato, chickpea & spinach curry ① ② 858 Cal

Our curry is served with pilau rice.
(please ask for this dish to be served without naan bread)

SIDES

Bowl of chips ① 796 Cal

Side salad ① ② 101 Cal
(please ask for this without creamy dressing)

Vegetables ① ② 54 Cal

Two mini corns-on-the-cob ① ② 299 Cal
(please ask for this to be cooked without butter)

Avocado ① 62 Cal

Large onion Bhajis ① ② 360 Cal

Vegetable samosas ① ② 192 Cal

STARTERS & SHARERS

Small nachos ① ② ③ ④ 709 Cal
(please ask for this dish with no cheese or sour cream)

Large nachos ① ② ③ ④ 1417 Cal
(please ask for this dish with no cheese or sour cream)

PASTAS



Pasta pomodoro ① ② 401 Cal
Giant fusilli spirals, cherry tomatoes, olive oil, basil, black pepper.

DESSERTS

Fresh fruit ① ② ③ 199 Cal



Some of our drinks may not be suitable for those following a Vegan diet.



PINTS

Foster's, John Smith's, Carlsberg, Carling (where available), Kronenbourg 1664, Tuborg, Coors Light, Guinness, Strongbow, Strongbow Dark Fruit, Thatchers Gold, any real ale, Devils Backbone – American IPA, Shipyard American Pale Ale[†]



SOFT DRINKS

Any draught soft drink (14oz glass), can of Monster, bottle of J2O, Strathmore Spring Water, small juice, can of Sanpellegrino



BOTTLES

Beck's, Sol, Beck's Blue alcohol-free, Koppaiberg alcohol-free



175ml GLASS

Coldwater Creek wine



CRAFT CANS

The Crisp, Bengali, 13 Guns American IPA



HOT DRINKS

filter coffee,



SPIRITS

Gordon's^{††}, Smirnoff^{††}, Bell's whisky^{††} – with mixer^{†††}



CONTACTLESS PAYMENT



for the facts

drinkaware.co.uk Lloyds (No.1) Bar wetherspoon

We have risk-assessed our kitchens' allergens; because of the nature of our food operation, we cannot fully guarantee that any food will be completely free from these allergens. Full allergen/nutritional information can be found on our website or please ask at the bar for details. ① No gluten-containing ingredients used in this dish. ② Vegetarian dish. ③ 5% fat or less applicable only when served with the accompaniments listed. ④ Mild. ⑤ Very hot. Calories vary – please see our website or ask at the bar for details. † Offer available 7 days a week, until 2pm; applies on day of purchase to filter coffee only; is non-transferable. Exclusions apply. All weights are approximate uncooked. Specifications may change periodically and Calories stated (which exclude drinks options) are subject to change. All prices are in pounds sterling and include VAT. Subject to local licensing restrictions and availability at participating free houses. Please see our website for full details: www.jdwetherspoon.com † An alternative may be offered. †† Single measure = 25ml in all free houses, except Northern Ireland (35ml). ††† Mixer includes a dash of Pepsi, lemonade, juice or a baby mixer (excluding Fentimans Tonic).

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