

CLUB DEALS | INCLUDES A DRINK*

ALL CLUB DEALS SERVED UNTIL 11PM

TUESDAY STEAK CLUB® £9.25

WEDNESDAY CHICKEN CLUB £7.60

THURSDAY CURRY CLUB® £8.10

FRIDAY FISH FRIDAY® £7.40 (with soft drink*) £8.40 (with alcoholic drink*)

SUNDAY SUNDAY BRUNCH £6.35 (with soft drink*) £7.35 (with alcoholic drink*)

ALL DAY EVERY DAY BURGERS £5.10 (with soft drink*) £6.10 (with alcoholic drink*)

AFTERNOON DEALS | INCLUDES A DRINK*

Monday – Friday, 2pm – 5pm
5oz gammon, eggs, chips. 962 Cal
with soft drink* £5.75 with alcoholic drink* £6.75

Monday – Thursday, 2pm – 5pm
Freshly battered fish and chips 1205 Cal (with peas)
with soft drink* £7.40 with alcoholic drink* £8.40

DESSERTS

British Bramley apple crumble 3.49
Ice cream 659 Cal or custard 498 Cal.

Warm cookie dough sandwich with ice cream 3.49
Salted caramel filling. 715 Cal

Warm chocolate brownie with ice cream 3.49
Belgian chocolate sauce. 694 Cal

American-style pancakes with ice cream 3.49
Maple-flavour syrup. 504 Cal

Warm chocolate fudge cake with ice cream 3.25
924 Cal

Fresh fruit with ice cream 2.25
Apple, banana, blueberries. 433 Cal

NEW TEA AND COFFEE, WITH FREE REFILLS*

Free refills
ON ANY TEA OR COFFEE
ALL DAY EVERY DAY



Freshly brewed filter coffee
4 Cal as black coffee;
16 Cal with semi-skimmed milk. (Soya milk available.)

Flat white 92 Cal

Cappuccino 102 Cal

Latte 113 Cal

Americano 24 Cal

Espresso 6 Cal

Tea 14 Cal with semi-skimmed milk
(Soya milk available.)

FREE REFILLS*
£1.45
each

FREE REFILLS NOT AVAILABLE WITH DRINKS LISTED BELOW

TAKE-AWAY tea or coffee each 99p **NEW Luxury hot chocolate** 295 Cal 1.99
Made with real Belgian milk chocolate.

INCLUDES A DRINK

*CHOOSE FROM:

BOTTLES
NEW Peroni, Beck's, Sol, Beck's Blue alcohol free, Kopparberg alcohol free, Estrella Galicia gluten free, Devils Backbone - American IPA

CRAFT CANS
NEW Pathmaker pale ale, Bengali, 13 Guns American IPA

175ml GLASS
Any Coldwater Creek wine

HOT DRINKS
Any coffee, tea (Free refills*)

PINTS!
NEW Hop House 13 Lager, Foster's, John Smith's, Carlsberg, Carling, Kronenbourg 1664, Coors Light, Guinness, Strongbow, Strongbow Dark Fruit, Thatchers Gold, Magners, any real ale, Bud Light, Heineken, Shipyard American Pale Ale

SPIRITS – MIXER INCLUDED**
NEW Haig Club Clubman™, NEW The Famous Grouse™, Bell's™, NEW Gordon's Pink Gin™, Gordon's™, Smirnoff™, Captain Morgan Original Spiced Gold™, Captain Morgan White™

SOFT DRINKS
Any draught soft drink (398ml glass), can of Monster, bottle of J2O, Strathmore spring water, standard juice (398ml glass), can of Sanpellegrino, can of Old Jamaica ginger beer, can of Old Jamaica diet ginger beer, NEW can of R White's raspberry lemonade

Full allergen/nutritional information and dietary menus can be found on our website or please ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond our published nutritional communications. 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. All weights are approximate uncooked. Fish and poultry dishes may contain bones. 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. J D Wetherspoon PLC reserves the right to withdraw/change offers (without notice), at any time. Please see our website for full details: jd-wetherspoon.com
*Gluten free. *Vegetarian dish. *Vegan dish. *5% fat or less applicable only when served with the accompaniments listed. ****P – Extremely hot. ****P – Very hot. ****P – Medium hot. **P – Mild. P – Low heat.
*The breaded scampi is made from more than one whole tail. **Hot drinks offer (excluding take-away drinks, speciality hot drinks, hot chocolate and teapigs) available 7 days a week; applies on day of purchase, during one visit; is non-transferable. Exclusions apply. *An alternative may be offered. **25ml in all free houses, except Northern Ireland (35ml). ***Mixer excludes energy drinks, Fentimans drinks, Sanpellegrino, Old Jamaica ginger beers and R White's raspberry lemonade. STD_5954_F

Table service? Available on iOS and Android
Download. Order. Enjoy. **FREE Wi-Fi**

for the facts drinkaware.co.uk jd-wetherspoon.com

5954SUM18FOOD

Table service? Available on iOS and Android
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Food Menu

The Man in the Moon

Newport

Several Wetherspoon pubs have 'moon' in their name, relating to The Moon Under Water – the name of the fictional perfect pub (in an article by George Orwell in the London Evening Standard) which served a wide range of beers and great food, yet without music or entertainment. When the first Wetherspoon pub opened in 1979, it mirrored the style of George Orwell's The Moon Under Water; Wetherspoon felt that 'moon' in the name of some pubs was a good link to the fictional one.



Children's menu available.
Food served until 11pm.

How to order: Please place your order using the Wetherspoon app or note your table number and order at the bar. Full allergen/nutritional information and dietary menus can be found on our website or please ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond our published nutritional communications.

35+ MEALS
INCLUDE A DRINK*

UNDER 500 CALORIES
LOOK FOR THE LOGO

WE HAVE BEEN AWARDED THE MAXIMUM FOOD HYGIENE RATING OF 5 IN OUR PUB

FOOD HYGIENE RATING
5

14 MAIN-MEAL VEGETARIAN OPTIONS

BREAKFAST | SERVED UNTIL 12 NOON

Large breakfast 1565 Cal
Two fried eggs, bacon, two sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast.

Traditional breakfast 921 Cal
Fried egg, bacon, sausage, baked beans, hash browns, tomato, slice of toast.

Small breakfast 500 Cal
Suitable for children – and adults with a smaller appetite.
Fried egg, bacon, sausage, baked beans, hash brown.
Vegetarian option available. 342 Cal

American-style pancakes
Maple-flavour syrup. 507 Cal
Maple-flavour syrup, maple-cured bacon. 672 Cal

Large vegetarian breakfast 1369 Cal
Two fried eggs, three Quorn sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast.

Vegetarian breakfast 933 Cal
Two fried eggs, two Quorn sausages, baked beans, two hash browns, mushroom, tomato, slice of toast.

Gluten-free breakfast 439 Cal
Two fried eggs, bacon, baked beans, mushroom, tomato.

Add two slices of black pudding to any breakfast (246 Cal)
75p

Add avocado to any breakfast (62 Cal)
70p

BREAKFAST DEALS

NEW Mushroom Benedict 474 Cal

Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket.

Eggs Benedict 636 Cal
Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket.

Breakfast wrap 776 Cal
Fried egg, bacon, sausage, hash brown, cheese.
Vegetarian option available. 730 Cal

Scrambled egg on toast 558 Cal. Three eggs.

Beans on toast 433 Cal

Breakfast roll

Choose from: Bacon 354 Cal; Sausage 546 Cal;

Quorn sausage 400 Cal

Toast and preserves 472 Cal

Fresh fruit 200 Cal

MOMA Porridge

Fresh blueberries and brown sugar 310 Cal or honey and banana 490 Cal.

WITHOUT DRINK

4.05

4.05

3.55

2.35

2.35

2.35

1.75

1.95

2.29

WITH DRINK*

4.55

4.55

4.05

2.85

2.85

2.85

2.25

2.45

2.79

DRINKS INCLUDED IN BREAKFAST DEALS

Any coffee, tea (Free refills*)
Bottle of Strathmore water, standard juice (398ml glass) or choose a large juice (568ml glass) for 30p extra
Choose an Innocent™ smoothie for 99p extra

SMALL PLATES | ANY 3 FOR £10

Topped chips

NEW BBQ pulled chicken Cheese. 1322 Cal

NEW British beef chilli 1233 Cal

NEW Five-bean chilli 1062 Cal

Loaded Cheese, maple-cured bacon, sour cream. 1306 Cal

Chip shop-style curry sauce 1057 Cal

Chicken breast bites 411 Cal
Battered chicken, sticky soy sauce.

Small nachos 657 Cal
Cheese, guacamole, salsa, sour cream, sliced chillies.

Southern-fried chicken strips 733 Cal
NEW Baconnaise.

British chicken wings 1333 Cal
10 spicy chicken wings, Sriracha hot sauce, blue cheese dip.

Spicy coated king prawns 484 Cal
Sweet chilli sauce.

Grilled halloumi 517 Cal
Sweet chilli sauce, rocket.

4.99

3.40

2.95

2.55

3.05

4.99

3.40

3.15

BURGERS | INCLUDES A DRINK*

100% British beef burgers

Served with chips (add 597 Cal).

Classic 6oz beef burger 574 Cal

Fried buttermilk chicken burger 508 Cal
Breaded whole chicken breast escalope.

Grilled chicken breast burger 451 Cal

Skinny chicken burger 464 Cal
Grilled chicken breast, with salad, instead of chips.

Vegetable burger 546 Cal

DOUBLE ANY BURGER FOR AN EXTRA 1.25

Add any of the following:

Maple-cured bacon 77 Cal	75p	Crispy onion 61 Cal	30p
Cheddar cheese 78 Cal	1.05	Six onion rings 338 Cal	1.40
American cheese 82 Cal	1.05	Twelve onion rings 675 Cal	1.99
Maple-cured bacon with Cheddar cheese 155 Cal	1.30	Avocado 62 Cal	70p
Maple-cured bacon with American cheese 159 Cal	1.30	NEW Baconnaise 233 Cal	50p
Grilled halloumi 448 Cal	2.00	Blue cheese sauce 213 Cal	50p
British beef chilli 183 Cal	1.75	BBQ sauce 75 Cal	50p
Five-bean chilli 96 Cal	1.75	Coleslaw 98 Cal	75p
		Fried egg 72 Cal	75p

GOURMET BURGERS

Served with chips (add 597 Cal), six onion rings (add 338 Cal).

Pulled beef burger 781 Cal
6oz beef patty, pulled British or Irish beef brisket, blue cheese sauce.

Ultimate burger 919 Cal
6oz beef patty, maple-cured bacon, cheese, signature burger sauce, gherkin.

Gourmet chicken burger 596 Cal (with grilled chicken)
Grilled chicken or fried buttermilk chicken – maple-cured bacon, Monterey Jack cheese & pepper sauce.

The following burgers are available as beef or grilled chicken or fried buttermilk chicken:

NEW Drive-thru burger 983 Cal (with beef)
American cheese slices, Baconnaise, maple-cured bacon, gherkin.

BBQ burger 824 Cal (with beef)
Maple-cured bacon, cheese, BBQ sauce.

Tennessee burger 602 Cal (with grilled chicken)
Maple-cured bacon, honey glaze, made with Jack Daniel's® Tennessee Honey.

Empire State burger 1301 Cal
Two 6oz beef patties, American cheese slices, maple-cured bacon. Served with chips (add 597 Cal), six onion rings (add 338 Cal).

SIDES

Onion rings 338 Cal	1.40	Twelve 675 Cal	1.99
Garlic ciabatta bread 402 Cal	2.35	With cheese 558 Cal	2.85
Bowl of chips 955 Cal	2.80	With curry sauce 1057 Cal	3.70
Side salad 82 Cal	1.35	Quinoa side salad 201 Cal	2.15
Coleslaw 98 Cal	75p	Peas 130 Cal	50p
Half rack of BBQ pork ribs 586 Cal	3.10	Mushy peas 248 Cal	50p
Two char-grilled mini corns-on-the-cob 180 Cal	1.25		

with soft drink*
£5.10 each

with alcoholic drink*
£6.10 each

with soft drink*
£6.75 each

with alcoholic drink*
£7.75 each

with soft drink*
£7.99

with alcoholic drink*
£8.99

DELI DEALS | INCLUDES A DRINK*

Jacket potato with salad and 1 filling

Choice of fillings:

Beans 433 Cal
British beef chilli, sour cream 522 Cal
Five-bean chilli 442 Cal

Extra fillings 85p each

The freshly made items below are all served with chips (add 597 Cal) or ask for a salad instead (add 82 Cal).

Cheese, mayo & tuna melt panini 701 Cal

Wiltshire cured ham & cheese panini 530 Cal

Cheese & tomato panini 546 Cal

BBQ pulled chicken, bacon & cheese panini 612 Cal

Chicken wrap
Southern-fried chicken and **NEW** Baconnaise 653 Cal or cold pulled chicken and sweet chilli sauce 497 Cal.

Grilled halloumi & sweet chilli wrap 753 Cal

Tomato, cucumber.

Add: Avocado 62 Cal **70p**

with soft drink*
£4.39 each

with alcoholic drink*
£5.39 each

SALADS & PASTAS | INCLUDES A DRINK*

Quinoa salad 447 Cal **6.70**

Quinoa, rice, avocado, adzuki beans, grilled red and yellow pepper, red cabbage, chia seeds, kale, dressing.

Top with: Pulled chicken (add 206 Cal) **1.50**

Top with: Grilled halloumi (add 448 Cal) **2.00**

Pulled chicken, avocado & maple-cured bacon salad 402 Cal **7.15**

Balsamic vinaigrette.

British beef lasagne (also contains pork) 864 Cal **6.70**

Side salad, dressing.

Add: Chips (597 Cal) **1.40**

Mediterranean vegetable lasagne 748 Cal **6.70**

Italian egg pasta in a rich aubergine, red pepper, courgette & slow-roasted tomato ragu sauce, with mature Cheddar cheese, creamed spinach, mozzarella, a nut-free rocket pesto, side salad, dressing.

Add: Chips (597 Cal) **1.40**

FRESH FROM THE GRILL | INCLUDES A DRINK*

Our beef steaks come from Britain and Ireland, are matured for 21 days then seasoned by us. Served with peas, tomato, mushroom and a drink*.

Meals served with your choice of jacket potato (add 265 Cal) or chips (add 597 Cal).

8oz sirloin steak 599 Cal **10.95**

14oz rump steak 834 Cal **13.15**

10oz gammon and eggs 715 Cal **9.19**

BBQ chicken melt 549 Cal **9.85**

Grilled chicken, cheese, bacon, BBQ sauce.

Mixed grill 798 Cal **10.60**

Gammon, pork loin, rump, lamb, sausage.

Large mixed grill **12.15**

As above, with additional sausage, egg, six onion rings (add 542 Cal).

Surf and turf Add Whitby breaded scampi to any grill meal (436 Cal) **2.55**

Black pudding Add two slices of black pudding to any grill meal (246 Cal) **75p**

Skinny 8oz sirloin steak 675 Cal **9.65**

Served only with quinoa salad and dressing.

Sauces, toppers and extras

Honey glaze, made with Jack Daniel's® Tennessee Honey 72 Cal

Creamy peppercorn sauce 82 Cal each **1.25**

Garlic & parsley butter 90 Cal **50p** Fried egg 72 Cal **75p**

Six onion rings and a sauce **1.99** Six onion rings 338 Cal **1.40**

PUB CLASSICS

All-day brunch 1330 Cal **5.99**

Two sausages, bacon, fried eggs, baked beans, chips.
Add: Two slices of black pudding (246 Cal) **75p**

Vegetarian all-day brunch 1114 Cal **5.99**

Three Quorn sausages, fried eggs, baked beans, chips.

Bangers and mash 892 Cal **5.99**

Three Lincolnshire sausages, peas, gravy.
Vegetarian option available. 708 Cal

Lamb shank 1217 Cal **INCLUDES A DRINK*** **9.99**

British roasted root vegetables, rosemary & redcurrant gravy, Maris Piper mash.

Whitby breaded scampi 1100 Cal **7.69**

Chips, peas.

Small scampi meal available. 663 Cal **4.49**

Freshly battered fish and chips 1205 Cal (with peas) **7.85**

Cod fillet, peas or mushy peas.

Small fish and chips meal available. 831 Cal **4.49**

Add: Two slices of bread and Lurpak Spreadable (457 Cal) **95p**

Add: Chip shop-style curry sauce (102 Cal) **95p**

Chicken tikka masala 964 Cal **7.85**

Sweet potato, chickpea & spinach curry 792 Cal **7.85**

Our curries are served with basmati pilau rice, plain naan bread, poppadums. If ordered with extra poppadums, instead of naan bread, these curries have no gluten-containing ingredients.

CHANGE YOUR NAAN BREAD TO A GARLIC NAAN FOR 20p (NOT VEGAN)

2 MEALS FOR £8.79* | CHOOSE ANY 2

Teriyaki noodles 421 Cal **5.20**

Choi sum, carrot, red pepper, edamame beans, soy sauce, ginger, chilli, garlic, black and white sesame seeds, crispy onion.

Add: Pulled chicken (206 Cal) **1.50**

Five-bean chilli 493 Cal **5.75**

Rice, tortilla chips.

British beef chilli 699 Cal **5.99**

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

British steak & kidney pudding 1346 Cal **5.85**

Chips, peas, gravy.

Wiltshire cured ham, eggs and chips 890 Cal **5.40**

Small ham, egg and chips meal available. 491 Cal

*The two meals must be purchased at the same time. Also available separately at the stated price.

CHICKEN & RIBS

Triple chicken feast 1016 Cal **8.79**

Chicken breast, spicy chicken wings, southern-fried chicken strips, BBQ sauce, coleslaw (add 98 Cal), chips (add 597 Cal), a char-grilled mini corn-on-the-cob (add 90 Cal).

Chicken & rib combo 1085 Cal **8.89**

Chicken breast, half rack of ribs, BBQ sauce, coleslaw (add 98 Cal), six onion rings (add 338 Cal), chips (add 597 Cal).

BBQ pork ribs 1171 Cal **8.89**

Coleslaw (add 98 Cal), six onion rings (add 338 Cal), chips (add 597 Cal).

Southern-fried chicken strips 490 Cal **6.69**

Honey glaze, made with Jack Daniel's® Tennessee Honey, coleslaw (add 98 Cal), chips (add 597 Cal).