

Drink Nutrition and Allergen information November 2018 - V2

We have risk assessed our bar and kitchens allergens; because of the nature of our food and drink operation, we cannot fully guarantee that any food will be completely free from these allergens. Further information can be found on the bottle label, please ask at the bar for details. Calories vary – please see our website or ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond this nutritional information. All measures are approximations. Specifications may change periodically and nutritional and allergen information is subject to change. Calories stated are subject to change. The below information has been provided to J D Wetherspoon PLC from various suppliers, please contact the drink brand owner for any more information. Packaged products: Some packaged products will not be covered in this allergen guide; however, you will be able to find allergen information on packaging labels. Any drinks products not outlined in this guide may require customers to check packaging information of each product.

Vegetarian and Vegan dietary information can be found on our blue 'Your Drink, Your Choice' menu.

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
Bottles and cans	Elvis Juice Grapefruit IPA	53	Barley	No	Yes
Bottles and cans	Budweiser	39	Barley Malt	No	Yes
Bottles and cans	Corona	42	Barley Malt	No	Yes
Bottles and cans	Brooklyn Lager	48	Barley	No	Yes
Bottles and cans	Smirnoff Ice	57		Yes	Yes
Bottles and cans	Desperados	59	Malted Barley	No	Yes
Bottles and cans	Lagunitas IPA	54	Malted barley and Wheat	No	Yes
Bottles and cans	Kopparberg Mixed Fruit	58	Sulphites	Yes	Yes
Bottles and cans	Kopparberg Strawberry & Lime	64	Sulphites	Yes	Yes
Bottles and cans	Peroni	41.57	Barley Malt	No	Yes
Bottles and cans	Blue Moon	46	Malted Barley, Wheat, Oats	No	Yes
Bottles and cans	Goose island ipa	58.59	Malted Barley, Malted wheat	No	Yes
Bottles and cans	Wkd Blue	71.3		Yes	Yes
Bottles and cans	Beck's	38	Barley Malt	No	Yes
Bottles and cans	Sol Lager	40	Malted barley	No	Yes
Bottles and cans	Crafty dan 13 Guns	48.5	Barley Malt, Rye	No	Yes
Bottles and cans	Hooch	50		Yes	Yes
Bottles and cans	Black Sheep Pathmaker pale ale	57	Wheat, Barley Malt	No	Yes
BOMBS & SHOTS	Apple Sourz	164		Yes	Yes
BOMBS & SHOTS	Cherry Sourz	174		Yes	Yes
BOMBS & SHOTS	Strika herbal liqueur	273.3		Yes	Yes
BOMBS & SHOTS	Antica Sambuca	350		Yes	Yes

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
BOMBS & SHOTS	Fireball Cinnamon Whisky Liqueur	243		Yes	Yes
BOMBS & SHOTS	Jose Cuervo Especial Silver Tequila	200		Yes	Yes
BOMBS & SHOTS	Jose Cuervo Especial Silver Tequila	200		Yes	Yes
CRAFT BEER & REAL ALE	Hop house 13	35.4	Barley Malt	No	Yes
CRAFT BEER & REAL ALE	Brewdog Punk Ipa (Draught)	48	Barley	No	Yes
DRAUGHT & BOTTLED CIDERS	Aspall Suffolk Cyder	57	Sulphites	Yes	Yes
DRAUGHT & BOTTLED CIDERS	Magners bottle	42	Sulphite	Yes	Yes
DRAUGHT & BOTTLED CIDERS	Hooch	50		Yes	Yes
DRAUGHT & BOTTLED CIDERS	Strongbow	33	Sulphites	Yes	Yes
DRAUGHT & BOTTLED CIDERS	Strongbow Dark Fruit	38	Sulphites	Yes	Yes
DRAUGHT & BOTTLED CIDERS	Angry Orchard	64	Sulphite	Yes	Yes
DRAUGHT & BOTTLED CIDERS	Thatchers Gold	47	Sulphite	Yes	Yes
DRAUGHT & BOTTLED CIDERS	Draught Magners	43	Sulphur Dioxide & Sulphites	Yes	Yes
DRAUGHT & BOTTLED CIDERS	Bulmers no 17	37	Sulphur Dioxide & Sulphites	Yes	Yes
GIN PALACE	Bombay Sapphire	110		Yes	Yes
GIN PALACE	Gordon's	208		Yes	Yes
GIN PALACE	Tanqueray	240		Yes	Yes
GIN PALACE	Tanqueray No. Ten	268		Yes	Yes
GIN PALACE	Caorunn	230		Yes	Yes
GIN PALACE	Portobello Road No 171 Gin	232		Yes	Yes

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
GIN PALACE	Edinburgh Gin Raspberry Liqueur	184		Yes	Yes
GIN PALACE	Edinburgh Gin Rhubarb & Ginger Liqueur	218		Yes	Yes
GIN PALACE	Hendricks	227		Yes	Yes
GIN PALACE	Zymurgorium Sweet Violet Liqueur	180		Yes	Yes
GIN PALACE	Tanqueray Flor de Sevilla	254		Yes	Yes
GIN PALACE	Gordons pink gin	243		Yes	Yes
GIN PALACE	Zymurgorium Realm of the Unicorn Liqueur	175		Yes	Yes
GIN PALACE PERFECT SERVE (BY THE GLASS SINGLE 25ml MEASURE)					
GIN PALACE PERFECT SERVE	Pink Gin Spritz	77	Sulphites	Yes	Yes
GIN PALACE	Gin and Ting	112		Yes	Yes
GIN PALACE	Gin and Ginger	130		Yes	Yes
GIN PALACE	Gin Fizz	100	Soya Bean	Yes	Yes
Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
Lagers	Bud Light	26.8	Barley Malt	No	Yes
Lagers	Stella Artois	40.3	Barley Malt	No	Yes
Lagers	Tennent'S	30	Barley, Malted Barley, Wheat	No	Yes
Lagers	Carlsberg	32	Malted barley	No	Yes
Lagers	San Miguel	45	Malted barley	No	Yes
Lagers	Fosters Lager	36	Malted Barley	No	Yes
Lagers	Heineken Premium Lager	42	Malted barley	No	Yes
Lagers	Kronenbourg 1664	44	Malted barley	No	Yes
Lagers	Carling	32	Wheat, Barley	No	Yes
Lagers	Coors Light	35	Wheat, Barley	No	Yes
LIQUEUR & BRANDY	Black Bottle	260		Yes	Yes
LIQUEUR & BRANDY	E & J	272	Sulphur Dioxide & Sulphites	Yes	Yes
LIQUEUR & BRANDY	Chambord Black Raspberry Liqueur	208		Yes	Yes

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
LIQUEUR & BRANDY	Southern Comfort	233.3		Yes	Yes
LIQUEUR & BRANDY	Archers peach schnapps	216		Yes	Yes
LIQUEUR & BRANDY	Baileys	328	Milk	Yes	No
LIQUEUR & BRANDY	Malibu	196		Yes	Yes
LIQUEUR & BRANDY	Disaronno Amaretto	282		Yes	Yes
Liqueurs & Brandy	Courvoisier VS	240		Yes	Yes
Liqueurs & Brandy	Chambord Black Raspberry Liqueur	208		Yes	Yes
Liqueurs & Brandy	Southern Comfort	233.3		Yes	Yes
Liqueurs & Brandy	Archers	216		Yes	Yes
Liqueurs & Brandy	Baileys	328	Milk	Yes	No
Liqueurs & Brandy	Antica Sambuca	350		Yes	Yes
Liqueurs & Brandy	Fireball Cinnamon Whisky Liqueur	243		Yes	Yes
Liqueurs & Brandy	Malibu	196		Yes	Yes
Liqueurs & Brandy	Disaronno Amaretto	282		Yes	Yes
LOW & ALCOHOL FREE	Beck'S Blue Alcohol-Free	14	Barley Malt	No	Yes
LOW & ALCOHOL FREE	Erdinger Alkoholfrei	25	Wheat Malt, Barley Malt	No	Yes
LOW & ALCOHOL FREE	Kopparberg Strawberry And Lime Alcohol-Free	41	Sulphites	Yes	Yes
LOW & ALCOHOL FREE	Adnams ghost ship low alcohol	40	Barley, Wheat, Fish	No	Yes
Monday club	Shipyard American Pale Ale	41	Malted barley, wheat, Rye	No	Yes
Pimms classic	Classic Pimm's	246		Yes	Yes
Real Ale	Guinness	37	Malted Barley, Barley, Roast Barley	No	Yes
Real Ale	Abbot Ale	50	Malted Barley	No	Yes
Real Ale	Greene King Ipa	37.3	Malted barley	No	Yes
Real Ale	Ruddles	39.3	Malted barley	No	Yes
Real Ale	John Smiths Extra Smooth	31	Malted barley	No	Yes
Real Ale	Sharp'S Doom Bar	44	Barley	No	Yes
Rum shack	Bacardi Carta Blanca	106		Yes	Yes
Rum shack	Captain Morgan's Spiced	204		Yes	Yes

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
Rum shack	Captain Morgan's White	224		Yes	Yes
Rum shack	Ron Zacapa 23 Year Old	244		Yes	Yes
Rum shack	Havana Club 7 Year Old	221		Yes	Yes
Rum shack	Kraken Spiced Rum	234		Yes	Yes
Soft drinks	Elderflower cordial	26	Soya Bean	Yes	Yes
Soft drinks	Irn-Bru	20		Yes	Yes
Soft drinks	Strathmore Spring Water	0		Yes	Yes
Soft drinks	Strathmore Spring Water Sparkling	0		Yes	Yes
Soft drinks	Britvic Blackcurrant Cordial	12		Yes	Yes
Soft drinks	Britvic Ginger Ale	38		Yes	Yes
Soft drinks	Britvic Ginger Beer	35		Yes	Yes
Soft drinks	Britvic Grapefruit Juice	40		Yes	Yes
Soft drinks	Britvic Low Calorie Bitter Lemon	4		Yes	Yes
Soft drinks	Britvic Lime Cordial	9	Sulphite	Yes	Yes
Soft drinks	Britvic Orange Juice	45		Yes	Yes
Soft drinks	Britvic Orange Cordial	12	Sulphite	Yes	Yes
Soft drinks	Britvic Pineapple Juice	50		Yes	Yes
Soft drinks	Britvic Low Calorie Tonic Water	1		Yes	Yes
Soft drinks	Britvic Tomato Juice	21	Celery, Barley	No	Yes
Soft drinks	Britvic Tonic Water	20		Yes	Yes
Soft drinks	Pepsi Diet	0.6		Yes	Yes
Soft drinks	Fruit Shoot My5 Apple & Pear	24		Yes	Yes
Soft drinks	Fruit Shoot Juiced Orange & Pineapple	25		Yes	Yes
Soft drinks	J20 Apple & Mango	21		Yes	Yes
Soft drinks	J20 Apple & Raspberry	22		Yes	Yes
Soft drinks	J20 Orange & Passionfruit	23		Yes	Yes
Soft drinks	Pepsi	42		Yes	Yes
Soft drinks	Pepsi Max	0.5		Yes	Yes
Soft drinks	R Whites Lemonade	2	Sulphite	Yes	Yes

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
Soft drinks	R White's Premium Raspberry Lemonade	17		Yes	Yes
Soft drinks	Innocent™ Super Smoothie Energise	60		Yes	Yes
Soft drinks	Old Jamaica Ginger Beer	20.01		Yes	Yes
Soft drinks	Fentimans Slimline Tonic Water	18		Yes	Yes
Soft drinks	Fentimans Tonic Water	29		Yes	Yes
Soft drinks	Apple Juice	47		Yes	Yes
Soft drinks	Cranberry Juice	20		Yes	Yes
Soft drinks	Orange Juice	50		Yes	Yes
Soft drinks	Monster Energy	40		Yes	Yes
Soft drinks	Monster Energy Ultra	2		Yes	Yes
Soft drinks	Sanpellegrino Blood Orange	22		Yes	Yes
Soft drinks	Sanpellegrino Lemon	22		Yes	Yes
Soft drinks	Old Jamaica light Ginger Beer	0.4		Yes	Yes
Soft drinks	Ting	16.2		Yes	Yes
Soft drinks	Monster Mango Loco	49		Yes	Yes
Soft drinks	Fentimans Pink Grapefruit Tonic Water	35		Yes	Yes
Vodka Distillery	Skyy	221		Yes	Yes
Vodka Distillery	Smirnoff Red	208		Yes	Yes
Vodka Distillery	Stolichnaya	245		Yes	Yes
Vodka Distillery	Absolut	220		Yes	Yes
Vodka Distillery	Absolut Vanilia	220		Yes	Yes
Vodka Distillery	Grey goose	220		Yes	Yes
Whisky Barrel	Jack Daniel'S	220		Yes	Yes
Whisky Barrel	Bell's	244		Yes	Yes
Whisky Barrel	Haig Clubman	244		Yes	Yes
Whisky Barrel	Buffalo Trace Bourbon	220		Yes	Yes
Whisky Barrel	Famous Grouse	220		Yes	Yes

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
Whisky Barrel	Jim Beam Bourbon Whiskey	240		Yes	Yes
Whisky Barrel	Glenmorangie	240	Malted Barley	No	Yes
Whisky Barrel	Jameson Irish Whiskey	220		Yes	Yes
Whisky Barrel	Glenfiddich	220		Yes	Yes
Wine Cellar	Casillero Del Diablo Cabernet Sauvignon	78	Sulphites	Yes	Yes
Wine Cellar	Hardys Private Bin Chardonnay	72	Sulphites, Egg, Milk	Yes	No
Wine Cellar	Hardys Private Bin Pinot Grigio	69	Sulphites, Egg, Milk	Yes	No
Wine Cellar	Hardys Private Bin Rosé	72	Sulphites, Egg, Milk	Yes	No
Wine Cellar	Hardys Private Bin Shiraz	74	Sulphites, Egg, Milk	Yes	No
Wine Cellar	Coldwater Creek Chardonnay 2015	80	Sulphites	Yes	Yes
Wine Cellar	Coldwater Creek Merlot 2015	71	Sulphites	Yes	Yes
Wine Cellar	Coldwater Creek Pinot Grigio 2015	68	Sulphites	Yes	Yes
Wine Cellar	Coldwater Creek White Zinfandel Rosé	73	Sulphites	Yes	Yes
Wine Cellar	Trivento Malbec	76.4	Sulphites	Yes	Yes
Wine Cellar	Villa Maria Sauvignon Blanc	67.3	Milk, Egg, Fish, Sulphites	Yes	No
Wine Cellar	Hardys sparkling white	72	Sulphites, Egg, Milk	Yes	No
Wine Cellar	Denbies whitedowns brut	76	Sulphites	Yes	Yes
Wine Cellar	Denbies whitedown rosé brut	77	Sulphites	Yes	Yes
Wine Cellar	Teresa Rizzi Prosecco DOC Brut 0,750	65	Sulphites	Yes	Yes
Wine Cellar	Teresa Rizzi Prosecco DOC Brut 0,200	65	Sulphites	Yes	Yes
Wine Cellar	Teresa Rizzi Sparkling Rosé Extra Dry 0,750	71	Sulphites	Yes	Yes

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
Wine Cellar	Teresa Rizzi Sparkling Rosè	71	Sulphites	Yes	Yes
World beers	Baltika 7	45	Malted barley	No	Yes
World beers	Tsingtao	39	Malted barley	No	Yes
World beers	Birra Moretti	37	Barley Malt	No	Yes
World beers	Newcastle Brown Ale	40	Malted barley	No	Yes
World beers	Krombacher Pils	38	Malted Barley, Barley	No	Yes
World beers	Devils Backbone - American IPA	46	Malted Barley	No	Yes
World beers	Tyskie Gronie	43	Barley Malt	No	Yes
World beers	Sixpoint Bengali	57	Barley Malt	No	Yes
World beers	Sixpoint lo res	44.5	Barley Malt	No	Yes
World beers	Estrella Galicia Gluten-Free	47		Yes	Yes
World beers	Efes	33.8	Gluten (Source not specified)	No	Yes
World beers	Thornbridge versa weisse beer	33	Barley, Wheat	No	Yes
World beers	Atlantic white - S.A Brain & Co	46	Barley, Wheat	No	Yes
World beers	Innis & Gunn Mango IPA	49	Barley	No	Yes
COCKTAIL LOUNGE (KCAL BY THE GLASS OR PITCHER)					
COCKTAIL LOUNGE	Cheeky V - Pitcher	548	Sulphites	Yes	Yes
COCKTAIL LOUNGE	Mango Monster - Mash Glass	224	Sulphites	Yes	Yes
COCKTAIL LOUNGE	Ginberry Fizz - Glass	123	Sulphites	Yes	Yes
COCKTAIL LOUNGE	Tuity Fruity - Glass	158	Sulphites	Yes	Yes
COCKTAIL LOUNGE	Long Island Iced Tea - Pitcher	418		Yes	Yes
COCKTAIL LOUNGE	Porn Star Martini - Glass	198	Sulphites	Yes	Yes
COCKTAIL LOUNGE	Sex on the Beach - Glass	178		Yes	Yes
COCKTAIL LOUNGE	Very Cherry - Glass	98		Yes	Yes
COCKTAIL LOUNGE	Purple Rain - Glass	112	Sulphites	Yes	Yes
COCKTAIL LOUNGE	Woo Woo - Glass	176		Yes	Yes
COCKTAIL LOUNGE	Blue Lagoon - Glass	120	Sulphites	Yes	Yes

Category	Product	Energy kcal per 100ml	Allergens:	Gluten Free:	Dairy Free:
COCKTAIL LOUNGE	Smirnoff vodka and Monster - Glass	204		Yes	Yes
COCKTAIL LOUNGE	Classic Pimm's	126	Sulphites	Yes	Yes
COCKTAIL LOUNGE	Pink Gin Spritz Glass	204	Sulphites	Yes	Yes
COCKTAIL LOUNGE	The Godfather - Glass	126		Yes	Yes

Tea and Coffee allergen information November 2018 V2

We have risk assessed our bar and kitchens allergens; because of the nature of our food and drink operation, we cannot fully guarantee that any food will be completely free from these allergens. Further information can be found on the bottle label, please ask at the bar for details. Calories vary – please see our website or ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond this nutritional information. All measures are approximations. Specifications may change periodically and nutritional and allergen information is subject to change. Calories stated are subject to change. The below information has been provided to JD Wetherspoon PLC from various suppliers, please contact the drink brand owner for any more information. Vegetarian and Vegan dietary information can be found on our blue 'Your Drink, Your Choice' menu.

	ALLERGEN INFORMATION Contains indicated allergen Y = Yes													
Tea and Coffee	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soya Beans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame Seeds and products thereof	Sulphites and products thereof	Lupin and products thereof	Molluscs and products thereof
Cappuccino							Y							
Espresso														
Americano														
Flat white							Y							
Iced coffee							Y							
Latte							Y							
Hot Choc-o-lait milk stick						Y	Y							
Milk							Y							
Tea														
Bewley's Irish Tea														
Twinings Everyday tea														
Teapigs Darjeeling Earl Grey Tea														
Earl Grey Tea														
Teapigs Peppermint Tea														
Teapigs Mao Feng green tea														