

Adults need around 2000 kcal a day

# WE | NON - GLUTEN CONTAINING MENU

The meals on the menu are made with ingredients which do not contain gluten or wheat. If you have an allergy or intolerance, please speak to a member of our team before you order your food and drinks. Full allergen information is available on our website.\* Please ask if we have a dedicated NGCI fryer. Please refer to main menu for pricing.

## START AS YOU MEAN TO GO ON!

### STARTERS

#### SOUP OF THE DAY (V)

Served with Genius™ bread. Ask us for today's flavour.  
Mushroom (290 kcal) Tomato (302 kcal)

#### MEXICAN NACHOS (V) 🍴

Crispy nachos, loaded with nacho cheese sauce, melted mature Cheddar cheese, guacamole, salsa, sour cream and finished with jalapeños. (810 kcal)

(VE) VEGAN OPTION AVAILABLE. (479 kcal)

ADD A TOPPING OF VEGETABLE & LENTIL CHILLI (VE) 🍴 (174 kcal)

#### CRISPY POTATO SKINS‡

Crunchy potato skins filled with crispy bacon and mature Cheddar cheese. Served with sour cream and a salad garnish. (432 kcal)

#### PRAWN COCKTAIL

Succulent prawns in a Marie Rose sauce. Served on a bed of shredded iceberg lettuce, with cucumber and a lemon wedge. Served with Genius™ bread. (500 kcal)

### SHARERS

#### MEXICAN NACHOS (V) 🍴

A generous portion of our delicious crispy nachos to share. Loaded with nacho cheese sauce, melted mature Cheddar cheese, guacamole, salsa, sour cream and finished with jalapeños. (1621 kcal)

(VE) VEGAN OPTION AVAILABLE. (959 kcal)

ADD A TOPPING OF VEGETABLE & LENTIL CHILLI (VE) 🍴 (348 kcal)

#### DIRTY FRIES‡

A generous portion of fries topped with nacho cheese sauce, bacon and mature Cheddar cheese. (1480 kcal)

### SIDES

CHIPS‡ (VE)\* (460 kcal)

FRIES‡ (VE)\* (463 kcal)

## BURGER PERFECTION

OUR NGCI BURGERS ARE SERVED WITHOUT BURGER BUNS BUT ACCOMPANIED BY A SIDE OF FRIES.‡ (VE)\*. BEING GOOD? ENJOY YOUR FAVOURITE BURGER SERVED SKINNY WITHOUT FRIES AND WITH A SIDE SALAD INSTEAD.

#### THE CLASSIC BEEF BURGER‡

Two prime beef burgers with beef tomato and lettuce. (889 kcal)

SKINNY VERSION (435 kcal)

#### THE COWBOY‡

Two prime beef burgers topped with bacon, American style cheese slices, beef tomato and lettuce. (1043 kcal)

SKINNY VERSION (590 kcal)

#### THE ULTIMATE BEEF BURGER‡

Three prime beef burgers topped with bacon, nacho cheese sauce, American style cheese slices, beef tomato and lettuce. (1342 kcal)

SKINNY VERSION (888 kcal)

## SANDWICHES

ALL SERVED WITH CHIPS‡ (VE)\* ON GENIUS™ BREAD.

#### TUNA MAYO MELT

Tuna mayo & melted mature Cheddar cheese. (714 kcal)

#### CHEDDAR CHEESE & CHUTNEY (V)

Grated mature Cheddar cheese with caramelised red onion chutney. (777 kcal)

#### CHICKEN & BACON CLUB

Chicken, crispy bacon, mixed leaves, tomato and mayo. (824 kcal)

## SUPER SALAD

#### CHICKEN AND BACON

Strips of chicken breast and bacon on a bed of mixed leaves with slices of cucumber, tomato, red onion and red pepper. Drizzled with extra virgin olive oil. (458 kcal)

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## ALL TIME FAVOURITES

### HUNTER'S CHICKEN†

A roasted chicken breast topped with bacon, BBQ sauce and melted mature Cheddar cheese. Served with chips† and a salad garnish. (974 kcal)

### FANCY A LIGHTER OPTION?

Enjoy your Hunter's Chicken with a full side salad, instead of chips†. (531kcal)

### VEGETABLE AND LENTIL CHILLI (VE) 🍴

A warming mix of vegetables, beans, red lentils and soya mince in a tomato and chilli sauce. Served with pilau rice and nachos. (662 kcal)

### CHICKEN TIKKA MASALA† 🍴

Chunks of chicken in a mildly spiced tomato and onion sauce, flavoured with coriander. Served with pilau rice, a poppadum† and mango chutney. (724 kcal)

### CAULIFLOWER & RED PEPPER CURRY† (VE)\* 🍴

Cauliflower and red pepper in a fragrant Indian style curry sauce. Served with pilau rice, a poppadum† and mango chutney. (720 kcal)

## CAN'T BEAT A SUCCULENT SUNDAY ROAST

TREAT YOURSELF WITH ONE OF OUR FAMOUS SUNDAY ROASTS ALL SERVED WITH CRISPY ROAST POTATOES, SEASONAL VEGETABLES AND HERB SEASONED GRAVY.

### CHOOSE FROM:

#### ROAST TOPSIDE OF BEEF

With horseradish sauce. (873 kcal)

#### HALF ROAST CHICKEN

With a pig in blanket. (1243 kcal)

#### ROAST TURKEY

With a pig in blanket. (733 kcal)

#### VEGETARIAN OPTION (V)

Ask a team member for today's vegetarian option and calorie information.

**TWO FOR ONE**  
**ON ALL MAIN MEALS**  
YOU GET THE LOWEST PRICED MEAL FOR FREE!

**SINGLE DINER** NEED TO EVEN THINGS UP A BIT?\*  
Choose one of our delicious desserts\* instead of another main course to benefit from our Two for One offer. Available for tables of 1,3,5 & so on.

## KING OF THE GRILL

OUR CAREFULLY SELECTED STEAKS ARE EXPERTLY MATURED TO GIVE DEPTH OF FLAVOUR AND ARE ALL SERVED WITH HALF A GRILLED TOMATO, A GRILLED FLAT MUSHROOM, GARDEN PEAS AND CHIPS† (UNLESS OTHERWISE STATED).

### 8OZ AGED RUMP STEAK†

Cooked to your liking. (1102 kcal)

### 8OZ AGED SIRLOIN STEAK†

Cooked to your liking. (1163 kcal)

### SKINNY STEAKS

Ditch the chips, tomato, mushroom and garden peas for a side salad.

8OZ AGED RUMP (495 kcal)

8OZ AGED SIRLOIN (557 kcal)

### GAMMON STEAK†

An 8oz gammon steak topped with a fried free-range egg and a pineapple slice. Served with half a grilled tomato, garden peas and chips†. (1184 kcal)

**HAVE IT YOUR WAY**  
Add our famous peppercorn steak sauce (51 kcal)

## GO ON TREAT YOURSELF

### CHOCOLATE FUDGE CAKE (V)

Goopy and chocolatey. Served warm or cold with vanilla flavour ice cream. (685 kcal)

### STICKY TOFFEE PUDDING (V)

A sweet toffee sponge dotted with date pieces, topped with rich toffee flavoured sauce. Served with vanilla flavour ice cream (555 kcal) or custard (576 kcal).

### ROCKY ROAD SUNDAE

Chocolate and vanilla flavour ice creams layered with marshmallows, chocolate flavour sauce and squirty cream, finished with a chocolate flake. (462 kcal)

### PRALINE CHOCOLATE TART (V)

A rich dark chocolate tart, filled with swirls of coconut milk and praline in a nutty case. Served with vanilla flavour ice cream and chocolate flavour sauce. (555 kcal)

### [VE] VEGAN OPTION AVAILABLE WITH VEGAN

VANILLA FLAVOUR ICE CREAM. (555 kcal)

### PLAIN & SIMPLE (V)

Three scoops of ice cream. Ask us for today's flavours.

**CHOCOLATE** (100 kcal per scoop)

**STRAWBERRY** (93 kcal per scoop)

**VANILLA** (84 kcal per scoop)

### ICE CREAM SUNDAE (VE)

Three scoops of vegan vanilla ice cream, with raspberry sauce. (330 kcal)

The Two for One offer applies to main meals as indicated on menu and the lowest priced meal will be free. \*The single diner offer allows you to choose a pudding instead of another main meal if you are dining in a party of an uneven number. Offer applies to all puddings, excluding sharers. If you are ordering via Marston's Tap, please speak to a member of the team before ordering. Please note: our Sandwiches & Baguettes are not included in the Two for One on all Main Meals offer. Offers cannot be used in conjunction with any other promotion. Marston's PLC, Marston's House, Brewery Road, Wolverhampton, WV1 4JT.

Dishes subject to availability and alternatives may be offered where listed choice is not available. As we use other foods containing gluten in our kitchens we cannot declare that any of our dishes are gluten or wheat free. † Please ask if we have a dedicated NGCI fryer. Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. Our allergen information only states allergens if they are an ingredient of a product. We do not include 'may contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns. Full allergen information is available at the bar or visit our website. Where we state a weight, it's a raw weight and 1oz equals approximately 28 grams. (V)/(VE) Suitable for vegetarians/vegans or vegetarian/vegan option available. (V)/(VE)\* We cannot guarantee that our vegetarian/vegan dishes have been cooked in dedicated fryers. Please ask a member of staff for more information. We regret that we cannot guarantee that our chicken/turkey/beef/pork dishes do not contain bones. Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces that may be added by the guest. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub.