

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 at [allergyapp.marstons.co.uk](http://allergyapp.marstons.co.uk) ‡ Please ask if we have a dedicated NGCI fryer.



THIS MENU IS JUST FOR YOU!  
WHEN YOU HAVE FINISHED  
IT WILL BE RECYCLED.

# Non-Gluten Containing Ingredient Menu

## Starters & Sharers

### SOUP OF THE DAY (V)

Ask for today's flavour of **Heinz** soup.  
Served with Genius™ bread.

### CHICKEN WINGS

#### FOR ONE | TO SHARE

British Red Tractor chicken wings coated in your choice of sauce from the below:

BBQ sauce (VE)

Inferno sauce (V) 🍴🍴🍴

Sweet chilli sauce (VE) 🍴

### CRISPY POTATO SKINS‡

Filled with crispy bacon and mature Cheddar cheese. Served with sour cream and a salad garnish.

### MEXICAN NACHOS (V) 🍴

#### FOR ONE | TO SHARE

Loaded with melted mature Cheddar cheese, guacamole, salsa, sour cream and jalapeños.

ADD VEGETABLE & LENTIL CHILLI (VE) 🍴

## Pub Classics

### HUNTER'S CHICKEN

Roasted chicken breast topped with bacon, BBQ sauce and melted mature Cheddar cheese. Served with chips‡ and a side salad.

### VEGETABLE AND LENTIL CHILLI (VE) 🍴

Vegetables, beans, red lentils and soya mince in a tomato and chilli sauce. Served with pilau rice and a side salad.

### 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.



### 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‡.

### MIXED GRILL

Half a chicken breast, 4oz 28-day aged rump steak, 4oz gammon steak, a pork sausage, a fried free-range egg, half a grilled tomato, garden peas and chips‡.

### 8oz 28-DAY AGED RUMP STEAK

Cooked to your liking, served with half a grilled tomato, garden peas and chips‡.

### SKINNY 8oz 28-DAY AGED RUMP STEAK

Ditch the chips‡ and garden peas for a side salad.

ADD PEPPERCORN SAUCE



### MEGA MIXED GRILL

A mighty feast consisting of a chicken breast, 8oz 28-day aged rump steak, 8oz gammon steak, two pork sausages. Served with two fried free-range eggs, half a grilled tomato, garden peas and chips‡.

### MEGA 28-DAY AGED RUMP STEAK

Two 8oz rump steaks cooked to your liking. Served with half a grilled tomato, garden peas and chips‡.

### MEGA MELT STACK

A mighty stack of two 4oz gammon steaks and two chicken breasts layered with BBQ sauce and melted mature Cheddar cheese. Served with chips‡ and garden peas.

## Sandwiches

All served with chips<sup>‡</sup> on Genius™ bread.

### TUNA MAYO MELT

Tuna mayo and melted mature Cheddar cheese.

### CHEDDAR CHEESE AND ONION (V)\*

Grated mature Cheddar cheese and red onion.

### CHICKEN AND BACON CLUB

Chicken, crispy bacon, mixed leaves, tomato and mayo.

## Salad

### CHICKEN AND BACON

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

## LET'S DO Dessert

### STICKY TOFFEE PUDDING (V)

A sweet toffee sponge dotted with date pieces, topped with rich toffee flavoured sauce. Served with vanilla flavour ice cream.

### CHOCOLATE FUDGE CAKE (V)

Goopy and chocolatey. Served warm or cold with vanilla flavour ice cream.

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. Dishes subject to availability and alternatives may be offered where listed choice is not available. 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 [allergyapp.marstons.co.uk](http://allergyapp.marstons.co.uk). 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)\* We cannot guarantee that our vegetarian dishes have been cooked in dedicated fryers. Please ask a member of staff for more information. We regret that we cannot guarantee that our fish/chicken/beef/pork dishes do not contain bones. Marston's Pubs and Bars (a trading name of Marston's PLC), Marston's House, Brewery Road, Wolverhampton, WV1 4JT.