

# LET'S DO Lunch

## SANDWICHES & BAGUETTES

ALL SERVED WITH CHIPS.

*Upgrade* YOUR CHIPS (VE)\* (460 kcal)  
TO CHEESY CHIPS (V)\* (576 kcal) FOR £0.75

**RUMP STEAK MELT** £8.35

A crispy baguette with rump steak topped with melted mature Cheddar cheese and red onion chutney. (1047 kcal)

**TUNA MAYO MELT** £7.15

A crispy baguette filled with tuna mayo and melted mature Cheddar cheese. (569 kcal)

**CRISPY CHICKEN BBQ MELT** £7.15

A crispy baguette filled with slices of buttermilk chicken, bacon, BBQ sauce and melted mature Cheddar cheese. (1104 kcal)

**CHEDDAR CHEESE AND CHUTNEY (V)\*** £6.45

Grated mature Cheddar cheese with caramelised red onion chutney on your choice of bread: White bread (794 kcal) or Multigrain bloomer bread (794 kcal)

**CHICKEN & BACON CLUB** £7.15

Lightly toasted white or multigrain bloomer bread with chicken, crispy bacon, lettuce, tomato and mayo. (850 kcal)

**ADD THREE BEER-BATTERED ONION RINGS (VE)\*** £1.25 (154 kcal)

# Super SALADS

OUR SALADS ARE SERVED ON A BED OF MIXED LEAVES WITH SLICES OF CUCUMBER, TOMATO, RED ONION AND RED PEPPER. DRIZZLED WITH EXTRA VIRGIN OLIVE OIL.

**CHICKEN AND BACON** £10.55

Strips of chicken breast and bacon. (458 kcal)

**BBQ CAULIFLOWER WINGS (VE)\*** £10.55

Florets of cauliflower in a rich smoky BBQ coating with a hint of spice. (278 kcal)

# TIME FOR A sweet TREAT

**APPLE CRUMBLE (V)** £4.80

Sweet baked apple topped with crunchy golden crumble. Served warm with custard. (525 kcal)

(VE) VEGAN OPTION AVAILABLE WITH VEGAN VANILLA FLAVOUR ICE CREAM. (504 kcal)

**CHOCOLATE FUDGE CAKE (V)** £5.30

Goey and chocolatey. Served warm or cold with vanilla flavour ice cream. (684 kcal)

**TOFFEE WAFFLE (V)** £4.80

A Belgian waffle topped with vanilla flavour ice cream, toffee sauce and caramelised biscuit crumbs. (731 kcal)

**JAM SPONGE PUDDING (V)** £4.80

An individual vanilla sponge pudding, smothered in strawberry jam. Served warm with custard. (528 kcal)

**STICKY TOFFEE PUDDING (V)** £5.30

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** £4.80

Chocolate and vanilla flavour ice creams layered with chocolate brownie chunks, marshmallows, chocolate flavour sauce and squirty cream, finished with a chocolate flake. (635 kcal)

**PLAIN & SIMPLE (V)** £3.65

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)** £4.80

Three scoops of vegan vanilla ice cream, with raspberry sauce. (327 kcal)

## Tell us HOW WE DID!

Tell us how we did today and you could win £250 of LOVE2SHOP vouchers. Visit [www.helpraisethebar.co.uk](http://www.helpraisethebar.co.uk)

For full terms and conditions please visit [www.helpraisethebar.co.uk](http://www.helpraisethebar.co.uk). No purchase necessary. Participants must be 18 or over.

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)\*/(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 fish/shellfish/chicken/beef/pork dishes do not contain bones or shell.

► We only select fish from sustainable sources. \* Our scampi is made from more than one tail of Langoustine caught in UK waters.

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.

Offers cannot be used in conjunction with any other promotion. Marston's PLC, Marston's House, Brewery Road, Wolverhampton, WV1 4JT.

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# Feeling A LITTLE PECKISH

# Time FOR SOME good mood FOOD!

## STARTERS

### SOUP OF THE DAY (V) £4.55

Served with bread & butter. Ask us for today's flavour.

Tomato (322 kcal) Mushroom (310 kcal)  
(VE) VEGAN OPTION AVAILABLE.

Tomato (280 kcal) Mushroom (268 kcal)

### CRISPY BUTTERMILK CHICKEN GOUJONS £5.20

Crispy chicken fillets in a buttermilk coating with a BBQ dip. Served with a salad garnish. (723 kcal)

### MEXICAN NACHOS (V) £5.20

Crispy nachos, loaded with nacho cheese sauce, melted mature Cheddar cheese, guacamole, salsa, sour cream and finished with jalapeños. (783 kcal)

(VE) VEGAN OPTION AVAILABLE. (479 kcal)

### ADD A TOPPING, CHOOSE FROM: £2.50

Pulled pork & beef chilli (283 kcal)  
Vegetable & lentil chilli (VE) (174 kcal)

### BUFFALO CAULIFLOWER WINGS (VE)\* £5.20

Florets of cauliflower in a rich smoky BBQ coating with a hint of spice. Served with a BBQ dip and a salad garnish. (243 kcal)

### PRAWN COCKTAIL £5.20

Succulent prawns in a Marie Rose sauce. On a bed of shredded iceberg lettuce, with cucumber and a lemon wedge. Served with multigrain bloomer bread & butter. (520 kcal)

### GOLDEN BREADED MUSHROOMS (V)\* £5.20

Crispy coated button mushrooms. Served with garlic mayonnaise and a salad garnish. (581 kcal)

## SHARERS

SHARE WITH FRIENDS OR KEEP THEM ALL FOR YOURSELF!  
ALL PORTIONS SERVE 2.

### CRISPY BUTTERMILK CHICKEN GOUJONS £9.10

A double portion of our crispy buttermilk chicken fillets. Served with a BBQ dip. (1431 kcal)

### MEXICAN NACHOS (V) £9.10

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, CHOOSE FROM: £4.45

Pulled pork & beef chilli (566 kcal)  
Vegetable & lentil chilli (VE) (348 kcal)

### BUFFALO CAULIFLOWER WINGS (VE)\* £9.10

A double helping of our florets of cauliflower in a rich smoky BBQ coating with a hint of spice. Served with a BBQ dip. (470 kcal)

### DIRTY FRIES £7.95

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

# Bang on BURGERS!

TREAT YOURSELF TO ONE OF OUR SHOW STOPPING BURGERS

FANCY A BURGER BUT AVOIDING CARBS? YOUR FAVOURITE BURGER SERVED SKINNY WITHOUT THE BUN AND FRIES AND WITH A SIDE SALAD INSTEAD.

### THE COWBOY £10.10

Two prime beef burgers topped with bacon, American style cheese slices, beef tomato, lettuce and burger sauce in a seeded bun. Served with fries. (1354 kcal)

SKINNY VERSION (694 kcal)

### THE BBQ CHICKEN BURGER £9.90

A Southern fried chicken fillet topped with BBQ sauce, American style cheese slices, beef tomato, lettuce and burger sauce in a seeded bun. Served with fries. (1304 kcal)

SKINNY VERSION (644 kcal)

### THE ULTIMATE BEEF BURGER £11.60

Three prime beef burgers topped with bacon, nacho cheese sauce, American style cheese slices, beef tomato, lettuce and burger sauce in a seeded bun. Served with fries. (1653 kcal)

SKINNY VERSION (993 kcal)

### THE ULTIMATE SOUTHERN FRIED CHICKEN BURGER £11.60

A Southern fried chicken fillet topped with bacon, hash browns, American style cheese slices, BBQ sauce, beef tomato, lettuce and burger sauce in a seeded bun. Served with fries and chicken gravy for dipping. (1638 kcal)

SKINNY VERSION (978 kcal)

### THE VEGGIE BURGER (V)\* £9.90

A cauliflower, kale and Cheddar cheese burger with beef tomato, lettuce and red onion chutney in a seeded bun. Served with fries. CAUTION, HOT CHEESE MAY OOOZE! (964 kcal)

SKINNY VERSION (304 kcal)

### HAVE IT *your* WAY WHY NOT ADD A BURGER TOPPING? £0.75

AMERICAN STYLE CHEESE (V) (42 kcal)  
MATURE CHEDDAR CHEESE (V) (116 kcal)  
JALAPEÑOS (VE) (4 kcal)  
BACON (72 kcal)

## Something ON THE side?

GARLIC BREAD (VE) (321 kcal) £2.45

CHEESY GARLIC BREAD (V) (437 kcal) £3.20

CHIPS (VE)\* (460 kcal) £2.95

FRIES (VE)\* (463 kcal) £2.55

8 BEER-BATTERED ONION RINGS (VE)\* (412 kcal) £3.00

Life TASTES  
**better**  
WITH BURGERS

## ALL TIME favourites

### HUNTER'S CHICKEN £10.25

A roasted chicken breast topped with bacon, BBQ sauce and melted mature Cheddar cheese. Served with chips, beer-battered onion rings and a salad garnish. (1076 kcal)

### HAVE IT *your* WAY

FANCY A LIGHTER OPTION?

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

### WHOLETAILS OF BREADED SCAMPI\* £9.80

Twelve wholetails of Whitby scampi\*. Served with chips, tartare sauce and a choice of mushy peas (1105 kcal) or garden peas (1036 kcal).

### HAND-BATTERED ATLANTIC COD & CHIPS £11.85

A large Atlantic cod fillet battered in-house with our famous Marston's Pedigree beer batter. Served with chips, tartare sauce, bread & butter and a choice of mushy peas (1525 kcal) or garden peas (1551 kcal).

### SAUSAGE & MASH £9.60

Three Cumberland pork sausages garnished with sautéed red onions. Served on a bed of mashed potatoes with garden peas and gravy. (1066 kcal)

### BEEF LASAGNE £9.90

Beef ragu layered with pasta and a Cheddar cheese sauce. Topped with Mozzarella and mature Cheddar cheese. Served with garlic bread and a salad garnish. (793 kcal)

### HAVE IT *your* WAY

For a lighter option, swap your garlic bread for a full side salad (589 kcal) or swap your garlic bread for chips (1039 kcal) for £1.00

### VEGETABLE & LENTIL CHILLI (VE) £10.55

A warming mix of vegetables, beans, red lentils and soya mince in a tomato and chilli sauce. Served with pilau rice and nachos. (741 kcal)

### STEAK & ALE PIE £10.55

Our classic steak and ale pie, filled with tender chunks of beef and a rich ale gravy in a shortcrust pastry case. Served with chips, garden peas and gravy. (1339 kcal)

### CHICKEN TIKKA MASALA £10.25

Chunks of chicken in a mildly spiced tomato and onion sauce, flavoured with coriander. Served with pilau rice, naan bread, a poppadum and mango chutney. (1131 kcal)

## KING OF THE Grill

### 8oz AGED RUMP STEAK £12.10

Cooked to your liking. (1205 kcal)

### SKINNY STEAK

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

8oz Aged Rump (495 kcal)

### GAMMON STEAK £10.25

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. (1101 kcal)

### MIXED GRILL £14.10

Half a chicken breast, 4oz aged rump steak, 4oz gammon egg and a pineapple slice. Served with a Cumberland pork sausage. Served with a fried free-range egg. (1865 kcal)

### HAVE IT *your* WAY £2.00

ADD OUR FAMOUS PEPPERCORN STEAK SAUCE (51 kcal)

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

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TO CHEESY CHIPS (V)\* (576 kcal) FOR £0.75