

Adults need around 2000 kcal a day

# 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** £15.80

Strips of chicken breast and bacon. (458 kcal)

**BBQ CAULIFLOWER WINGS (VE)\*** £15.80

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



CHICKEN & BACON SALAD



BEER-BATTERED ONION RINGS

## EYES ON THE SIDES

**GARLIC BREAD (VE)** (321 kcal) £2.70

**CHEESY GARLIC BREAD (V)** (437 kcal) £3.45

**CHIPS (VE)\*** (460 kcal) £2.95

**SWEET POTATO FRIES (VE)\*** (574 kcal) £3.95

**FRIES (VE)\*** (463 kcal) £2.50

**8 BEER-BATTERED ONION RINGS (VE)\*** (412 kcal) £2.70

# SANDWICHES & BAGUETTES

OUR SANDWICHES AND BAGUETTES ARE ALL SERVED WITH CHIPS. AVAILABLE MONDAY TO FRIDAY 12-4PM

**RUMP STEAK MELT** £9.45

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

**TUNA MAYO MELT** £8.20

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

**FISH FINGER SANDWICH** £8.20

A firm favourite! Breaded fish fillet fingers with lettuce and tartare sauce. Served on your choice of bread: White bread or multigrain bloomer bread. (952 kcal)

**CRISPY CHICKEN BBQ MELT** £8.20

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

Please note our sandwiches & baguettes are not included in the Two for One on all main meals offer.

**CHEDDAR CHEESE & CHUTNEY (V)\*** £7.45

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

**CHICKEN & BACON CLUB** £8.20

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

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

### FANCY A SWAP?

SWAP YOUR CHIPS FOR SWEET POTATO FRIES (VE)\* (28 kcal extra) FOR £1.00

## HOW DID WE DO?

Tell us how we did today and you could win £250 of LOVE2SHOP vouchers, visit [www.helpraisethebar.co.uk](http://www.helpraisethebar.co.uk). Full terms & conditions are available on the website. No purchase necessary. Participants must be 18 or over.

# GO ON TREAT YOURSELF

**APPLE CRUMBLE (V)** £4.95

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)** £4.65

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

**CHOCOLATE ORANGE SPONGE (V)** £4.95

A vanilla sponge with a goopy orange centre smothered in chocolate flavour sauce. Served warm with custard. (646 kcal)

**TOFFEE WAFFLE (V)** £4.95

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

**JAM SPONGE PUDDING (V)** £4.75

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

**STICKY TOFFEE PUDDING (V)** £4.75

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** £4.65

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)

**PRALINE CHOCOLATE TART (V)** £4.95

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)

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ROCKY ROAD SUNDAE

**SICILIAN LEMON MUFFIN CHEESECAKE** £4.95

A tangy lemon cheesecake studded with chunks of lemon muffin on a crunchy biscuit base. Served with vanilla flavour ice cream and raspberry sauce. (583 kcal)

**CHOCOLATE CROWNIE (V)** £4.75

Chewy chocolate chip cookie dough & chocolate brownie all in one. Served with vanilla flavour ice cream. What's not to love? (683 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)** £3.65

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

# TUCK IN TO SAME GOOD MOOD FOOD



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. 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. 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 on our website. Photography is for illustrative purposes only. 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/chicken/beef/pork/shellfish 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.

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. Adults need around 2000 kcal a day.

# START AS YOU MEAN TO GO ON!

## STARTERS

**SOUP OF THE DAY (V) £3.95**

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 £4.95**

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

**BRIE DIPPERS (V)\* £4.95**

Melted creamy Brie in a crispy breadcrumb coating. Served with caramelised red onion chutney and a salad garnish. **CAUTION, HOT CHEESE MAY OOOZE!** (605 kcal)



## SHARERS

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

**CRISPY BUTTERMILK CHICKEN GOUJONS £8.65**

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

**MEXICAN NACHOS (V) £8.65**

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)\* £8.65**

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)

**BRIE DIPPERS (V)\* £8.65**

A larger portion of melted creamy Brie in a crispy breadcrumb coating. Served with caramelised red onion chutney. **CAUTION, HOT CHEESE MAY OOOZE!** (1195 kcal)

**DIRTY FRIES £7.80**

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

IT'S **GOOD** TO **SHARE**

**MEXICAN NACHOS (V) £4.95**

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)\* £4.95**

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 £4.95**

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

**CRISPY POTATO SKINS £4.95**

Crunchy potato skins filled with crispy bacon and mature Cheddar cheese. Served with sour cream and a salad garnish. (420 kcal)

**GOLDEN BREADED MUSHROOMS (V)\* £4.75**

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



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# 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.



## BURGER PERFECTION

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

**THE CLASSIC BEEF BURGER £15.35**

Two prime beef burgers with beef tomato, lettuce and burger sauce in a seeded bun. Served with fries. (1200 kcal)

**SKINNY VERSION (540 kcal)**

**THE CLASSIC CHICKEN BURGER £15.35**

A Southern fried chicken fillet with beef tomato, lettuce and burger sauce in a seeded bun. Served with fries. (1159 kcal)

**SKINNY VERSION (498 kcal)**

**THE COWBOY £17.10**

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 £16.70**

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 £18.85**

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 £18.85**

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)\* £16.70**

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 BURGER TOPPINGS 75P**

**AMERICAN STYLE CHEESE (V) (42 kcal)**

**MATURE CHEDDAR CHEESE (V) (116 kcal)**

**JALAPEÑOS (VE) (4 kcal)**

**BACON (72 kcal)**



## FANCY MORE FRIES?

**DOUBLE YOUR FRIES (VE)\* (463 kcal extra) FOR £1.00**

**SWAP YOUR FRIES FOR SWEET POTATO FRIES (VE)\* (111 kcal extra) FOR £1.00**

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# 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, BEER-BATTERED ONION RINGS AND CHIPS (UNLESS OTHERWISE STATED).

**8oz AGED RUMP STEAK £18.90**

Cooked to your liking. (1205 kcal)

**8oz AGED SIRLOIN STEAK £20.90**

Cooked to your liking. (1266 kcal)

**SKINNY STEAKS**

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

8oz Aged Rump Steak (495 kcal)

8oz Aged Sirloin Steak (557 kcal)

**SURF & TURF\* £20.90**

An 8oz aged rump steak with wholetails of golden Whitby scampi\*. Served with tartare sauce. (1477 kcal)

**GAMMON STEAK £16.90**

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 £22.15**

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

**MEGA MIXED GRILL £28.15**

A chicken breast, two 4oz aged rump steaks, two 4oz gammon steaks, two 4oz pork steaks, two Cumberland pork sausages, and two fried free-range eggs. (2953 kcal)



**STEAK SAUCE £2.00 EACH**

**PEPPERCORN (51 kcal)**

**BEEF DRIPPING & MERLOT (42 kcal)**

**BOURBON BBQ (V) (170 kcal)**

## FANCY MORE CHIPS?

**DOUBLE YOUR CHIPS (VE)\* (460 kcal extra) FOR £1.00**

**SWAP YOUR CHIPS FOR SWEET POTATO FRIES (VE)\* (114 kcal extra) FOR £1.00**

**CAULIFLOWER AND RED PEPPER CURRY**



## ALL TIME FAVOURITES

**HUNTER'S CHICKEN £16.45**

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)



**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\* £16.10**

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\* £19.80**

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 (1679 kcal) or garden peas. (1610 kcal)

**SAUSAGE & MASH £16.10**

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 £16.10**

Beef ragú 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)



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

**CHICKEN TIKKA MASALA £18.10**

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)

**VEGETABLE & LENTIL CHILLI (VE) £17.55**

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)

**CHEDDAR, LEEK & POTATO PIE (V) £18.10**

A rich mature Cheddar cheese sauce with leeks and diced potato encased in shortcrust pastry with a puff pastry lid. Served with chips, peas and gravy. (1431 kcal)

**STEAK & ALE PIE £18.10**

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)

**PASTA ALFREDO (V) £17.20**

Tubes of pasta in a light cheese & spinach sauce with seared red peppers. Served with garlic bread and a salad garnish. (759 kcal)

**ADD A GRILLED CHICKEN BREAST FOR £2.00 (968 kcal)**



For a lighter option, swap your garlic bread for a full side salad. (554 kcal)

**CAULIFLOWER & RED PEPPER CURRY (V)\* £17.55**

Cauliflower and red pepper in a fragrant Indian style curry sauce. Served with pilau rice, naan bread, a poppadum and mango chutney. (1128 kcal)

**(VE)\* VEGAN OPTION AVAILABLE. (679 kcal)**