



THE 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 at allergyapp.marstons.co.uk † Please ask if we have a dedicated NGCI fryer.

Start ON THE RIGHT food

SOUP OF THE DAY (V)

Served with Genius™ bread. Ask us for today's flavour.

Mushroom (290 kcal) Tomato (302 kcal)

(VE) VEGAN OPTION AVAILABLE.

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)

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)

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)

Bang on BURGERS!

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

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)

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*. (531 kcal)

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)

SANDWICHES

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

TUNA MAYO MELT

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

CHEDDAR CHEESE AND CHUTNEY (V)

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

CHICKEN AND BACON CLUB

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

KING OF THE Grill

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 AND CHIPS* (UNLESS OTHERWISE STATED).

8oz AGED RUMP STEAK*

Cooked to your liking. (1102 kcal)

SKINNY STEAK

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

8oz AGED RUMP (495 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*. (1102 kcal)

HAVE IT *your* WAY

ADD OUR FAMOUS PEPPERCORN STEAK SAUCE (51 kcal)

SIDES

CHIPS* (VE)* (460 kcal)

FRIES* (VE)* (463 kcal)

ROOM FOR *more?*

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 (555 kcal).

ROCKY ROAD SUNDAE

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

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. 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. 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. Your starter, main and/or dessert choices must be ordered in the same transaction. Marston's PLC, Marston's House, Brewery Road, Wolverhampton, WV1 4JT.