

Adults need around 2000 kcal a day

# TIME FOR A *sweet* TREAT

## APPLE CRUMBLE (V) £4.30

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) £4.70

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

## CHOCOLATE ORANGE SPONGE (V) £4.70

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

## TOFFEE WAFFLE (V) £4.30

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

## JAM SPONGE PUDDING (V) £4.30

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

## STICKY TOFFEE PUDDING (V) £4.70

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 £4.30

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)

## SICILIAN LEMON MUFFIN CHEESECAKE £4.70

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)



# It's just NOT Sunday WITHOUT A Roast

## 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.

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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.

Marston's PLC, Marston's House, Brewery Road, Wolverhampton, WV1 4JT.

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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)

# Time FOR SOME good mood FOOD!

## STARTERS

<b>SOUP OF THE DAY (V)</b>	<b>£3.80</b>	<b>BRIE DIPPERS (V)*</b>	<b>£4.40</b>
Served with bread & butter. Ask us for today's flavour. Tomato (322 kcal) Mushroom (310 kcal) (VE) VEGAN OPTION AVAILABLE.		Melted creamy Brie in a crispy breadcrumb coating. Served with caramelised red onion chutney and a salad garnish. CAUTION, HOT CHEESE MAY Ooze! (605 kcal)	
<b>CRISPY BUTTERMILK CHICKEN GOUJONS</b>	<b>£4.40</b>	<b>PRAWN COCKTAIL</b>	<b>£4.40</b>
Crispy chicken fillets in a buttermilk coating with a BBQ dip. Served with a salad garnish. (723 kcal)		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)	
<b>GOLDEN BREADED MUSHROOMS (V)*</b>	<b>£4.40</b>		
Crispy coated button mushrooms. Served with garlic mayonnaise and a salad garnish. (581 kcal)			

## ALL TIME favourites

<b>STEAK &amp; ALE PIE</b>	<b>£8.85</b>	<b>SAUSAGE &amp; MASH</b>	<b>£8.40</b>
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)		Three Cumberland pork sausages garnished with sautéed red onions. Served on a bed of mashed potatoes with garden peas and gravy. (1066 kcal)	
<b>HUNTER'S CHICKEN</b>	<b>£8.70</b>	<b>BEEF LASAGNE</b>	<b>£8.55</b>
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)		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)	
<b>HAVE IT <i>your</i> WAY</b>		<b>HAVE IT <i>your</i> WAY</b>	
FANCY A LIGHTER OPTION? Enjoy your Hunter's Chicken with a full side salad, instead of chips and onion rings. (531 kcal)		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	
<b>WHOLETAILS OF BREADED SCAMPI*</b>	<b>£8.45</b>	<b>PASTA ALFREDO (V)</b>	<b>£8.85</b>
Twelve wholetails of Whitby scampi*. Served with chips, tartare sauce and a choice of mushy peas (1105 kcal) or garden peas (1036 kcal).		Tubes of pasta in a light cheese & spinach sauce with seared red peppers. Served with garlic bread and a salad garnish. (759 kcal)	
<b>HAND-BATTERED ATLANTIC COD &amp; CHIPS ▶</b>	<b>£9.85</b>	<b>ADD A GRILLED CHICKEN BREAST FOR £2.00</b>	(968 kcal)
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).		<b>HAVE IT <i>your</i> WAY</b>	
		For a lighter option, swap your garlic bread for a full side salad (554 kcal)	
		<b>Upgrade YOUR CHIPS (VE)*</b>	(460 kcal)
		<b>TO CHEESY CHIPS (V)*</b>	(576 kcal) FOR £0.75

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# The BIGGER THE better

**GO LARGE:**  
ADD EXTRA MEAT AND ANOTHER HOME-MADE YORKSHIRE PUDDING FOR £2 EXTRA.  
BEEF (1555 kcal)  
CHICKEN (2098 kcal)

## SUCCULENT SUNDAY ROASTS

SERVED WITH SEASONAL VEGETABLES, ROAST POTATOES, HOME-MADE YORKSHIRE PUDDING, STUFFING AND UNLIMITED HERBY GRAVY.

### CHOOSE FROM:

**ROAST TOPSIDE OF BEEF £9.30**  
WITH HORSE RADISH SAUCE.  
(1185 kcal)

**HALF ROAST CHICKEN £9.30**  
WITH A PIG IN BLANKET AND CRANBERRY SAUCE.  
(1564 kcal)

**VEGETARIAN OPTION (V) £9.30**  
ASK A TEAM MEMBER FOR TODAY'S VEGETARIAN OPTION.  
Cauliflower cheese tart (V) (1428 kcal)  
Broccoli, Cheddar & mushroom Wellington (V) (1427 kcal)

**KIDS ROAST £5.90**  
CHOOSE FROM:  
**ROAST TOPSIDE OF BEEF** (539 kcal)  
**QUARTER ROAST CHICKEN** (988 kcal)  
**VEGETARIAN CHOICE (V)**  
Ask a team member for today's vegetarian option.  
Cauliflower cheese tart (V) (1188 kcal)  
Broccoli, Cheddar & mushroom Wellington (V) (1186 kcal)

### Extras

**10 PIGS IN BLANKETS** (554 kcal) **£4.30**  
**CAULIFLOWER CHEESE (V)** (280 kcal) **£2.75**  
**ROAST POTATOES (VE)** (208 kcal) **£2.25**  
**YORKSHIRE PUDDING (V)** (199 kcal) **£0.75**  
**SUNDAY VEG (VE)** (227 kcal) **£2.25**

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# KING OF THE Grill

OUR CAREFULLY SELECTED STEAKS ARE EXPERTLY MATURED TO GIVE DEPTH OF FLAVOUR.

**8oz AGED SIRLOIN £12.10**  
Cooked to your liking and served with half a grilled tomato, a grilled flat mushroom, garden peas, beer-battered onion rings and chips. (1266 kcal)

**GAMMON STEAK £8.85**  
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)

**HAVE IT *your* WAY £2.00 EACH**  
ADD ONE OF OUR FAMOUS STEAK SAUCES

PEPPERCORN (51 kcal)  
BEEF DRIPPING & MERLOT (42 kcal)  
BOURBON BBQ (V) (170 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 £8.70**  
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)

**HAVE IT *your* WAY £0.75**  
WHY NOT ADD A BURGER TOPPING?  
**AMERICAN STYLE CHEESE (V)** (42 kcal)  
**MATURE CHEDDAR CHEESE (V)** (116 kcal)  
**JALAPEÑOS (VE)** (4 kcal)  
**BACON** (72 kcal)

**THE VEGGIE BURGER (V)\* £8.50**  
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 Ooze! (964 kcal)  
**SKINNY VERSION** (304 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 £9.10**  
Strips of chicken breast and bacon. (458 kcal)

**BBQ CAULIFLOWER WINGS (VE)\* £9.10**  
Florets of cauliflower in a rich smoky BBQ coating with a hint of spice. (278 kcal)

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