

# 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 & dietary information is available on our web page. † Please ask if we have a dedicated NGCI fryer.

## OFF TO A GREAT START STARTERS

### SOUP OF THE DAY (V)

Sprinkled with chopped chives and served with a Genius™ bread roll and butter. Ask us for today's flavour 414 kcal

### TOMATO LEEK & POTATO PEA & MINT

### 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 and butter. 470 kcal

## SHARERS

SHARE WITH YOUR FRIENDS OR KEEP FOR YOURSELF!  
ALL PORTIONS SERVE 2 ADULTS

### MEXICAN NACHOS (V) 🌿🌿

Crispy nachos loaded with nacho cheese sauce, guacamole, salsa, sour cream, finished with jalapeños and chopped chives. 1214 kcal

### UPGRADE YOUR NACHOS:

### SPICY PULLED PORK 🌿 292 kcal

### MIXED VEGETABLE CHILLI (V) 🌿🌿 235 kcal

### VEGAN MEXICAN NACHOS (VE) 🌿🌿

Crispy nachos loaded with a vegetable and meat-free mince chilli, guacamole, salsa, vegan mayonnaise, finished with jalapeños and chopped chives. 1170 kcal

## IT'S GOT TO BE A BURGER

FANCY A BURGER BUT AVOIDING CARBS? YOUR FAVOURITE BURGER SERVED LIGHTER WITHOUT THE BUN AND FRIES AND WITH A SIDE SALAD INSTEAD. LIGHTER DISHES HAVE AT LEAST 30% FEWER CALORIES THAN THE STANDARD EQUIVALENT.

### CLASSIC BURGER ‡

Two prime beef burgers and shredded iceberg lettuce in a Genius™ bread roll. Served with fries‡. 996 kcal

Lighter Version 466 kcal

### COWBOY BURGER ‡

Two prime beef burgers topped with crispy bacon, American style cheese slices and shredded iceberg lettuce in a Genius™ bread roll. Served with fries‡. 1123 kcal

Lighter Version 593 kcal

### THE ULTIMATE SPICY BEEF BURGER ‡🌿🌿

Two beef burgers and an American style cheese slice, topped with spicy pulled pork, crispy bacon and jalapeños. Finished with cheese sauce and red onions in a Genius™ bread roll. Served with fries‡. 1341 kcal

Lighter Version 811 kcal

## NO-ONE REGRETS A SIDE

CHIPS‡ (VE)\* 486 kcal

FRIES‡ (VE)\* 418 kcal

EXTRA SIDE SALAD BOWL (VE) 94 kcal

## FEEL >> GOOD SALADS

Our salads are served on a bed of mixed leaves with slices of cucumber, tomato, red onion, red pepper and kale with brown rice and quinoa. Then tossed in a French dressing.

CHOOSE YOUR TOPPING:

PRAWNS & MARIE ROSE SAUCE 481 kcal

CHICKEN & BACON 477 kcal

Adults need around 2000 kcal a day

# GO FOR THE CLASSICS

## HUNTER'S CHICKEN ‡

A roasted chicken breast topped with melted Mozzarella and Cheddar cheese and crispy bacon, smothered in BBQ sauce. Served with chips‡, a grilled tomato, and finished with rocket. 963 kcal  
Swap the chips for a side salad. 559 kcal

## SAUSAGE & MASH

Three Cumberland pork sausages garnished with sautéed red onions. Served on a bed of mashed potatoes with garden peas and gravy. 941 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. 722 kcal

## CAULIFLOWER & RED PEPPER CURRY ‡(VE)\*🍴

Cauliflower and red pepper in a fragrant Indian style curry sauce. Served with pilau rice, a poppadum‡ and mango chutney. 713 kcal

## MIXED VEGETABLE CHILLI (VE) 🍴

A vegetable and meat-free mince served with pilau rice and tortilla chips. Topped with salsa, guacamole, vegan mayonnaise, jalapeños and sprinkled with chives. 747 kcal

# SANDWICHES & JACKET POTATOES

AVAILABLE MONDAY – SATURDAY, 12PM – 3PM ONLY

A buttered jacket potato with your choice of topping and served with a side salad.

### CHOOSE FROM:

**CHEESE & BEANS (V)** 539 kcal

**SPICY PULLED PORK & CHEESE** 🍴 826 kcal

**PRAWNS & MARIE ROSE** 659 kcal

**TUNA MAYO** 521 kcal

**MIXED VEGETABLE CHILLI & CHEESE (V)** 🍴 591 kcal  
(VE) Vegan option available when served with Flora and without cheese. 505 kcal

ALL SERVED WITH CHIPS‡ (VE)\* ON GENIUS™ BREAD AND ROLLS

## SPICY PULLED PORK OPEN SANDWICH 🍴

A Genius™ bread roll with spicy pulled pork and melted Mozzarella and Cheddar cheese. 928 kcal

## PHILLY CHEESE STEAK OPEN SANDWICH

A Genius™ bread roll with rump steak, sautéed red pepper and onions smothered in a nacho cheese sauce. 799 kcal

## TUNA MAYO MELT OPEN SANDWICH

A Genius™ bread roll filled with tuna mayo and melted Mozzarella and Cheddar cheese. 723 kcal

## CHICKEN & BACON CLUB

Lightly toasted Genius™ bread with roasted chicken, crispy bacon, lettuce, tomato and mayonnaise. 779 kcal

# HOT OFF THE GRILL

OUR CAREFULLY SELECTED STEAKS ARE EXPERTLY MATURED TO GIVE DEPTH OF FLAVOUR AND ARE ALL SERVED WITH HALF A GRILLED TOMATO, BUTTON MUSHROOMS, GARDEN PEAS, AND CHIPS‡ (UNLESS OTHERWISE STATED).

## 8oz AGED RUMP ‡

Cooked to your liking. 1097 kcal

## 8oz AGED SIRLOIN ‡

Cooked to your liking. 1158 kcal

## LIGHTER STEAKS

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

## 8oz AGED RUMP

584 kcal

## 8oz AGED SIRLOIN

646 kcal

**HAVE IT YOUR WAY** Add our famous peppercorn steak sauce 51 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‡. 1270 kcal

## MIXED GRILL ‡

Half a chicken breast, 4oz aged rump steak, 4oz gammon steak and two Cumberland pork sausages. Served with a fried free-range egg. 1804 kcal

## MEGA MIXED GRILL ‡

A chicken breast, two 4oz aged rump steaks, two 4oz gammon steaks, four Cumberland pork sausages and two fried free-range eggs. 2575 kcal

# GIVE IN TO SWEET TEMPTATION

## ROCKY ROAD SUNDAE

Chocolate and vanilla flavour ice creams layered with marshmallows, chocolate sauce and squirty cream, finished with a chocolate flake. 486 kcal

## PRALINE CHOCOLATE TART (V)

A rich dark chocolate tart, filled with swirls of coconut milk and praline in a nutty case. Served with vanilla flavour ice cream, chocolate sauce and honeycomb pieces. 579 kcal  
(VE) option available with vegan vanilla ice cream. 574 kcal

## CHOCOLATE FUDGE CAKE (V)

Goey and chocolaty. Served warm or cold with vanilla flavour ice cream. 692 kcal

## STICKY TOFFEE PUDDING (V)

A sweet toffee sponge dotted with date pieces, topped with a rich toffee flavoured sauce. Served with Vanilla Flavour Ice Cream 570 kcal or Custard 590 kcal

Allergen advice: 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. 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 on our website. 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. (V) Suitable for vegetarians or vegetarian option available. (Ve) Suitable for vegans or vegan option available. (V)\* (Ve)\* We cannot guarantee that our vegetarian and vegan dishes have been cooked in dedicated vegetarian/vegan fryers. Please ask a member of staff for more information. Dishes with fish, prawns, pork, beef or chicken may contain bones or shell. We only select fish from sustainable sources. All weights are approximate prior to cooking. Calorie counts are for guidance only and are based on the complete dish as listed on the menu and are correct at the time of menu print. 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. To ensure our customers have choice, temporary product substitutions may be required which can affect the calorie content listed for our dishes on the menu. Live nutrition information is available online. Where we state a weight, it's a raw weight and 1oz equals approximately 28 grams. Photography is for illustrative purposes only. Marston's PLC, St Johns House, St Johns Square, Wolverhampton WV2 4BH.