

If you have an allergy or intolerance, please speak to a member of our team before you order your food and drinks. For full allergen and dietary information visit our website. Adults need around 2000 kcal a day.

SUNDAY KUASI

Our Sunday Roasts are served with fluffy mashed potato, roast potatoes, seasonal veggies, home-made Yorkshire pudding, stuffing and gravy.

Choose from:

ROAST TOPSIDE BEEF | ROAST TURKEY £12.75

With horseradish

£12.50

With a pig in blanket and cranberry sauce. 992 kcal

£7.25

£7.25

£7.25

HALF ROAST CHICKEN £12.50

With a pig in blanket and cranberry sauce. 1526 kcal

VEGETARIAN OPTION (V) £12.50

Ask a team member for today's vegetarian option.

Cauliflower Cheese Tart (V) 1229 kcal Broccoli, Cheddar & Mushroom Wellington (V) 1371 kcal Meat-free Sausages (V) 1033 kcal

(VE) Vegan option available. Meat-free sausages served without fluffy mashed potato and the home-made Yorkshire pudding. 830 kcal



GO LARGE:

Add extra meat and another home-made Yorkshire pudding for £2.00 extra.

> Topside Beef 1435 kcal Turkey 1201 kcal

KIDS ROAST

Choose from:

ROAST TOPSIDE BEEF 739 kcal

ROAST TURKEY 740 kcal

VEGETARIAN CHOICE (V)

Ask a team member for today's vegetarian option. Cauliflower Cheese Tart (V) 1081 kcal

Broccoli, Cheddar & Mushroom Wellington (V) 1223 kcal

Meat-free Sausages (V) 836 kcal

(VE) Vegan option available. Meat-free sausages served without fluffy mashed potato and the home-made Yorkshire pudding. 633 kcal

EXTRAS

10 PIGS IN BLANKETS 556 kcal

ROAST POTATOES (VE) 230 kcal

YORKSHIRE PUDDING (V) 155 kcal **FLUFFY MASHED**

POTATO (V) 282 kcal

SEASONAL VEGETABLES (VE) 133 kcal £2.25

£4.95

£2.25

£1.00

£2.75

FANCY A starter OR dessert?

See our main menu for our choice of delicious starters and desserts



HOW WE DID!

Tell us how we did today and you could win £250 of LOVE2SHOP vouchers.

Visit www.helpraisethebar.co.uk

For full terms and conditions please visit www.helpraisethebar.co.uk. No purchase necessary. Participants must be 18 or over.

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. (V) Suitable for vegetarians or vegetarian option available. (VE) Suitable for vegans or vegan option available. Dishes with beef, pork, turkey and chicken may contain bones. 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. Photography is for illustrative purposes only. Marston's PLC, St Johns House, St Johns Square, Wolverhampton WV2 4BH. Allergen advice: Due to the way our food is prepared it is not possible to guarantee the

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