

## NO-GLUTEN CONTAINING INGREDIENTS MENU

# CHRISTMAS DAY

Dishes on this menu are made with ingredients that do not intentionally contain gluten. However, due to the risk of cross-contamination from a range of ingredients within our kitchens, traces of gluten may be present. Please ensure a member of the team is aware that you are ordering from our No-Gluten Containing Ingredients Menu.

PRE-BOOKING REQUIRED

GLASS OF PROSECCO OR ORANGE JUICE INCLUDED

## Starters

### TOMATO SOUP **V**

Tomato soup drizzled with cream and served with seeded bread and butter (315 kcal)

**VEGAN OPTION AVAILABLE **VE**** (235 kcal)

### CHICKEN LIVER PÂTÉ

Smooth chicken liver & brandy pâté with dressed salad leaves, toasted seeded bread and butter. Served with a caramelised red onion chutney dip (469 kcal)

### SMOKED SALMON & PRAWN COCKTAIL†

Smoked salmon and juicy king prawns on a bed of crisp lettuce, drizzled with Marie Rose sauce. Served with seeded bread and butter and a wedge of lemon (508 kcal)

## Mains

### TURKEY WITH ALL THE TRIMMINGS

Hand-carved traditional turkey with 2 pigs in blankets, buttered mashed potato, honey roasted parsnips, red cabbage, seasonal winter veg and a jug of gravy (1204 kcal)

### 8OZ\* SIRLOIN STEAK

Flame-grilled 28-day-matured steak, seasoned and cooked to your liking, topped with 2 pigs in blankets, on our sizzling skillet with fried onions. Served with a buttered jacket potato, peas, grilled tomato and a jug of peppercorn sauce (1027 kcal)

**If you'd prefer a plate, please ask when ordering‡**

### GRILLED SALMON & KING PRAWNS†

Grilled salmon fillet topped with juicy king prawns and smothered in a rich hollandaise sauce. Served with buttered mashed potato, honey roasted parsnips, red cabbage and seasonal winter veg (997 kcal)

### STICKY CRANBERRY NUT ROAST **V N**

Filled with shredded root veg, cranberries, apricots and sweet potato, topped with a sticky cranberry glaze. Served with buttered mashed potato, honey roasted parsnips, red cabbage, seasonal winter veg and a jug of gravy (1007 kcal)

**VEGAN OPTION AVAILABLE **VE N**** (1298 kcal)

## Desserts

### CHOCOLATE ORANGE TORTE **VE**

A rich chocolate and citrusy orange torte served with fresh orange slices and vegan vanilla flavour ice cream (509 kcal)

### FESTIVE FRUIT CRUMBLE **V**

A warm, fruity crumble packed with apple and black cherry (415 kcal), served with your choice of vanilla flavour ice cream (97 kcal) or custard (120 kcal)

**VEGAN OPTION AVAILABLE **VE**** (528 kcal)

## NO-GLUTEN CONTAINING INGREDIENTS MENU

# KIDS' CHRISTMAS DAY

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PRE-BOOKING REQUIRED

GLASS OF ORANGE JUICE INCLUDED

### Starters

#### TOMATO SOUP **V**

Tomato soup served with seeded bread and butter (293 kcal / 11.2g sugar / 1.90g salt)

#### VEGAN OPTION AVAILABLE **VE**

(235 kcal / 11.2g sugar / 1.75g salt)

#### MINI CORN ON THE COB **VE**

(110 kcal / 7.1g sugar / 0.01g salt)

#### VEGGIE DIP STICKS **VE**

Carrot and cucumber sticks with a tomato dip (49 kcal / 6.3g sugar / 0.30g salt)

### Mains

#### TURKEY WITH ALL THE TRIMMINGS

Hand-carved traditional turkey with a pig in blanket, mashed potato, honey roasted parsnips, red cabbage, seasonal winter veg and a jug of gravy (504 kcal / 15.4g sugar / 2.63g salt)

#### TOMATO PASTA **VE**

Rigatoni pasta in an Italian-style tomato sauce. Served with a mini jacket potato and our dressed side salad (335 kcal / 7.3g sugar / 0.07g salt)

#### STICKY CRANBERRY NUT ROAST **V N**

Filled with shredded root veg, cranberries, apricots and sweet potato, topped with a sticky cranberry glaze. Served with mashed potato, honey roasted parsnips, red cabbage, seasonal winter veg and a jug of gravy (615 kcal / 18.2g sugar / 2.24g salt)

### Desserts

#### FRUITY MANIA SUNDAE **V**

1 scoop of vanilla flavour ice cream and 1 scoop of frozen strawberry flavour yoghurt. Topped with peach, pear and berries with strawberry flavour sauce (310 kcal / 56.2g sugar / 0.07g salt)

#### VEGAN ICE CREAM **VE**

Vegan ice cream, berries and strawberry flavour sauce (224 kcal / 31.9g sugar / 0.07g salt)

#### Terms & Conditions:

You can view our allergen information if you download our app, or visit our website at <https://www.greeneking.co.uk/allergens>

Please advise the team of any dietary requirements before ordering. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. **N** Dish contains nuts. **V** Suitable for vegetarians. **VE** Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptors do not include all ingredients. Some dishes may contain alcohol which is not listed on the menu. \*All weights are approximate prior to cooking. Metric equivalent 16oz = 1lb = 454g. †Sizzling skillet dishes come without fried onions when served on a plate. ‡Fish, poultry and shellfish dishes may contain bones and/or shell. \*Onion rings are made from chopped and reformed onions. Full nutrition information is available on our website. Please be aware the allergen information for our dishes may change between the date of booking and the date of your visit. We would advise all of our guests to contact a member of the team on the date of their visit to confirm the allergen information of their selected meals. One free welcome drink per adult includes a glass of Prosecco or glass of orange juice. One free welcome drink per child includes a 8oz glass of orange juice (93kcal). If any products are not available on the day, a suitable alternative will be offered. Calorie counts are correct at time of print. Children between 5-10 years old need around 1800 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. This information has been provided to allow you to make an informed choice when dining with us. Photography is for guidance only. Products are subject to availability at the price point advertised. We reserve the right to withdraw/change the offer (without notice) at any time. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. Manager's decision is final. Promoter: Greene King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

Please refer to <https://www.greeneking.co.uk/pubs-restaurants-hotels/flaming-grill/terms-and-conditions> for full terms & conditions and details on refunds & cancellations. Bookings are subject to change – please see our website for up-to date guidance and policies at the time of your booking.

All tips are paid in full to our team members.