

NO-GLUTEN CONTAINING INGREDIENTS



GREENE KING
BURY ST EDMUNDS

NO-GLUTEN CONTAINING INGREDIENTS

Dishes on this menu are made with ingredients that do not intentionally contain gluten. Due to the risk of cross-contamination we cannot guarantee our dishes are 100% free from gluten. Please ensure a member of the team is aware you are ordering from our No-Gluten Containing Ingredients Menu

STARTERS

NACHO SHARER **V**

Corn tortilla chips with mozzarella, Cheddar and nacho cheese sauce served with salsa, jalapeños, soured cream and a herb garnish (1177 kcal, serves 2)

ADD A TOPPER:

TEXAN BBQ PULLED PORK (325 kcal)

CORN RIBS **VE** **NEW**

Charred, sweet chilli glazed corn ribs served with vegan mayo and a herb garnish (329 kcal)

MAINS

HUNTER'S CHICKEN

Chicken breast topped with smoked streaky bacon, melted Cheddar, mozzarella and Texan BBQ sauce with a dressed salad garnish (494 kcal). Served with your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or a jacket potato with butter (252 kcal)

GRILLED GAMMON

8oz* gammon steak topped with a fried free range egg and grilled pineapple. Served with garden peas (494 kcal) and your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or a jacket potato with butter (252 kcal)

PULLED MUSHROOM CHILLI **VE** **NEW**

Pulled smoky mushroom chilli served with basmati & wild rice, smashed avocado and a herb garnish (780 kcal)

SUPER GRAIN SALAD **NEW**

Mixed grains, tomato, cucumber, roasted peppers, smashed avocado and rocket.

Served with your choice of

Mango & lime chicken thighs with a sweet chilli glaze (803 kcal)

Corn ribs with a sweet chilli glaze **VE** (759 kcal)

LUNCH

All served with dressed rocket

SWEET CHILLI CHICKEN SANDWICH **NEW**

Mango & lime chicken thighs in a sweet chilli glaze, with mayo, and topped with grilled peppers and red onions in no-gluten containing bread (690 kcal)

STEAK & CHEESE SANDWICH **NEW**

28 day aged rump steak and cheese, topped with grilled peppers and red onions in no-gluten containing bread (611 kcal)

SIDES

BUTTERED MASH **V** (323 kcal)

BUTTERED BABY POTATOES **V** (321 kcal)

JACKET POTATO WITH BUTTER **V** (252 kcal)

DRESSED MIXED SALAD **VE** (55 kcal)

SEASONAL VEGETABLES **V** (130 kcal)

NO-GLUTEN CONTAINING BREAD & BUTTER **V** (342 kcal)

DESSERTS

ICE CREAM

Your choice of 3 ice cream scoops:

Clotted Cream **V** (159 kcal)

Chocolate Flavour **V** (99 kcal)

Frozen Strawberry Flavour Yoghurt **V** (88 kcal)

Lemon Curd Sorbet **V** (95 kcal)

Vanilla & Coconut **VE** (113 kcal)

Your choice of sauce:

Chocolate Flavour **V** (28 kcal)

Strawberry Flavour **VE** (32 kcal)

Raspberry Coulis **VE** (16 kcal)

Ice cream calories shown per scoop

ETON MESS SUNDAE **V**

Two scoops of clotted cream ice cream and one scoop of frozen strawberry flavour yoghurt, topped with crushed meringue, mixed berries and cream (575 kcal)

When you buy this dessert, we will donate 20p on your behalf to Macmillan Cancer Support**

**MACMILLAN
CANCER SUPPORT**

MINI PUDDING & HOT DRINK **V**

Choose from: mini Eton mess sundae (261 kcal) or mini Belgian chocolate brownie (250 kcal) with a tea (0 kcal) or Americano (2 kcal)

FROM THE GRILL

28 day aged steaks for a succulent full flavour - perfectly grilled to your liking. Served with half a grilled tomato, rocket and your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or a jacket potato with butter (252 kcal)

28 DAY AGED STEAKS

8oz* RUMP (336 kcal)

Double up for (324 kcal)

8oz* SIRLOIN (334 kcal)

Double up for (322 kcal)

GET SAUCY

CREAMY PEPPERCORN & BRANDY (104 kcal)

MERLOT & BEEF

DRIPPING GRAVY (53 kcal)

GARLIC & MUSHROOM (126 kcal)

TOP IT OFF

FRIED FREE

RANGE EGG (146 kcal)



ADULTS NEED AROUND 2000 KCAL A DAY

V Vegetarian **VE** Vegan

All tips are paid in full to our team members.

You can view our allergen information if you download the Greene King app, or visit our website at belhavenpubs.co.uk/allergens

Terms & Conditions: 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. **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 stated weights are approximate before cooking. Metric equivalent 16oz = 1lb = 454g. Fish, poultry and shellfish dishes may contain bones and/or shell. Full nutrition information is available on our website. Calorie counts are correct at time of print. We serve food 12noon-10pm (as a minimum) Monday to Sunday, selected sites will have extended hours. Photography and illustrations are for guidance only. Products are subject to availability. Please refer to the main menu for details of our deals and offers. **For every Eton Mess Sundae sold 20p plus VAT will be paid to Macmillan Cancer Support** a registered charity in England and Wales (261017), in Scotland (SC039907) and in the Isle of Man (604) also operating in Northern Ireland. **Paid to Macmillan Cancer Support Trading Limited, a wholly owned subsidiary of Macmillan Cancer Support, to which it gives all of its taxable profits. Manager's decision is final. If you have any comments, suggestions or queries please do not hesitate to contact us at: Greene King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

