

NO-GLUTEN CONTAINING INGREDIENTS MENU

FESTIVE FEAST

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

AVAILABLE

11th November 2025
until
1st January 2026

Starters

PRAWN COCKTAIL†

Prawns topped with Marie Rose sauce on a bed of lettuce. Served with seeded bread and butter and a lemon wedge (355 kcal)

TOMATO SOUP V

Tomato soup with seeded bread and butter (293 kcal)

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

Mains

TURKEY WITH ALL THE TRIMMINGS

Hand-carved traditional turkey with a pig in blanket, buttered mashed potato, seasonal winter veg, and a jug of gravy (730 kcal)

Add 3 pigs in blankets (329 kcal) **for £3.59**
Add 9 pigs in blankets (987 kcal) **for £7.29** **Add to any main dish**

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, seasonal winter veg and a jug of gravy (973 kcal)

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

8OZ* RUMP STEAK

Flame-grilled 28-day-matured steak, seasoned and cooked to your liking. Served on our sizzling skillet, with fried onions, a buttered jacket potato, peas, grilled tomato and a jug of peppercorn sauce (759 kcal)

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

Upgrade to sirloin steak (804 kcal) **for £2**
or rib-eye steak (940 kcal) **for £3**

Desserts

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)

Adults need around 2000 kcal a day

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KIDS' FESTIVE FEAST

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PRE-BOOKING REQUIRED

Starters

TOMATO SOUP **V**

Tomato soup 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)

Mains

TURKEY WITH ALL THE TRIMMINGS

Hand-carved traditional turkey with a pig in blanket, buttered mashed potato, seasonal winter veg and a jug of gravy
(420 kcal / 10.0g sugar / 2.45g salt)

TOMATO PASTA **VE**

Rigatoni pasta in an Italian-style tomato sauce. Served with a mini jacket potato and our dressed side salad
(348 kcal / 8.1g sugar / 0.85g salt)

Drinks

GLASS OF MILK (134 kcal)

FRUIT SHOOT

NO ADDED SUGAR

Apple & Blackcurrant (11 kcal)

Orange (17 kcal)

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)

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, seasonal winter veg and a jug of gravy (552 kcal / 11.8g sugar / 2.16g 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. If any products are not available on the day, a suitable alternative will be offered. Calorie counts are correct at time of print. A complimentary drink is available for children, chosen from the drink options listed on the menu. 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.