



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 you are ordering from our No-Gluten Containing Ingredients Menu**

## LET'S GET STARTED



### NACHOS

Tortilla chips loaded with melted cheese, nacho cheese sauce, tomato salsa, guacamole, sour cream and jalapeños (812 kcal)

**Vegan option available**  (598 kcal)

### FLAME-GRILLED LAMB KOFTAS

Spiced lamb koftas with mixed salad leaves, spring onion and served with yoghurt & mint dip on the side (396 kcal)

## OUR FAMOUS FLAMING GRILL

**Steak Deal - All day Monday to Wednesday**

**All our skillets come out sizzling on a bed of fried onions. If you'd prefer a plate please ask when ordering\***

## STEAK SKILLET

**Our steaks are 28-day-matured, seasoned and cooked to your liking on our famous flame-grill. All served with a buttered jacket potato, peas and grilled tomato.**

**8oz\* RUMP STEAK** (745 kcal)

**8oz\* SIRLOIN STEAK** (789 kcal)

**9oz\* RIBEYE STEAK** (925 kcal)

### Add a topper

**BEEF BURNT ENDS IN  
BBQ SAUCE** (179 kcal)

**2 FREE RANGE  
FRIED EGGS** (256 kcal)

### Add a sauce

**PEPPERCORN** (42 kcal)

**BEEF-DIPPING  
GRAVY** (53 kcal)

**BIG BBQ DIP** (144 kcal)

### Add extra sides

**BAKED BEANS IN  
BBQ SAUCE** (127 kcal)

**CORN ON THE COB** (391 kcal)

**COLESLAW** (184 kcal)

## MAINS

### JERK CHICKEN SIZZLER

By **SEASONED™ Datties Soul Food Academy**  
2 chicken fillets coated in Datties Soul Food™ jerk sauce and topped with a grilled pineapple ring. Served with spicy rice, corn on the cob and coleslaw (748 kcal)

### JERK CHICKEN STEW

By **SEASONED™ Datties Soul Food Academy**  
Traditional Jamaican-style stewed chicken served with spicy rice and seeded bread (603 kcal)

### JACKET POTATO

A buttered jacket potato served with our dressed side salad and corn on the cob (416 kcal)

### Choose your topping

**BAKED BEANS**  (73 kcal)

**CHEESE**  (167 kcal)

**COLESLAW**  (92 kcal)

**ADD AN EXTRA TOPPING**

**Vegan option available**  (402 kcal)

Adults need around 2000 kcal a day

# CHICK 'N' MIX



**ORDER  
ON THE APP**



## 1 CHOOSE 2 OPTIONS

**2 FILLETS** (232 kcal)  
**ROASTED SKEWER** (165 kcal)

**ADD EXTRA CHICKEN**

## 2 CHOOSE 2 SIDES

**BUTTERED JACKET POTATO** (281 kcal)  
**BAKED BEANS IN BBQ SAUCE** (127 kcal)  
**OUR DRESSED SIDE SALAD** (26 kcal)  
**CORN ON THE COB** (196 kcal)  
**COLESLAW** (184 kcal)

**ADD AN EXTRA SIDE**

## 3 CHOOSE YOUR SAUCE

**BBQ** (90 kcal)  
**SWEET CHILLI** (82 kcal)  
**TIKKA** (155 kcal)  
**JERK** (63 kcal)  
**BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE** (37 kcal)



# CAN'T BEAT THE CLASSICS



**Two Mains for One Low Price - All Day Monday to Friday**

### HUNTER'S CHICKEN SKILLET

Chicken fillets topped with smoked streaky bacon, melted cheese and BBQ sauce on our sizzling skillet with fried onions. Served with a buttered jacket potato and peas (978 kcal)

### 7oz\* GAMMON SKILLET

Flame-grilled 7oz\* gammon on our sizzling skillet with fried onions. Served with a buttered jacket potato, peas, grilled tomato (681 kcal) and your choice of a free range fried egg (128 kcal) or pineapple ring (63 kcal)

# EYES ON THE SIDES

**BAKED BEANS IN BBQ SAUCE**  (127 kcal)

**OUR DRESSED SIDE SALAD**  (26 kcal)

**CORN ON THE COB**  (391 kcal)

**COLESLAW**  (184 kcal)

**SEEDED BREAD & BUTTER**  (229 kcal)

## EXTRA DIPS

**BBQ**  (72 kcal)  
**SWEET CHILLI**  (98 kcal)  
**TIKKA**  (155 kcal)  
**JERK**  (63 kcal)  
**YOGURT & MINT**  (174 kcal)  
**MILLIONAIRE'S MAYO** (231 kcal)  
**BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE**  (22 kcal)



# TIME FOR DESSERTS



### ICE CREAM

Your choice of 3 scoops of vanilla flavour (292 kcal) or chocolate flavour (338 kcal) ice cream topped with strawberry flavoured sauce (126 kcal)



### VEGAN ICE CREAM

3 scoops of vegan vanilla flavour ice cream topped with strawberry flavour sauce (465 kcal)

Adults need around 2000 kcal a day

You can view our allergen information if you download our app, or visit our website at [greeneking-pubs.co.uk/flaming-grill/allergens](https://greeneking-pubs.co.uk/flaming-grill/allergens)

All tips are paid in full to our team members

**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.  Suitable for vegetarians.  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. <sup>†</sup>Fish, poultry and shellfish dishes may contain bones and/or shell. \*All stated weights are approximate before cooking. Metric equivalent 16oz = 1lb = 454g. <sup>‡</sup>Sizzling skillet dishes come without fried onions when served on a plate. Full nutrition information is available on our website. Calorie counts are correct at time of print. Steak Deal - Available all day Monday to Wednesday; 8oz\* Rump for £8.49, 8oz\* Sirloin for £10.49. 2 Mains for £12.49 - Available all day Monday to Friday on Can't Beat The Classics dishes. Products & offers are subject to availability at the price point advertised. Deal discounts will be applied to the cheapest qualifying items in your order. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. We reserve the right to remove any of our food deals on all UK Bank Holidays, Christmas Eve & New Year's Eve. Please ask a member of the team before placing your order on these days if you have any queries. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.