

# NO-GLUTEN CONTAINING MENU

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 Menu.

## STARTERS

### Tomato Soup V 4.99

With bread and butter (229 kcal)  
Vegan option available VE (200 kcal)

### King Prawn & Chorizo<sup>†</sup> 7.29

Tail-on king prawns and sliced chorizo in a bravas sauce, topped with crumbled feta and rocket, served with toasted bread (518 kcal)

### Houmous, Pesto & Bread VE 5.99

Red pepper houmous and basil pesto served with toasted bread (602 kcal)

### Baked Mini Camembert V 6.79

Studded with rosemary and served with toasted bread and caramelised red onion chutney (625 kcal)

### Plant-Based Meatballs V 7.19

Topped with a tomato and basil sauce, crumbled feta, basil pesto and rocket, served with toasted bread (667 kcal)  
Vegan option available VE (696 kcal)

## MAINS

### Hunter's Chicken 10.99

Chicken breast topped with smoked streaky bacon, melted Cheddar & mozzarella and Texan BBQ sauce. Served with your choice of buttered mash (743kcal), buttered baby potatoes (740 kcal) or jacket potato with butter (671 kcal)

### Grilled Gammon 11.49

8oz\* grilled gammon steak with garden peas, a fried free-range egg and grilled pineapple, served with your choice of buttered mash (843 kcal), buttered baby potatoes (840 kcal) or jacket potato with butter (772 kcal)

### Lamb Shank 15.99

Slow-cooked lamb shank in a mint gravy served with your choice of buttered mash (1278 kcal), buttered baby potatoes (1275 kcal) or jacket potato with butter (1206 kcal)

### Beef Rib Bourguignon 16.29

Beef rib in a Bourguignon sauce. Served with buttered mash and broccoli (1019 kcal)

### Pea, Mint & Courgette Risotto VE 11.99

Served with herbed bread, rocket, roasted peppers and red onions (746 kcal)  
Add a topping: Roast chicken (164 kcal)

### King Prawn & Chorizo Risotto<sup>†</sup> 14.79

Tail-on king prawns and sliced chorizo served on a pea, mint and courgette risotto, with crumbled feta and rocket (762 kcal)

### Tomato, Halloumi & Pesto Salad V 10.29

Salad leaves topped with herbed tomatoes, grilled halloumi, basil pesto, roasted peppers and red onions. Served with red pepper houmous (810 kcal)

### Tomato & Pesto Salad VE 7.79

Salad leaves topped with herbed tomatoes, basil pesto, roasted peppers and red onions. Served with red pepper houmous (410 kcal)

## STEAKS

Our steaks are 28-day-aged for full flavour and then perfectly grilled and served with half a grilled tomato and rocket with your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or a jacket potato with butter (252 kcal)

### 8oz\* Rump (331 kcal) 15.99

Add an extra rump steak (319 kcal) 7.00

### 8oz\* Sirloin (375 kcal) 18.49

Add an extra sirloin steak (363 kcal) 9.00

### Steak Sauces 1.99

Creamy peppercorn & brandy (104 kcal)  
Merlot & beef dripping gravy (53 kcal)  
Garlic & mushroom (126 kcal)

### Steak Toppers 1.00

Sautéed mushrooms (49 kcal)  
Fried free-range egg (146 kcal)

## SANDWICHES

Available Monday - Saturday until 5pm

Served on toasted bread with dressed rocket.

### Salami, Rocket & Pesto 7.79

Milano salami, basil pesto and rocket (757 kcal)

### Plant-Based Meatballs VE 7.79

In a tomato and basil sauce with a Violife™ vegan slice and mayo (821 kcal)

### Grilled Halloumi & Roasted Vegetables V 7.49

Grilled halloumi, roasted peppers and red onions, with red pepper houmous and chilli jam (901 kcal)

## SIDES

Bread and Butter V (342 kcal) 1.49

Buttered Mash V (323 kcal) 2.49

Buttered Baby Potatoes V (321 kcal) 2.49

Jacket Potato with Butter V (252 kcal) 1.99

Dressed Mixed Salad VE (55 kcal) 2.79

Vegetables V (130 kcal) 2.29

## DESSERTS

### Eton Mess Sundae V 5.79

Two scoops of Jersey clotted cream ice cream and one scoop of frozen strawberry flavour yoghurt, topped with crushed meringue, mixed berries and cream (509 kcal)

When you buy an Eton Mess Sundae, we will donate 20p on your behalf to Macmillan Cancer Support\*\*

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CANCER SUPPORT

### Chocolate Fondant V 6.29

Served with Jersey clotted cream ice cream and raspberries (567 kcal)

### Ice Cream V 4.49

Your choice of three ice cream scoops:

(calories shown per scoop)

Jersey clotted cream (126 kcal) | Chocolate flavoured (113 kcal)

Lemon sorbet (85 kcal) | Vanilla & coconut VE (113 kcal)

Frozen strawberry flavour yoghurt (88 kcal)

Your choice of sauce:

Chocolate (28 kcal) | Raspberry coulis VE (16 kcal)

Strawberry flavour VE (32 kcal) | Salted caramel (40 kcal)

### Mini Pudding & Hot Drink V 5.49

Your choice of: mini Eton Mess Sundae (228 kcal),

mini Belgian chocolate brownie (250 kcal) or

mini vanilla & strawberry cheesecake (268 kcal)

with a tea (0 kcal) or Americano (2 kcal)

Please be aware that all our dishes are prepared in a kitchen where nuts and gluten are present as well as other allergens.

We cannot guarantee that any food item is completely free from allergens, due to the risk of cross-contamination.

V - Vegetarian VE - Vegan.



YOU CAN REVIEW OUR ALLERGEN INFORMATION IF YOU DOWNLOAD THE GREENE KING APP OR VISIT OUR WEBSITE AT [GREENEKING-PUBS.CO.UK/ALLERGENS](https://www.greeneking-pubs.co.uk/allergens)



**Terms & Conditions:** Our menu descriptors do not include all ingredients. Full allergen information on the ingredients in the food we serve is available on request, please speak to a team member. Please advise the team of any dietary requirements before ordering. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. \*All stated weights are approximate before cooking. Metric equivalent 16oz = 1lb = 454g. °Our onion rings are made from chopped and reformed onions. †Fish, poultry and shellfish dishes may contain bones and/or shell. Scampi may contain one or more tail per piece. Some dishes may contain alcohol which is not listed on the menu. Alcohol is for over 18s only - proof of ID may be requested. 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. All cash and credit/debit card tips are paid in full to our team members. Products & offers are subject to availability at the price point advertised. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. \*\*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. All rights reserved. All brand names are trademarks of their respective owners. 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.

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Adults need around 2000 kcal a day