

# 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. Look out for our Christmas Dishes.

## STARTERS

Ho Ho Ho

### **Sprout Pesto & Red Pepper Houmous (ve)**

Toasted no-gluten containing bread with sprout pesto and red pepper houmous (520kcal)

### **Maple Glazed Pigs in Blankets**

Tossed in maple syrup and orange zest (782kcal)



### **Nachos (v)**

Spiced tortilla chips with nacho cheese sauce, Barbers vintage Cheddar guacamole, sour cream, salsa and jalapeños (1190kcal, serves 2)

### **Garlic King Prawns†**

Prawns in a garlic cream sauce served with toasted no-gluten containing bread (418kcal)

### **Sweet Potato with Smashed Avocado (ve)**

Roasted sweet potato wedges with spicy smashed avocado and pea shoots (446kcal)

## DESSERTS

### **Ice Cream (v)**

3 scoops of your choice – Jersey clotted cream ice cream (159kcal, per scoop), chocolate (146kcal, per scoop) or strawberry (138kcal, per scoop)

### **Chocolate Brownie (v)**

A warm chocolate brownie topped with orange segments, warm chocolate sauce and clotted cream ice cream (748kcal)

### **Vegan Ice Cream (ve)**

3 scoops of vegan vanilla ice cream (338kcal)

## MAINS

### **Cheese & Bacon Burger**

A seeded no-gluten containing bun filled with lettuce and coleslaw topped with aged beef patty, Beechwood smoked streaky bacon & mature Cheddar cheese, served with jacket potato and house relish (1240kcal)

### **Flat Iron Steak**

28 day matured flat iron steak with jacket potato & butter, blistered vine cherry tomatoes, salsa verde and pea shoots (906kcal)

### **Pulled Mushroom Chilli (ve)**

A pulled mushroom chilli served with parsley & basmati rice, smashed avocado & a spicy herb garnish (797kcal)

### **Fresh Garden Salad (ve)**

Dressed rocket with roasted sweet potato wedges, spring onions, cucumber, pickled watermelon and fresh mint (259kcal)  
Add marinated chicken (269kcal)  
or grilled halloumi (268kcal)

### **Traditional Turkey Dinner**

Roast turkey, pig in blanket, roast potatoes, sprouts, roasted carrots and gravy (832kcal)

### **Beyond Meat® Sprout Pesto Burger (v)**

Beyond Meat® burger topped with a Violife slice and a dollop of sprout pesto slaw in a no-gluten containing bun with a baked jacket potato (1010kcal)



## SANDWICHES

### **Chicken & Bacon Sandwich**

Chicken breast and Beechwood smoked streaky bacon bound in mayo served in seeded no-gluten containing bread (544kcal)

### **Mature Cheddar Toastie (v)**

No-gluten-containing bread with Barber's 1833 Vintage Cheddar (491kcal)

**Adults need around 2,000kcal a day**

You can view our allergen information if you download the Greene King app, or visit our website at [www.greeneking.co.uk](http://www.greeneking.co.uk)

Please advise the team of any dietary requirements before ordering. (V) Suitable for Vegetarians. (Ve) Suitable for Vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. (N) Dish contains Nuts. †Fish, poultry and shellfish dishes may contain bones and/or shell. Scampi may contain one or more tail per piece. \* All stated weights are approximate before cooking. 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. Our menu descriptions do not list all ingredients. Dishes may contain alcohol. 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 contact a member of the team on the date of their visit to confirm the allergen information of their selected meals.