NO GLUTEN CONTAINING INGREDIENTS MENU

FLAMING GRILL
— PUBS —

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.

SMALL PLATES

ALL DAY, EVERY DAY

MIX & MATCH
DISHES CAN BE PURCHASED SEPARATELY

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

Vegan option available (Ve) (548 kcal)

FLAME-GRILLED CHICKEN TIKKA SKEWERS
Served with lettuce and drizzled with sweet chilli sauce and a yoghurt & mint dip (327 kcal)

SIGNATURE SKILLETS

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

HOT HONEY GLAZED SALMON† (M)
Served on our sizzling skillet on a bed of grilled peppers & onions, with a corn on the cob and a dip pot of sour cream (640 kcal). Served with your choice of basmati rice (187 kcal) or jacket potato with butter (281 kcal)

+ **DOUBLE YOUR SALMON†** (324 kcal)

11oz* TOMA-PORK
Served on our sizzling skillet on a bed of grilled peppers & onions. Served with grilled tomato, peas (703 kcal) and your choice of basmati rice (187 kcal) or jacket potato with butter (281 kcal)

SALADS

Mixed salad leaves served with cucumber, tomato wedges, red onion, crunchy slaw and French dressing.

Choose your topping

FLAME-GRILLED 4oz* RUMP STEAK (328 kcal)

+ **UPGRADE TO 8oz* STEAK** (195 kcal)

FAJITA-STYLE CHICKEN (M) (177 kcal)

+ **DOUBLE YOUR CHICKEN** (132 kcal)

Choose your sauce

SWEET CHILLI (66 kcal)
BBQ (72 kcal)
HOT HONEY (125 kcal)
YOGHURT & MINT (154 kcal)
RANCH (213 kcal)
FLAMING GRILL SIGNATURE SAUCE (172 kcal)
BBQ SAUCE WITH JACK DANIEL'S (60 kcal)

SHARERS

NACHOS TO SHARE (V)
Tortilla chips loaded with melted mozzarella and Cheddar, nacho cheese sauce, tomato salsa, guacamole, sour cream and jalapeños (1260 kcal)

Vegan option available (Ve) (860 kcal)

Add a topping

+ **BEEF BURNT ENDS** in a BBQ sauce with Jack Daniel's (167 kcal)

STEAK SKILLETS

Our steaks are 28-day matured, seasoned and cooked to your liking on our famous flame-grill. All served with a jacket potato with butter, peas and grilled tomato. Our steaks come on our sizzling skillets with fried onions. If you'd prefer a plate, please ask when ordering ‡

FLAME-GRILLED 8oz* RUMP STEAK (937 kcal)

FLAME-GRILLED 8oz* SIRLOIN STEAK (870 kcal)

8oz* RUMP STEAK

UPGRADE TO FLAME-GRILLED 8oz* SIRLOIN STEAK 11oz* TOMA-PORK

HOT HONEY GLAZED SALMON†

MONDAY - WEDNESDAY

COMBO KINGS

CHICKEN & STEAK COMBO
Half a flame-grilled roast chicken and a 4oz* rump steak. Served with a jacket potato with butter, corn on the cob and coleslaw (982 kcal)

+ **UPGRADE TO 8oz* STEAK** (195 kcal)

YOUR GRILL, YOUR WAY

Add a topper

BEEF BURNT ENDS IN BBQ SAUCE WITH JACK DANIEL'S (168 kcal)
2 FREE-RANGE FRIED EGGS (256 kcal)

Add a side

COLESLAW (99 kcal)
CORN ON THE COB (302 kcal)

Add a sauce

PEPPERCORN (42 kcal)
BEEF-DRIPPING GRAVY (53 kcal)
BBQ SAUCE WITH JACK DANIEL'S (149 kcal)

Adults need around 2000 kcal a day | All tips are paid in full to our team members

MACMILLAN CANCER SUPPORT

Each time you buy a (M) dish we'll donate 30p + VAT on your behalf to Macmillan Cancer Support. Thanks for helping us help those living with cancer.

To view our allergen information download our app, or visit our website at **greeneking.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. †Fish, poultry and shellfish dishes may contain bones and/or shell. *All stated weights are approximate before cooking. Metric equivalent 16oz = 1lb = 454g. ‡Sizzling skillet dishes come without fried onions when served on a plate. (S) High in Protein - at least 20% of the energy value for this menu item is provided by protein. Full nutrition information is available on our website. Calorie counts are correct at time of print. Flame-Grilled Deal - available all day Monday to Wednesday; Flame-Grilled 8oz* Rump Steak for £9.99, Hot Honey Glazed Salmon† for £9.99, Flame-Grilled 8oz* Sirloin Steak for £11.99, 11oz* Toma-Pork for £12.99. Small Plates 3 for £14.99 - available all day, Monday to Sunday. 2 Classics for £14.49 - available all day Monday to Friday on Classics dishes. All prices are in GBP and are inclusive of VAT. 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. For every Hot Honey Glazed Salmon†, Fajita Chicken Salad and Apple Crumble sold, 30p plus VAT will be paid to Macmillan Cancer Support** a registered charity in England & Wales (261017), in Scotland (SC039907) and in the Isle of Man (604). Also operating in Northern Ireland. **Paid to Macmillan Cancer Support Trading. Should the VAT rate change, menu pricing will be adjusted accordingly. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

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CHICK 'N' MIX

1 CHOOSE 2 OPTIONS

GRILLED CHICKEN FILLET (179 kcal)
2 CHICKEN TIKKA SKEWERS (137 kcal)
CHICKEN SKEWER (165 kcal)

2 CHOOSE 2 SIDES

JACKET POTATO WITH BUTTER (281 kcal)
BASMATI RICE (187 kcal)
COLESLAW (49 kcal)
DRESSED SIDE SALAD (35 kcal)
CORN ON THE COB (151 kcal)

3 CHOOSE YOUR SAUCE

SWEET CHILLI (66 kcal)
BBQ (72 kcal)
HOT HONEY (125 kcal)
YOGHURT & MINT (154 kcal)
RANCH (213 kcal)
FLAMING GRILL SIGNATURE SAUCE (172 kcal)
BBQ SAUCE WITH JACK DANIEL'S (60 kcal)

JACKET POTATO

JACKET POTATO V

A jacket potato with butter served with our dressed side salad and corn on the cob (363 kcal)

Choose your topping

BAKED BEANS V (70 kcal)
CHEESE V (167 kcal)
COLESLAW V (49 kcal)

Vegan option available Ve (345 kcal)

CLASSICS

ALL DAY, EVERY DAY

7oz* GAMMON

Flame-grilled 7oz* gammon. Served with a jacket potato with butter, peas, grilled tomato (537 kcal) and your choice of a free-range fried egg (128 kcal) or pineapple ring (63 kcal)

+ DOUBLE YOUR GAMMON (185 kcal)

CHICKEN TIKKA MASALA

Served with basmati rice and yoghurt & mint sauce (695 kcal)

+ TWO CHICKEN TIKKA SKEWERS (137 kcal)

TEAM FAVE

HUNTER'S CHICKEN

Chicken fillet topped with bacon, melted mozzarella and Cheddar and BBQ sauce. Served with a jacket potato with butter and peas (822 kcal)

+ DOUBLE YOUR CHICKEN (179 kcal)

DESSERTS

APPLE CRUMBLE V M

Served warm (335 kcal) with your choice of vanilla flavour ice cream (97 kcal) or custard (100 kcal)

Vegan option available Ve (544 kcal)

VEGAN ICE CREAM Ve

Three scoops of vegan ice cream topped with strawberry flavour sauce (753 kcal)

ICE CREAM V

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

EXTRA SAUCES

SWEET CHILLI Ve (66 kcal)
BBQ Ve (72 kcal)
HOT HONEY V (125 kcal)
YOGHURT & MINT V (154 kcal)
RANCH V (213 kcal)
FLAMING GRILL SIGNATURE SAUCE V (172 kcal)
BBQ SAUCE WITH JACK DANIEL'S Ve (60 kcal)

SIDES

DRESSED SIDE SALAD Ve (17 kcal)
CORN ON THE COB V (302 kcal)
COLESLAW Ve (99 kcal)
SEEDED BREAD & BUTTER V (229 kcal)

FLAMING GRILL PUBS