

# NO GLUTEN CONTAINING INGREDIENTS MENU



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

### MIX & MATCH

ALL DAY, EVERY DAY

DISHES CAN BE PURCHASED SEPARATELY

#### NACHOS

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

**Vegan option available**  (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†

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 (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

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

**Vegan option available**  (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

## STEAK DEAL

HOT HONEY GLAZED SALMON†

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

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-DIPPING 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



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

**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. †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. - 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 £12.99 - available all day, Monday to Sunday. 2 Classics for £12.49 - 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. 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. Please ask a member of the team before placing your order on these days if you have any queries. 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.



To view our allergen information download our app, or visit our website at [greeneking.co.uk/allergens](http://greeneking.co.uk/allergens)

# CHICK 'N' MIX

## 1 CHOOSE 2 OPTIONS

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

+ EXTRA

## 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)

+ EXTRA SIDE

## 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)




+ EXTRA SAUCE

## JACKET POTATO

### JACKET POTATO

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

### Choose your topping

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

+ EXTRA TOPPING

Vegan option available  (345 kcal)

# CLASSICS

ALL DAY

CLASSICS DEAL

EVERY  
WEEKDAY

### 7oz\* GAMMON SKILLET

Flame-grilled 7oz\* gammon on our sizzling skillet with fried onions. Served with a jacket potato with butter, peas, grilled tomato (727 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)

# DESSERTS

### APPLE CRUMBLE

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

Vegan option available  (544 kcal)

### VEGAN ICE CREAM

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

### ICE CREAM

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

## TEAM FAVE

### HUNTER'S CHICKEN SKILLET





Chicken fillet topped with bacon, melted mozzarella and Cheddar, and BBQ sauce on our sizzling skillet with fried onions. Served with a jacket potato with butter and peas (944 kcal)

+ DOUBLE YOUR CHICKEN (179 kcal)

## EXTRA SAUCES

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)

## SIDES

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