

# NO-GLUTEN CONTAINING 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 that you are ordering from our No Gluten Containing Menu.**



## Starters

### **Creamy Garlic Mushrooms V 5.95**

Pan-fried mushrooms in a creamy garlic sauce, topped with cheese and served with toasted bread (477 kcal)

### **Moroccan Kebabs 6.95**

Moroccan inspired lamb kebabs served with red pepper houmous, chilli jam and rocket (463 kcal)

### **Grilled Herb Butter King Prawns † 7.95**

Grilled king prawns in parsley butter, mixed with spring onions and cherry tomatoes, served with toasted bread (434 kcal)

## Sharers

### **Grazing Board V 12.95**

Halloumi fries with a chilli & herb garnish served with a chilli jam. Crispy smashed potatoes in rosemary sea salt with peri peri mayonnaise. Toasted ciabatta served with red pepper houmous and basil pesto (1348 kcal, serves 2)

### **Sharer & two drinks from 14.95**

MONDAY TO FRIDAY 3PM - 5PM

## Signature Dishes

### **Pulled Lamb Shepherds Pie 15.45**

Topped with Cheddar & mozzarella and grilled until golden. Served with minted peas, buttered cabbage and maple & rosemary roast carrots (952 kcal)

### **Grilled Salmon Fillet † 16.75**

Grilled salmon fillet topped with king prawns in parsley butter. Served with crispy smashed potatoes in rosemary sea salt, roast peppers, red onion, basil pesto and rocket (912 kcal)

## Sides

**Vegetables V**  
(179 kcal) **1.95**

**Dressed House Salad VE** (42 kcal)  
**2.95**

## Pub Classics

### **Pub Classics from 10.95**



### **Rainbow Grain Salad VE 10.95**

Mixed grains and salad leaves topped with cucumber, baby tomatoes, roasted peppers and red onion. Drizzled with French dressing (452 kcal)

### **ADD A SALAD TOPPING OF YOUR CHOICE:**

**Grilled Halloumi V** (403 kcal) **3.00**

**Grilled Chicken Breast** (184 kcal) **3.00**

**Grilled Salmon Fillet †** (324 kcal) **5.00**

### **8oz\* Sirloin Steak 18.95**

Served with half a grilled tomato, crispy smashed potatoes, parsley butter and rocket (692 kcal)

### **ADD SAUCE TO YOUR STEAK:**

**Creamy Peppercorn & Brandy** (104 kcal) **1.50**

**Merlot & Beef Dripping Gravy** (53 kcal) **1.50**

**Creamy Garlic** (60 kcal) **1.50**

### **ADD A TOPPER TO YOUR STEAK:**

**Sautéed Mushrooms** (49 kcal) **1.00**

**Fried Free-range Egg** (146 kcal) **1.00**

### **Gammon Steak 11.25**

Grilled gammon steak topped with a fried free-range egg and grilled pineapple, served with crispy smashed potatoes and garden peas (871 kcal)

## Burgers

Our burgers are served in a seeded bun with shredded lettuce, red onion, tomato and mayonnaise. Served with crispy smashed potatoes.

### **Cheese & Bacon Beef Burger 12.45**

Aged beef rib & shin burger topped with cheese and smoked streaky bacon (1128 kcal)

### **Beyond Burger® V 11.45**

Beyond Burger® topped with a Violife™ vegan slice (912 kcal)

### **Naked Beyond® Burger VE 11.45**

A bunless Beyond Burger® topped with a Violife™ vegan slice, shredded lettuce, red onion, tomato and mayonnaise. Served with crispy smashed potatoes (752 kcal)

### **ADD MORE TO YOUR BURGER**

**Smoked Streaky Bacon** (123 kcal) **1.00**

**Cheese Slice** (39 kcal) **1.00**

**Violife™ Vegan Slice VE** (57 kcal) **1.00**

**Sautéed Mushrooms VE** (49 kcal) **1.00**

**Fried Free-range Egg V** (146 kcal) **1.00**

## Roasts

### **Sunday Roast**

*Only available on Sundays*

Served with garlic & rosemary roast potatoes, roast parsnips, Yorkshire puddings, maple & thyme roast carrots, broccoli, garden peas and gravy

### **CHOOSE FROM:**

**Hand Carved Turkey** (922 kcal) **12.95**

**Roast Sirloin of Beef** (1066 kcal) **13.95**

Served pink

**Slow Cooked Lamb Shank** (1505 kcal) **16.75**

Served with mint gravy

**Beef & Turkey Duo** (994 kcal) **14.45**

### **ADD MORE TO YOUR SUNDAY DINNER**

**Yorkshire Puddings V** (169 kcal) **1.00**

**Pigs in Blankets** (219 kcal) **2.00**

**Vegetables V** (179 kcal) **1.95**

**Roast Potatoes V** (242 kcal) **2.00**

**Mashed Potato V** (285 kcal) **2.00**

## Desserts

### Bramley Apple Crumble V 6.45

Served warm with custard (549 kcal)

Vegan option available VE (506 kcal)

### Eton Mess V 6.75

Whipped cream topped with forest fruits, fresh raspberries and meringue, drizzled with raspberry coulis (626 kcal)

### Ice Cream V 4.95

Your choice of three ice cream scoops: (calories shown per scoop)

Jersey clotted cream (126 kcal)

Strawberry (138 kcal)

Chocolate (146 kcal)

Mango sorbet VE (103 kcal)

Raspberry sorbet VE (88 kcal)

Vegan vanilla VE (113 kcal)

Your choice of sauce:

Chocolate (28 kcal)

Strawberry flavour VE (32 kcal)

Raspberry coulis VE (16 kcal)

## NO-GLUTEN CONTAINING LUNCH MENU

CHOOSE FROM A SELECTION OF SMALLER PORTION DISHES

### Starters

#### Creamy Garlic Mushrooms V 3.00

Pan-fried mushrooms in a creamy garlic sauce, topped with cheese and served with a toasted roll (409 kcal)

### Mains

#### Grilled Salmon Fillet † 9.45

Grilled salmon fillet served with crispy smashed potatoes, basil pesto and rocket (624 kcal)

#### Rainbow Grain Salad VE 7.45

Mixed grains and salad leaves topped with cucumber, baby tomatoes, roasted red peppers and red onion. Drizzled with French dressing (397 kcal)

ADD A SALAD TOPPING OF YOUR CHOICE:

Grilled Halloumi V (403 kcal) 2.00

Grilled Chicken Breast (184 kcal) 2.00

### Desserts

#### Bramley Apple Crumble V 3.00

Served warm with custard (303 kcal)

Vegan option available VE (312 kcal)

#### Ice Cream V 3.00

Your choice of two ice cream scoops:

(calories shown per scoop)

Jersey clotted cream (126 kcal)

Strawberry (138 kcal)

Chocolate (146 kcal)

Mango sorbet VE (103 kcal)

Raspberry sorbet VE (88 kcal)

Vegan vanilla VE (113 kcal)

Your choice of sauce:

Chocolate (28 kcal)

Strawberry flavour VE (32 kcal)

Raspberry coulis VE (16 kcal)

## Sandwiches

MON - FRI 12-3PM

#### Grilled Cheese V 5.95

Toasted seeded roll filled with melted Cheddar & mozzarella and chilli jam (617 kcal)

#### Red Pepper Houmous, Vegetable & Pesto Seeded Roll V 6.45

Roasted peppers and red onion, sliced tomato, red pepper houmous and basil pesto in a toasted roll (483 kcal)

#### Sirloin Seeded Roll 8.75

Sirloin steak, rocket and mayonnaise, in a toasted roll served with English mustard mayonnaise on the side (535 kcal)



**SKIP THE QUEUE, ORDER ON OUR APP AND  
WE WILL BRING EVERYTHING TO YOU.**

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 - Vegetarian VE - Vegan

**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. †Fish, poultry and shellfish dishes may contain bones and/or shell. 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. 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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