

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

With no-gluten containing bread and butter (229 kcal)
Vegan option available VE (200 kcal)

King Prawn & Chorizo[†]

Tail on king prawns and sliced chorizo in a bravas sauce, topped with crumbled feta and rocket, served with toasted no-gluten containing bread (489 kcal)

Houmous, Pesto & Bread VE

Red pepper houmous and basil pesto served with toasted no-gluten containing bread (602 kcal)

Baked Mini Camembert V

Studded with rosemary and served with toasted no-gluten containing bread and caramelised red onion chutney (630 kcal)

Plant Based Meatballs V

Plant based meatballs, topped with a tomato and basil sauce, crumbled feta, basil pesto and rocket, served with no-gluten containing bread (667 kcal)

Vegan option available VE (696 kcal)

MAINS

Hunter's Chicken

Chicken breast topped with smoked streaky bacon, melted Cheddar, mozzarella and Texan BBQ sauce (414 kcal). Served with your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or jacket potato with butter (252 kcal)

Grilled Gammon

8oz* grilled gammon steak and garden peas. Topped with one fried free range egg and grilled pineapple (529 kcal). Served with your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or jacket potato with butter (252 kcal)

Lamb Shank

Slow-cooked lamb shank in a mint gravy (960 kcal) and your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or jacket potato with butter (252 kcal)

Beef Rib Bourguignon

Beef rib in a Bourguignon sauce, served with buttered mash and Tenderstem[®] broccoli (1019 kcal)

Pea, Mint & Courgette Risotto VE

Served with no-gluten containing herbed bread, rocket, roasted peppers and red onions (746 kcal)
Add a topping: Roast Chicken (158 kcal)

King Prawn & Chorizo Risotto[†]

Tail on king prawns and sliced chorizo served on a pea, mint and courgette risotto, with crumbled feta and rocket (776 kcal)

Tomato, Halloumi & Pesto Salad V

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

Salad leaves topped with herbed tomatoes, basil pesto and roasted peppers & 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 grilled tomato and rocket and your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or a jacket potato with butter (252 kcal)

8oz* Rump (331 kcal)
→ **Double-up** (319 kcal)

8oz* Sirloin (373 kcal)
→ **Double-up** (362 kcal)

Steak Sauces

Creamy Peppercorn & Brandy (104 kcal)
Merlot & Beef Dripping Gravy (53 kcal)
Garlic & Mushroom (126 kcal)

Steak Toppers

Sautéed Mushrooms (49 kcal)
Fried Free Range Egg (146 kcal)

SANDWICHES

Served on toasted no-gluten containing bread with rocket dressed in parsley oil

Salami, Rocket & Pesto

Milano salami, basil pesto and rocket (757 kcal)

Plant Based Meatballs VE

Plant based meatballs in a tomato and basil sauce with Violife vegan slice and vegan mayo (821 kcal)

Grilled Halloumi & Roasted Vegetables V

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

SIDES

No-Gluten Containing Bread & Butter V (342 kcal)

Buttered Mash V (323 kcal)

Buttered Baby Potatoes V (321 kcal)

Jacket Potato with Butter V (252 kcal)

Dressed Mixed Salad VE (55 kcal)

Seasonal Vegetables V (136 kcal)

DESSERTS

Eton Mess Sundae V

Two scoops of 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**



Chocolate Fondant V

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

Ice Cream V

Your choice of three ice cream scoops:

Clotted cream V (126 kcal) | Chocolate flavour V (113 kcal)
Lemon curd sorbet V (85 kcal) | Vanilla & coconut VE (113 kcal)
Frozen strawberry flavour yoghurt V (88 kcal)

Ice cream calories shown per scoop.

Your choice of sauce: Chocolate flavour V (28 kcal)
Strawberry flavour VE (32 kcal) | Raspberry coulis VE (16 kcal)
Salted caramel V (34 kcal)

Mini Pudding & Hot Drink V

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)

YOU CAN REVIEW OUR ALLERGEN INFORMATION IF YOU DOWNLOAD THE GREENE KING APP OR VISIT OUR WEBSITE AT GREENEKING-PUBS.CO.UK/ALLERGENS

We aim to make our food enjoyable for as many people as possible, so we have a great range of dietary specific dishes. 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. All cash and credit/debit card tips are paid in full to our team members.

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. Please refer to the Vegan & Vegetarian Menu for full descriptors of our vegetarian and vegan alternatives. 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. Reference intakes (RI's) of an average adult 8400 kJ / 2000 kcal. We serve food 12noon-10pm (as a minimum) Monday to Sunday, selected sites will have extended hours. Illustrations are for guidance only. 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 rights reserved. All brand names are trade marks 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.



Adults need around 2000 kcal a day