

🌱 SUITABLE FOR VEGETARIANS    🌿 SUITABLE FOR VEGANS    🍏 1 OF YOUR 5 A DAY    † MAY CONTAIN BONES AND/OR SHELL



## HOW'S THAT FOR STARTERS?

**GARLIC CIABATTA** 🌱 99p  
(183 kcal / 1.2g Sugar / 0.50g Salt)

**VEGGIE DIP STICKS** 🌿🍏 99p  
Carrot and cucumber sticks with a tomato dip  
(49 kcal / 6.3g Sugar / 0.30g Salt)

## PICK 'N' MIX

YOUR CHOICE OF A MAIN & 2 VEGGIES,  
OR A MAIN, 1 VEGGIE & 1 SIDE

ALL OUR PICK 'N' MIX DISHES ARE SERVED ON TRAYS. IF YOU'D PREFER A PLATE PLEASE ASK WHEN ORDERING

### LITTLE EATS 2.99

**TOMATO PASTA** 🌿🍏  
Rigatoni pasta in an Italian-style tomato sauce  
(229 kcal / 3.3g Sugar / 0.53g Salt)

**4 CHICKEN NUGGETS †**  
(214 kcal / 0.0g Sugar / 1.07g Salt)

**4 VEGGIE NUGGETS 🌱**  
(190 kcal / 1.9g Sugar / 0.86g Salt)

**ROAST CHICKEN FILLET**  
(84 kcal / 0.4g Sugar / 0.40g Salt)

**BEEF BURGER**  
A 2oz\* beef burger in a bun with mayo and lettuce  
(351 kcal / 3.0g Sugar / 0.93g Salt)

**2 PORK SAUSAGES**  
With gravy  
(243 kcal / 2.7g Sugar / 2.05g Salt)

**Quorn 2 QUORN™ SAUSAGES** 🌿  
With gravy  
(244 kcal / 2.0g Sugar / 2.55g Salt)

### BIG EATS 4.49

**6 CHICKEN NUGGETS †**  
(320 kcal / 0.0g Sugar / 1.61g Salt)

**6 VEGGIE NUGGETS 🌱**  
(286 kcal / 2.9g Sugar / 1.30g Salt)

**3 PORK SAUSAGES**  
With gravy  
(354 kcal / 4.1g Sugar / 2.56g Salt)

**Quorn 3 QUORN™ SAUSAGES** 🌿  
With gravy  
(355 kcal / 3.0g Sugar / 3.31g Salt)

**4oz\* RUMP STEAK**  
With fried onions  
(190 kcal / 3.6g Sugar / 0.20g Salt)

**DOUBLE BEEF BURGER**  
2 2oz\* beef burgers in a bun with mayo and lettuce  
(540 kcal / 3.1g Sugar / 1.29g Salt)

**ADD CHEESE FOR 30P**  
(26 kcal / 0.3g Sugar / 0.26g Salt)

### VEGGIES

**CORN ON THE COB** 🌿🍏  
(91 kcal / 2.8g Sugar / 0.01g Salt)

**BAKED BEANS** 🌿  
(73 kcal / 5.1g Sugar / 0.68g Salt)

**OUR DRESSED SIDE SALAD** 🌿  
Mixed salad leaves with cucumber, grilled red onion, courgette & pepper, topped with pico de gallo  
(31 kcal / 2.9g Sugar / 0.21g Salt)

**GARDEN PEAS** 🌿🍏  
(57 kcal / 5.6g Sugar / 0.0g Salt)

**VEGGIE STICKS** 🌿🍏  
(25 kcal / 3.8g Sugar / 0.05g Salt)

### SIDES

**SUNSHINE VEG RICE** 🌿🍏  
(128 kcal / 1.4g Sugar / 0.34g Salt)

**MASH** 🌱  
(165 kcal / 1.3g Sugar / 0.63g Salt)

**CHIPS** 🌿  
(204 kcal / 0.0g Sugar / 0.10g Salt)

**GARLIC CIABATTA** 🌱  
(183 kcal / 1.2g Sugar / 0.50g Salt)

**MINI JACKET** 🌿  
(93 kcal / 3.3g Sugar / 0.15g Salt)

# LET'S DO DESSERT

## BROWNIE SKEWERS

1.99

Fudge brownie pieces skewered with strawberries. Served with chocolate flavour sauce for dipping (198 kcal / 26.6g Sugar / 0.05g Salt)

## CHOCOLATE MANIA SUNDAE

1.99

Two scoops of chocolate flavour ice cream topped with squirty cream, chocolate flavour sauce, Maltesers® and a Cadbury® Flake (427 kcal / 50.9g Sugar / 0.25g Salt)

## GOOEY CHOCOLATE BROWNIE

1.49

Served warm with a scoop of vanilla flavour ice cream and chocolate flavour sauce (397 kcal / 46.2g Sugar / 0.25g Salt)

## FRUIT SALAD

99P

Peach, pear and strawberry pieces (78 kcal / 17.2g Sugar / 0.0g Salt)

## ICE CREAM


1 SCOOP 99P - 2 SCOOPS 1.49

Choose your ice cream:

**VANILLA FLAVOUR ** (97 kcal / 12.2g Sugar / 0.15g Salt)

**VEGAN VANILLA FLAVOUR ** (113 kcal / 9.1g Sugar / 0.02g Salt)

**CHOCOLATE FLAVOUR ** (99 kcal / 13.0g Sugar / 0.09g Salt)

**LEMON CURD SORBET ** (85 kcal / 16.8g Sugar / 0.0g Salt)

**FROZEN STRAWBERRY FLAVOUR YOGHURT **

(88 kcal / 15.2g Sugar / 0.05g Salt)

Choose your sauce:

**STRAWBERRY FLAVOUR SAUCE **

(32 kcal / 7.5g Sugar / 0.0g Salt)

**CHOCOLATE FLAVOUR SAUCE **

(28 kcal / 5.5g Sugar / 0.0g Salt)

Ice cream calories shown per scoop.



# THIRSTY?

TAP WATER

FREE

GLASS OF MILK (137 kcal)

50P

 CAPRI-SUN

Orange (14 kcal)

Blackcurrant (16 kcal)



**FRUIT SHOOT  
NO ADDED SUGAR**






Try either the fruity combination of Apple & Blackcurrant (11 kcal), or shower your taste buds in sunshine with Orange (17 kcal)

Ask a member of the team for our full selection



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

All tips are paid in full to our team members

**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.  1 of your 5 a day! Look out for the symbols. A portion of fruit or veg for our children's meals is based on a minimum 60g serving size and 150ml pure juice.  Fish, poultry and shellfish dishes may contain bones and/or shell. \*All weights are approximate prior to cooking. Metric equivalent 16oz = 1lb = 454g. Full nutrition information is available on our website. Calorie counts are correct at time of print. Children between 5-10 years old need around 1800 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. This information has been provided to allow you to make an informed choice when dining with us. 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. This menu is available to children aged 12 or under. Cadbury is a registered trademark of Mondelez International.  Maltersers is a registered trademark, Trademark of Mars® Incorporated and its affiliates. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.



WiFi Powered by  
**The Cloud**  
A BskyB company