

NO-GLUTEN CONTAINING Menu

PLEASE LET US KNOW WHEN ORDERING THAT YOU REQUIRE A NO-GLUTEN CONTAINING MEAL

STARTERS

TOMATO SOUP V

With no-gluten containing bread and butter (185 kcal)

STEAKS

Our steaks are 28 day aged for full flavour and then perfectly grilled and served with vine tomatoes 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 (332 kcal)

→ Double-up (319 kcal)

8oz* SIRLOIN (374 kcal)

→ Double-up (362 kcal)

ADD MORE TO YOUR STEAK:

→ 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 (120 kcal)

CHEF'S Signature DISHES

DUO OF SEAFOOD†

Salmon and king prawns served with smoky hollandaise and a dressed salad garnish (564 kcal) 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 with seasonal vegetables (959 kcal) with your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or jacket potato with butter (252 kcal)

GRILLED PINEAPPLE & CHILLI CHICKEN THIGHS

With charred corn, Tenderstem® broccoli and mango & chilli sauce (797 kcal). Served with your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or jacket potato with butter (252 kcal)

PEA, MINT & COURGETTE RISOTTO V

Served with no-gluten containing bread, rocket, roasted peppers and red onions (848 kcal)



ADD A TOPPING:

Roast Chicken (158 kcal) | Salmon† (371 kcal) | King Prawn† (55 kcal)

Pub CLASSICS

HUNTER'S CHICKEN

Chicken breast topped with smoked streaky bacon, melted Cheddar and mozzarella and Texan BBQ sauce with coleslaw (542 kcal) and your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or jacket potato with butter (252 kcal)

GAMMON & EGGS

8oz* gammon steak and garden peas (480 kcal). Topped with two fried free range eggs (240 kcal) or grilled pineapple (144 kcal) or one of each (192 kcal). Served with your choice of buttered mash (323 kcal), buttered baby potatoes (321 kcal) or jacket potato with butter (252 kcal)

SIDES

Buttered Baby Potatoes V (321 kcal)

Seasonal Vegetables V (135 kcal)

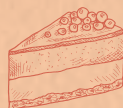
Buttered Mash V (323 kcal)

Coleslaw V (95 kcal)

Jacket Potato with Butter V (252 kcal)

No-Gluten Containing Bread & Butter V (254 kcal)

Dressed Mixed Salad VE (56 kcal)



DESSERTS

CHOCOLATE FONDANT V

With chocolate honeycomb pieces, clotted cream ice cream and raspberries (683 kcal)

ICE CREAM V

Your choice of three ice cream scoops.

Clotted cream V (158 kcal) |

Banana & butterscotch V (146 kcal) | Chocolate flavour V (99 kcal) |

Lemon curd sorbet V (95 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 (40 kcal)

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 (560 kcal)

MINI PUDDING & HOT DRINK V

Your choice of: mini Eton mess sundae (253 kcal), mini Belgian chocolate brownie (250 kcal) or mini vanilla & strawberry cheesecake (275 kcal) with a tea (0 kcal) or Americano (2 kcal)



GREENE KING
BURY ST EDMUNDS

Adults need around 2000 kcal a day

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.

Full allergen and nutritional information is available - please ask a member of the team.

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. Whilst we take care to preserve the integrity of our vegetarian and vegan products, we must advise that these are handled in a multi-kitchen environment. *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. All calorie counts are based on standard portion sizes, and as dishes are made to order this may vary slightly. To ensure our customers have choice, temporary product substitutions may be required which can affect the calorie content listed for our dishes on the menu. Reference intakes (RI's) of an average adult 8,400 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. 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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