

NO-GLUTEN CONTAINING INGREDIENTS 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 Ingredients Menu

Let's get **STARTED**

NACHOS **V** **ABSOLUTELY STACKED** **5.39**
Tortilla chips loaded with melted cheese, nacho cheese sauce, tomato salsa, guacamole, sour cream, jalapeños and pico de gallo (813 kcal)
VEGAN OPTION AVAILABLE **VE** (601 kcal)

FLAME-GRILLED LAMB KOFTAS **5.29**
Spiced lamb koftas on baby gem lettuce leaves with pico de gallo and served with yoghurt & mint dip on the side (397 kcal)

Our famous **FLAMIN' GRILL**

All our skilletts come out sizzling and are served with fried onions.
If you'd prefer a plate please ask when ordering*



80z* RUMP
8.99

80z* SIRLOIN
10.99

ALL DAY MONDAY TO WEDNESDAY

STEAK SKILLETTS

28 day matured steak, seasoned with salt & pepper and flame-grilled how you like it.

All served with grilled tomato, peas and a jacket potato with butter.

80z* SIRLOIN STEAK (809 kcal) **14.29**
UNDER 600 > Swap your sides for our dressed side salad (475 kcal)

80z* RUMP STEAK (765 kcal) **11.99**
UNDER 600 > Swap your sides for our dressed side salad (431 kcal)

90z* RIBEYE STEAK (945 kcal) **14.49**

LOW & SLOW BEEF RIB SKILLET **14.79**
7 hour slow-cooked rib of beef on the bone topped with BBQ sauce. Served with grilled tomato, peas and a jacket potato with butter (1418 kcal)

BEYOND MEAT® KOFTAS **VE** **BEYOND MEAT** **13.49**
Served with pilau rice, corn on the cob, our dressed side salad and your choice of sauce (684 kcal)

CHOOSE YOUR SAUCE

BBQ **VE** (90 kcal)
NASHVILLE HOT **VE** (42 kcal)
SWEET CHILLI **VE** (82 kcal)

1. CHOOSE YOUR TOPPER

HUNTER'S **2.49**
Smoked streaky bacon, melted cheese and BBQ sauce (224 kcal)

2 FREE RANGE FRIED EGGS **VE** (256 kcal) **99P**

2. CHOOSE YOUR SAUCE

BBQ **V** (144 kcal) **1.69**
PEPPERCORN **V** (42 kcal) **1.69**
BEEF-DIPPING GRAVY (53 kcal) **1.69**

3. CHOOSE YOUR SIDES

BAKED BEANS IN BBQ SAUCE **VE** (127 kcal) **2.29**
CORN ON THE COB **V** (354 kcal) **2.29**
COLESLAW **V** (184 kcal) **1.49**

CHICK 'n' MIX

10.99

CHOOSE 2 CHICKEN OPTIONS

2 FILLETS (168 kcal)
ROASTED SKEWER (165 kcal)

ADD EXTRA CHICKEN FOR 4.69

CHOOSE 2 SIDES

JACKET POTATO WITH BUTTER (252 kcal)
BAKED BEANS IN BBQ SAUCE (127 kcal)
OUR DRESSED SIDE SALAD (32 kcal)
CORN ON THE COB (177 kcal)
COLESLAW (184 kcal)

ADD AN EXTRA SIDE FOR 2.29

CHOOSE YOUR SAUCE

BBQ (90 kcal)
NASHVILLE HOT (42 kcal)
SWEET CHILLI (82 kcal)
TIKKA (155 kcal)

Can't beat the CLASSICS

HUNTER'S CHICKEN SKILLET 10.79

Chicken fillets topped with smoked streaky bacon, melted cheese and BBQ sauce on our sizzling skillet with fried onions. Served with peas and a jacket potato with butter (828 kcal)

80z* GAMMON SKILLET 9.79

Flame-grilled 80z* gammon on our sizzling skillet with fried onions. Served with grilled tomato, peas, a jacket potato with butter (731 kcal) and your choice of a free range fried egg (128 kcal) or pineapple ring (72 kcal)

» 2 MAINS FOR 13.49

ALL DAY MONDAY
TO FRIDAY

Signature DISH

Not included in the Classics deal

JAMAICAN CHICKEN STEW 10.79

BY SEASONED™ DATTIES SOUL FOOD ACADEMY

Traditional Jamaican-style stewed chicken served with pilau rice and toasted bread (674 kcal)

EYES ON THE SIDES

JACKET POTATO WITH BUTTER V (252 kcal)	1.99
BAKED BEANS IN BBQ SAUCE VB (127 kcal)	2.29
OUR DRESSED SIDE SALAD VE (32 kcal)	2.29
CORN ON THE COB V (354 kcal)	2.29
COLESLAW V (184 kcal)	1.49
SLICED BREAD & BUTTER V (200 kcal)	1.49

» TIME for DESSERTS

ICE CREAM **V** 4.49

Your choice of 3 scoops from vanilla flavour (97 kcal per scoop) or chocolate flavour (113 kcal per scoop) ice cream

VEGAN ICE CREAM **VB** 4.49

3 scoops of vegan vanilla flavour ice cream topped with strawberry flavour sauce (465 kcal)

Adults need around 2000 kcal a day

You can view our allergen information if you download our app, or visit our website at 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. **V** Suitable for vegetarians. **VB** 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. **UNDER 600** Dishes contain 600 calories or less. Full nutrition information is available on our website. Calorie counts are correct at time of print. Steak Deal - Available all day Monday to Wednesday; 80z* Rump for £8.99, 80z* Sirloin for £10.99. 2 Mains for £13.49 - Available all day Monday to Friday on Can't-Beat The Classics dishes, excluding Jamaican Chicken Stew. Products & offers are subject to availability at the price point advertised. Deal discounts will be applied to the cheapest qualifying items in your order. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. We reserve the right to remove any of our food deals on all UK Bank Holidays, Christmas Eve & New Year's Eve. Please ask a member of the team before placing your order on these days if you have any queries. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.