

# NO GLUTEN CONTAINING INGREDIENTS MENU

## START IN STYLE

### Pan-fried garlic mushrooms

Mushrooms simply sautéed in a garlic glaze and served on seeded toast. (497 kcal)

## MIX IT UP

Best pick  
'n'  
mix ever!

*Pick your sizzler, 2 sides, and a sauce. The perfect combo.  
All served on a bed of sizzling peppers and onions. (53 kcal)*

### PICK A SIZZLER

Chicken skewers (330 kcal)

 8oz\* rump steak (289 kcal)

3 x 4oz\* gammon steaks (338 kcal)

Half roasted chicken (304 kcal)

Grilled salmon fillet  (370 kcal)

### PICK A SAUCE

Texan BBQ (90 kcal) | Caribbean (150 kcal) | Sweet chilli  (82 kcal)

Peri Peri  (26 kcal) | Datties Soul Food™ Jerk  (63 kcal)

**NEW** Frank's RedHot Original Sauce  (13 kcal)

### PICK TWO SIDES

Fresh, dressed garden salad (39 kcal)

Corn on the cob (101 kcal)

Coleslaw (99 kcal)

Spicy rice (167 kcal)

Baked jacket potato (194 kcal)

## SUPER SPECIALS

### SUPER SATURDAY

ANY SUPER SPECIAL **£11**

### Mediterranean seabass

Grilled seabass fillets with a tangy Neapolitana sauce, mixed green vegetables, and creamy garlic mash. (718 kcal)

### Epic Chicken New Yorker

A larger portion of roast chicken breasts topped with smoked streaky bacon, melted cheese, and Texan BBQ sauce. Served with a baked jacket potato and fresh, dressed garden salad. (1018 kcal)

### TWO-COURSE THURSDAY

ADD ANY STARTER OR SELECTED\* PUD WITH ANY SUPER SPECIAL FOR ONLY £1



ORDER AND PAY FROM YOUR TABLE  
WITH OUR APP



*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 Ingredients Menu.*

## LET'S DO LUNCH

AVAILABLE 12-4PM  
MON TO FRI

*A range of great value meals, all made with lunch in mind.*

### **NEW** Lamb kofta salad

Lamb koftas, on a salad of mixed leaf, tomato, cucumber, red onion, and feta cheese. Drizzled in yoghurt & mint with a fresh herb and chilli garnish. (465 kcal)

### **NEW** Ham, cheese & egg melt

Ham and Monterey Jack cheese toastie on seeded bread, topped with a free-range fried egg, and served with salad garnish. (665 kcal)

### Chicken & smoked bacon melt

Served hot with melted cheese, red onion and mayo on seeded bread. (776 kcal)

### Fresh, dressed garden salad

Dressed salad with tomatoes, cucumber, and shredded vegetables. (78 kcal)

**Why not add a topping?**

Roast chicken breast (168 kcal)

Grilled salmon fillet  (370 kcal)

### Cheese & chutney melt

Served hot with melted cheese and red onion chutney on seeded bread. (700 kcal)

## PUB CLASSICS

ANY 2 CLASSICS  
MON TO FRI

### Classic chicken New Yorker

Roast chicken breast topped with smoked streaky bacon, melted cheese, and Texan BBQ sauce. Served with a baked jacket potato and fresh, dressed garden salad. (649 kcal)

### **NEW** Chicken tikka masala

Served with basmati rice, a poppadom, and mango chutney. (795 kcal)

### Chickpea & sweet potato curry

Served with basmati rice, a poppadom, and mango chutney. (566 kcal)

## OUR BURGERS

*Served in a rustic seeded roll with lettuce, red onion, mayo, a baked jacket potato, and coleslaw.*

### Bacon cheeseburger

(852 kcal)

Cheeseburger (799 kcal)

Beefburger (759 kcal)

### **NEW** Cheeseburger chilli dipper

It starts with a classic cheeseburger. Then we add the twist. This one is for dipping, served in a pulled chipotle beef chilli and spicy cheese sauce! (974 kcal)

### BOGOF BURGER FRIDAY

BUY ONE GET ONE FREE

On all burgers. Cheapest burger is free.

# GREAT GRILLS



## 11oz\* rump steak

Served with a baked jacket potato and fresh, dressed garden salad. (724 kcal)



## 8oz\* smothered steak sizzler

Rump steak on a sizzling skillet of peppers and onions, topped with mushrooms, melted cheese, and peppercorn sauce. Served with a baked jacket potato and fresh, dressed garden salad. (841 kcal)

## 12oz\* grilled gammon

Topped with a fried free-range egg, pineapple, baked jacket potato, and fresh, dressed garden salad. (837 kcal)



## 8oz\* rump steak

Served with a baked jacket potato and fresh, dressed garden salad. (615 kcal)

## 8oz\* grilled gammon

Served with a fried free-range egg, pineapple, baked jacket potato, and fresh, dressed garden salad. (706 kcal)

### ADD +

**Datties Soul Food™ Jerk sauce** 🌶️ (63 kcal)

**Peppercorn sauce** (42 kcal)

## GRILL MONDAY £9

or choose a larger meal for £2 more

12oz\* grilled gammon 28 8oz\* rump steak



8oz\* smothered steak sizzler



11oz\* rump steak

# PERFECT PUDS

Add chocolate fluffy cream (113 kcal)

## Cheesecake with salted caramel ✓

Vanilla cheesecake with salted caramel, vanilla flavour ice cream, and a fresh strawberry. (795 kcal)

## Apple & berry crumble ✓

Served hot with custard. (502 kcal)

**Vegan option available** 🌱

Served with vegan ice cream. (459 kcal)

# HOT DRINKS

**Americano** Regular (2 kcal)

**Espresso** Single (2 kcal)

**Latte** Regular (66 kcal)

Double (2 kcal)

**Cappuccino** Regular (54 kcal)

**Yorkshire Tea** Regular (0 kcal)

**Mocha** Regular (180 kcal)

**Hot chocolate** Regular (355 kcal)

**NEW Upgrade to chocolate fluffy cream** (113 kcal)

### ADD +

A HOT DRINK WHEN YOU PURCHASE A PUDDING



## LOOK OUT FOR THESE SYMBOLS:

✓ Suitable for vegetarians 🌱 Suitable for vegans \* Weight before cooking 🦴 May contain bones and/or shells 🥜 Contains nuts  
28 Aged longer for a fuller flavour and tenderness

## GOOD TO KNOW

Full allergen information on all of the ingredients in the food we serve is available upon request – please speak to a member of our team. Our menu descriptors do not include all ingredients. Please ask a member of the team if you require the full allergen information on the ingredients in the food we serve, or visit our website. 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.

YOU CAN REVIEW OUR ALLERGEN INFORMATION IF YOU DOWNLOAD THE **GREENE KING APP**,  
OR VISIT OUR WEBSITE AT **HUNGRYHORSE.CO.UK**

Full allergen information on the ingredients in the food we serve is available on request. Full allergen and nutritional information can be found at [www.hungryhorse.co.uk](http://www.hungryhorse.co.uk). 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. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptions do not list all ingredients. Please ask your server before ordering if you are concerned about the presence of allergens in your food. (✓) Suitable for Vegetarians (🌱) Suitable for Vegans (🥜) Dish contains Nuts (🦴) Fish, poultry and shellfish dishes may contain bones and/or shell. \*All stated weights are approximate before cooking. Dishes may contain alcohol. Calorie counts are correct at the time of print. Dishes on the No Gluten Containing Ingredients 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 Ingredients Menu. Reference intakes (RIs) of an average adult 8,400 KJ / 2000 kcal. If your advertised choice is unavailable, a suitable alternative of an equivalent price may be offered at the manager's discretion. Photography is for illustrative purposes only. Our Deals: All daily deals are not available for use in conjunction with other offers and discounts including but not limited to Blue Light Card, Defence Discount Service and AA discount. Monday - Grill Monday includes six dishes from Grills section on Mondays only, subject to availability. Monday - Kids Eat for £1. Up to 2 kids can eat with every full paying adult (excludes lunch section of the menu). Choose any small meal for £1, or any large meal for £1.50 from the Kids' menu. Tuesday - Mix It Up Tuesday. Any Mix It Up combination included in the deal. Wednesday - Curry and a Drink. Choose a curry and a deal drink for £8 all day every Wednesday. All deal drinks are subject to change, availability and may vary from pub to pub. Please check with a team member for full range included. If your advertised choice is unavailable, a suitable alternative of an equivalent price may be offered at the manager's discretion. Must be ordered in the same transaction. Thursday - Two-course Thursday. Add any starter or selected dessert to any Super Special meal for £1 on Thursday. Must be ordered in the same transaction as the Super Special. Ultimate candymania and the horseshoe doughnut are not included. Friday - BOGOF Burger Friday. Buy one burger get one free includes all burgers, cheapest burger free. Burgers must be ordered in the same transaction. Saturday - Super Saturday. Any Super Special for a set price, Saturday only. Monday - Friday - Two Classics for a set price, available on selected dishes Monday to Friday, dishes must be ordered in the same transaction. Lunch menu - dishes within the 'Let's do lunch' category under specials, baguettes and wraps are available Monday-Friday between 12-4pm only. For every ultimate candymania, Impossible nuggets starter, Omega-3 fish finger wrap/baguette and Beyond Meat stack sold £0.20 plus VAT will be paid to Macmillan Cancer Support\*, a registered charity in England and Wales (261017), in Scotland (SC039907) and in the Isle of Man (604). Also operating in Northern Ireland. \*Paid to Macmillan Cancer Support Trading Limited a wholly owned subsidiary of Macmillan Cancer Support to which it gives all of its profits. All cash and credit or debit card tips are paid in full to our team members. We accept cash, Visa, MasterCard and Maestro. Greene King Brewing and Retailing Limited, Westgate Brewery, Bury St Edmunds, Suffolk, IP33 1QT.



Tell us what 'U' think at  
[HUNGRYFORFEEDBACK.CO.UK](http://HUNGRYFORFEEDBACK.CO.UK)



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