

NON-GLUTEN-CONTAINING INGREDIENTS MENU

# TWO FOR ONE CHEAPER MEAL IS FREE\*



The meals on this menu are made with ingredients which do not contain gluten or wheat. If you have an allergy or intolerance, please speak to a member of the team before you order your food and drinks.  
\*\*Ask if we have a dedicated chip fryer.

\* When two people each order a main course from this section of the menu or specials boards, we will give you the lower priced meal free of charge. Food served until 10pm Monday to Saturday and 9pm Sunday.

IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE SPEAK TO A MEMBER OF THE TEAM BEFORE YOU ORDER YOUR FOOD AND DRINKS.

## Let's Get Started

### Cheesy Nachos ✔ £4.00

Tortilla chips, topped with melted cheese and jalapeños. Served with guacamole, cool salsa and sour cream.

### Prawn Cocktail £4.50

Prawns with a tangy seafood sauce on a bed of crisp lettuce and sliced tomatoes. Served with Genius™ bread and butter.



### Cheesy Nachos to Share ✔ £6.00

A large plate of tortilla chips topped with melted cheese and jalapeños. Served with guacamole, cool salsa and sour cream.

## Burgers



### Skinny Burger £10.25

Choose from beef burger, grilled chicken breast burger or grilled piri piri chicken breast burger.

#### TOP IT Add more toppings.

Grilled Field Mushroom ✔ 75p,  
Monterey Jack Cheese ✔ 75p, Bacon 75p,  
Fried Egg ✔ 50p, Fried Red Onion ✔ 75p,  
Stilton Cheese ✔ 75p, Jalapeños ✔ 75p.

#### Get Saucy! For 75p each.

Guacamole ✔  
Salsa ✔  
Piri Piri Sauce ✔

## Sides

- Chips\*\* ✔ £2.00
- Homemade Potato Wedges\*\* ✔ £2.25
- House Salad ✔ £2.00
- Coleslaw ✔ £1.40
- Genius™ Bread & Butter ✔ £1.50
- Corn on the Cob ✔ £1.50
- Sautéed Mushrooms ✔ £1.85

Swap your spuds or vary your veg? We suggest what works best but if you want to swap it's no problem!

## Pub Classics

### Chicken Tikka Masala £10.30

Tender pieces of chicken breast in a mild tikka masala sauce. Served with plain rice, a poppadum and mango chutney.

### Roasted Vegetable Jalfrezi ✔ £10.30

A wonderfully spiced mix of roasted potatoes, red onion and red and green peppers in a jalfrezi sauce. Served with plain rice, a poppadum and mango chutney. **Vegan option available served with a mixed salad and rice.** ✔

### Sausages & Mash £10.00

Three pork sausages on a bed of mashed potato, topped with red onion gravy. Served with garden peas.

### Smothered Chicken £12.00

A roasted chicken breast, bacon and Monterey Jack cheese smothered in piri piri sauce. Served with chips,\*\* corn on the cob and coleslaw.

## Super Salads

On a bed of mixed leaves, red onion, cherry tomatoes, red peppers and cucumber. With a vinaigrette dressing on the side.

### Chicken & Bacon Salad £11.30

A grilled chicken breast and sliced bacon.

### Rump Steak & King Prawn Salad £14.80

10oz rump steak, grilled to your taste and topped with two king prawn skewers.

## Steak Out

All our grills come served with chips\*\* and garden peas but swap to salad if you'd prefer.

### 8oz Sirloin Steak £14.30

Garnished with half a grilled tomato.

### 10oz Rump Steak £14.00

Garnished with half a grilled tomato.

### 10oz Gammon Steak £11.65

Grilled and topped with a fried egg or pineapple ring.



Add an extra fried egg or pineapple ring for 50p each.

## FOR THE GREATER GRILL

Add any of these to your grill!

- The Grill Combo ✔ £2.50  
Corn on the cob, grilled flat mushroom and coleslaw.
- Three King Prawn Skewers £2.20
- Peppercorn Sauce £1.60
- Stilton Cheese ✔ £1.40



**TWO FOR ONE**

# DELICIOUS SUNDAY CARVERY



Served **SUNDAYS FROM 12PM**  
Subject to availability  
For other carvery service times please ask a team member or see the boards behind our deck.

Save room for something sweet?

We've suggested what works best but if you'd like to swap for something else instead, please ask.

## Ice Creams



Two to share option shown

**Banana & Butterscotch Sundae** ✔ for one **£4.20**  
**two to share** **£7.30**

Slices of banana and toffee sauce, in between layers of banana and butterscotch, and vanilla flavour ice creams. Topped with squirty cream and caramel crunch pieces.

**Simply Delicious** ✔ **£3.30**

Choose any three scoops of our delicious ice creams. Ask one of team for today's choice.

## Chilled Desserts

**NY Cheesecake** ✔ **£4.20**

Classic New York style cheesecake on a buttery biscuit base. Served with cream.

**MAKE IT EPIC!** **Top with Chocolate Sauce or Raspberry Sauce for 50p each**

**Salted Caramel Fudge Brownie** ✔ **£4.50**

A super rich and indulgent chocolate brownie topped off with pecans, salted toffee sauce, chocolate coated crispies and vanilla fudge. Served with vanilla flavour ice cream.

**Sticky Toffee Pudding** ✔ **£4.20**

A classic sticky and sweet toffee pudding, served warm with custard.

**Delicious Carvery** **£13.95**

Freshly carved roasts with vegetables and roast potatoes make a carvery with us one to remember. And don't forget they're **Two for One** as well!



Miss it... Miss out!

**MAKE IT EPIC!** Why not go large for only £2 extra?

## Butties & Melts

**£5.60 each**

**Chicken & Bacon Club**  
Served on toasted Genius™ bread.

**Steak & Onion Melt**

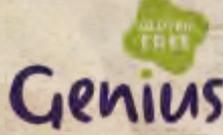
**Chicken Melt**  
All our melts are served on Genius™ bread with melted Cheddar cheese.

**Ham & Coleslaw**

**Cheddar Cheese & Smoked Harissa Houmous** ✔

**Prawn Salad**

All our sandwiches, clubs and melts are served with tortilla chips and dressed mixed leaf garnish, unless otherwise stated.



Share our love for **SPECIALS**  
MORE FLAVOUR. MORE CHOICE.  
[twoforonespecials.co.uk](http://twoforonespecials.co.uk)

Our specials boards offer juicy grills, mouth-watering burgers, interesting world flavours and a whole lot more to discover. Full allergen information for our specials is available.



**GUILTY PLEASURES TO GO**  
NO ROOM LEFT? JUST ASK ONE OF THE TEAM FOR A PUDDING TO TAKE HOME!

As we use other foods containing gluten in our kitchen, we cannot declare that any of our dishes are gluten free or wheat free. All food is prepared in kitchens where nuts, gluten and other allergens could be present and our menu descriptions cannot include all ingredients. If you have a food allergy please let us know before ordering. Full allergen information is available.

✔ Suitable for vegetarians or vegetarian option available. We cannot guarantee that some vegetarian items have been cooked in dedicated vegetarian fryers.

✔ Suitable for vegans or vegan option available. Please ask a member of the team for more information.

### Food Information

We regret we cannot guarantee that any of our products are free from nuts or nut derivatives. Dishes with fish may contain bones. All weights are approximate prior to cooking. Photography is for illustrative purposes only. Two for One offer excludes children's menu, starters, sides, sharers, sandwiches, and desserts, extra toppings and upgrades. When two main meals or specials are ordered the cheaper priced meal is free.

If you are interested to know more about the food on our menu and allergy information, you can now find it at [www.marstons.co.uk](http://www.marstons.co.uk) For prices and dish availability on our specials, please refer to specials board directly.