

★ NGCI MENU ★



NON-GLUTEN CONTAINING INGREDIENTS

The meals on this menu are made from ingredients which do not contain gluten or wheat. If you have a food allergy or intolerance, please speak to a member of staff before ordering food and drinks. Full allergy information is available at the bar or visit urban.marstons.co.uk

Join the LUNCH BUNCH

MON - SAT
12PM - 5PM

STARTERS

- Soup of the Day
- Mexican Nachos for One
- Prawn Cocktail

MAINS

Choose any **Lite Bite** or **Jacket Spud** and make a meal of it!

DESSERTS

- Chocolate Fudge Cake
- Vanilla Flavour Ice Cream

TWO COURSES : THREE COURSES
£4.85 : **£5.85**

Lite Bites

- Ham and Eggs** **£3.80**
Slices of honey roast ham with fried eggs and chips*.
- Hunter's Chicken** **£4.35**
Half a chicken breast topped with bacon and loaded with BBQ sauce and melted Cheddar cheese, with chips* and a salad garnish.
- 4oz Gammon Steak** **£3.80**
Topped with a fried egg or pineapple, with chips* and garden peas.

- Cottage Pie** **£4.10**
Minced beef with carrots and onions cooked in a rich beef stock topped with mashed potato. Served with chips*, garden peas and a jug of gravy.

JACKET SPUDS

Served with butter and a salad garnish.

- Cheddar Cheese and Baked Beans** **£3.75**
- Tuna Mayonnaise** **£3.75**

Add a drink to your meal deal

For either a pint of Strongbow, 175ml glass of house wine, J20, 14oz lemonade, Diet Pepsi, Pepsi or Fruit Shoot. **£1.00**

For either a Bulmers Original, WKD Blue, Firefly or a 250ml glass of house wine. **£2.00**

Not available on Bank Holidays

THE SNACK SHACK

TOASTIES

Made with Genius™ bread and served with chips* or French fries* and a salad garnish. Choose any **TWO FILLINGS** for only

£3.75

- Baked Beans
- Cheddar Cheese
- Onion
- Bacon
- Honey Roast Ham
- Sausage
- Mushroom
- Jalapeños
- Tomato
- Tuna Mayonnaise

ADD AN EXTRA TOASTIE FILLING FOR **50P**

SARNIES

Served on Genius™ bread with chips* or French fries*.

- Cheddar Cheese and Red Onion** **£3.95**
- Chicken and Bacon Club** **£4.75**

Bring on the SHARERS

Enjoy one of our tasty dishes as a starter, snack or to share amongst friends.

ANY 3 DISHES FOR **£7.95**

- Fish and Chip Shop Bites*** **£3.75**
A taste of the chip shop in one bite! Fish, peas and potatoes seasoned with salt and vinegar in a crispy cider vinegar batter.
- Prawn Half-Pinter** **£3.50**
Prawns with tangy seafood sauce and lettuce. Served with Genius™ bread and butter.
- Mexican Nachos** **£3.50**
Loaded with melted Cheddar cheese, guacamole, salsa, soured cream and jalapeños.
- Soup of the Day** **£2.40**
Ask for today's flavour. Served with Genius™ bread and butter.



For all of our dishes, we've suggested our favourite accompaniments, but if you'd prefer something else just ask.

- Hunter's Chicken** **£6.95**
Roasted chicken breast topped with bacon, BBQ sauce and melted Cheddar cheese, with chips* and a side salad.
- Deep South Chicken** **£6.85**
Roasted chicken breast marinated in Cajun spices, with chips* and a side salad. **When served without the chips and with a larger salad instead**
- Chicken and Bacon Salad** **£6.35**
Strips of chicken and bacon on a bed of mixed leaves, chunks of tomato, cucumber and red onion, drizzled with extra virgin olive oil.
- All Day Breakfast** **£4.20**
Two pork sausages, a rasher of bacon, two fried eggs, half a grilled tomato, baked beans and chips*. **Go and double the meat £6.20**
- Mac 'n' Cheese** **£7.20**
Macaroni pasta in a rich and creamy Cheddar cheese sauce. Served with a side salad. **Meat with your mac? Add slices of chicken breast, pulled pork or bacon for £1**

We cannot guarantee that our vegetarian ingredients have been cooked in dedicated fryers. Please ask a member of staff for more information.

PIE FIVE!

For all of our dishes, we've suggested our favourite accompaniments, but if you'd prefer something else just ask.

Cottage Pie £6.35

Mincied beef with carrots and onions cooked in a rich beef stock topped with mashed potato, served with chips*, garden peas and carrots.

Shepherd-Less Pie £6.35

Green lentils, black eyed beans, suede and carrot in a tomato sauce topped with a creamy cauliflower and potato mash. Served with chips*, garden peas and gravy.



Take a trip through the famous spice regions of the globe or stay a bit closer to home with our inspired dishes.

Served with rice, mango chutney and double poppadums.

Chicken Tikka Masala £6.20

Spiced tomato and onion flavoured sauce with a hint of coriander.

Vegetable Jalfrezi £6.20

Roasted potatoes, red onion and red and green peppers in a Jalfrezi sauce.

Butter Chicken £6.20

A creamy and buttery aromatic chicken curry with green chillies, turmeric, tomatoes, coriander, garlic, ginger and curry leaves.



Beef Madras £6.20

A fiery tomato-based sauce, flavoured with coconut and aromatic spices.

Chicken Balti £6.20

A medium-spiced onion and tomato curry sauce, flavoured with fenugreek leaves and coriander.

ADD EXTRA POPPADUMS AND DIP FOR £1

SKINNY SHOWSTOPPERS

Naked Burger - served with a side salad. 600

Beef Burger £5.40 | Roadhouse Burger £6.40

THE SUPPORT ACTS

- Spiced-Slaw £1.00
- Salad Bowl £1.55
- Genius™ Bread and Butter 90p

- Tiger Fries* £2.35 (Mix of Sweet Potato Fries and Fries!) For One: £2.35 To Share: £4.20
- Cheesy Chips* £2.35 For One: £2.35 To Share: £3.70
- Chips* or Fries* £1.85 For One: £1.85 To Share: £3.20
- Sweet Potato Fries* £2.85 For One: £2.85 To Share: £5.20

UPGRADE YOUR CHIPS TO SWEET POTATO FRIES* FOR £1



You might just MEAT your match! All served with chips* or French fries*.

Gammon Steak £6.65

An 8oz gammon steak topped with a choice of a fried egg or pineapple, with garden peas.

Go M and double the meat £8.65

Mixed Grill £9.05

Half a chicken breast, 4oz rump steak, 4oz gammon steak, pork sausage, fried egg and half a grilled tomato.

Go M and double the meat £13.05

STEAK HOUSE

Cooked to your liking, with half a grilled tomato, garden peas, and chips* or French fries.*

8oz Sirloin Steak £8.90

8oz Rump Steak £7.60

Black Jack Steak £9.10

An 8oz rump steak topped with fried mushrooms, onions and Monterey Jack cheese.

GO SKINNY

Go skinny - ditch the chips and add a side salad and half a grilled tomato.

Skinny Sirloin 600 £8.90

Skinny Rump 600 £7.60



Add some punch to your plate and load up your steak!

Sautéed Mushrooms £1.30

Peppercorn Sauce £1.00

Homemade Slaw £1.00

Mac 'n' Cheese £1.50

A SWEET Ending

Chocolate Fudge Cake £2.95

Goey and chocolaty, served hot or cold with vanilla flavour ice cream.

Sticky Toffee Pudding £3.35

Rich toffee and date pudding, smothered in toffee sauce. Served warm with vanilla flavour ice cream.

2 DESSERTS FOR £6* AVAILABLE ALL WEEK



MEGA MINTY SUNDAE



Minty Sundae £3.25

Vanilla and mint choc chip flavour ice creams, mint Aero® bubbles, chocolate sauce and cream.

Chocolate Indulgence £3.25

Chocolate and vanilla flavour ice creams with cream, chocolate sauce and Cadbury® flakes.

Mega Minty Sundae M £8.95

Thrice as nice as the single sundae!!! Vanilla and mint choc chip flavour ice creams, mint Aero® bubbles, chocolate sauce and cream... Will that be two spoons or three?

EXTRA TOPPINGS CADBURY® FLAKE MINI MARSHMALLOWS 30P EACH

*Ask if we have a dedicated NGCI fryer.

As we use other foods containing gluten in our kitchen, we cannot declare that any of our dishes are gluten 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 at urban.marstons.co.uk. Suitable for vegetarians or vegetarian option available. We cannot guarantee that our vegetarian ingredients have been cooked in dedicated fryers. Please ask a member of staff for more information. Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces that may be added by the customer. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub. Dishes with chicken or fish may contain bones. We only select fish from sustainable sources. Please ask when ordering today's fish. 1oz = 28.3g. All weights are approximate prior to cooking. Aero® is a Registered Trademark of Société des Produits Nestlé S.A. Cadbury is a registered trademark of Mondelez International. Photography is for illustrative purposes only. Offers cannot be used in conjunction with any other promotion. *2 puddings for £6 excluding Mega Minty Sundae.