



NGCI MENU

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.

STARTERS

Cheesy Nachos **V** £3.75
Tortilla chips with cool salsa, topped with melted Cheddar cheese and jalapeños. Served with guacamole and sour cream.

WITH PULLED CHIPOTLE CHICKEN FOR £1.50

Chicken Liver Pâté £4.25
Chicken liver pâté with onion, garlic and mixed herbs, coated with parsley and red bell pepper flakes, served with toasted Genius™ bread and red onion chutney.

Prawn Cocktail £3.95
Served with Genius™ bread and butter.

Mediterranean Cheese Melt **V**** £4.25
An oozing mozzarella cheese slice with a slow roasted tomato, red pepper and basil crumb with a hint of chilli. Served with cool salsa for dipping.

SHARERS

Baked Camembert £7.95
Melting box-baked French Camembert served with toasted strips of Genius™ bread, celery sticks and caramelised red onion chutney.

Cheesy Nachos **V** £5.95
A large plate of tortilla chips covered with melted Cheddar cheese, topped with cool salsa, sour cream, guacamole and jalapeños.

WITH PULLED CHIPOTLE CHICKEN FOR £1.50

SUPER SANDWICHES

Served on Genius™ bread with a lighter portion of skin-on fries** and a mixed leaf garnish.

Chicken & Bacon £5.65
Chicken breast, topped with bacon, tomato, rocket and mayonnaise.

Brie, Tomato & Rocket **V** £5.45
Oozing Brie, tomato and rocket with mayonnaise.

Steak £5.65
Slices of rump steak, topped with horseradish mayonnaise and rocket.

LIGHTER OPTIONS

Grilled Sea Bream £9.75
Grilled fillets of sea bream on garlic infused new potatoes and Tenderstem® broccoli.

Chicken & Bacon Caesar Salad £7.25
A grilled chicken breast, bacon and baby gem lettuce in a Caesar dressing, topped with Italian hard cheese.

UNDER 600 CAL Under 600 calories and 1 of your 5 a day

BBQ Pulled Pork Hash £7.95
Roasted sweet potato hash with slow cooked shredded pork, red pepper, onion and kale in a sweet and smoky BBQ sauce, topped with a fried egg. Served with a mixed salad.

UNDER 500 CAL Under 500 calories and 3 of your 5 a day

Courgetti & Butternut Squash Frittata **V** £6.95
Spiralised courgetti and butternut squash frittata topped with creamy cheese sauce and mature Cheddar cheese, served with garlic infused new potatoes and Tenderstem® broccoli.

Rump Steak & Blue Cheese Salad £8.25
A rump steak grilled to your liking and topped with blue cheese, served with mixed leaves, cucumber, tomatoes, red onion, grated carrot and a blue cheese dressing.

1 OF YOUR 5 A DAY

BRILLIANT BURGERS ALL MINUS THE BUN!

All served with skin-on fries** and coleslaw.

Plain & Simple Beef Burger £5.85
Served with a salsa dip.

UNDER 500 CAL Under 500 calories swap your fries** for extra salad!

Hot Chicken & Chorizo Burger £6.85
A grilled chicken breast fillet topped with slices of chorizo and a spicy Nduja mayonnaise.

The Cowboy £6.85
A prime steak burger with bacon, topped with Monterey Jack cheese. Served with a salsa dip.

ADD MORE TASTY TOPPINGS!

MONTEREY JACK CHEESE **V** 75p
CRISPY BACON 75p
GRILLED FIELD MUSHROOM **VE** 75p
FRIED EGG **V** 50p
CRISPY FRIED ONIONS **VE** 75p
STILTON CHEESE **V** 75p
JALAPEÑOS **VE** 75p
CHEDDAR CHEESE **V** 50p
ROUTE 66 fried onions, mushrooms and peppers **VE** £1.50

PUB CLASSICS

Swap your plain rice **VE** for Harissa **VE** or Lime & Coriander **VE** Infused Rice for 50p.

Chicken Tikka Masala £6.75
Chicken breast in a mild tikka masala sauce. Served with rice, a poppadum, mango chutney and your choice of an extra poppadum** or chips**.

Roasted Vegetable Jalfrezi **V** £6.95
Spiced mix of roasted potatoes, red onion and red & green peppers in a jalfrezi sauce. Served with rice, a poppadum, mango chutney and your choice of an extra poppadum** or chips**.

VE VEGAN OPTION AVAILABLE SERVED WITH A MIXED SALAD AND RICE.



GRILLS

Our beef steaks are aged for 35 days making them extra flavoursome. All of our grills are served with skin-on fries**, grilled tomato and mushroom, watercress and a peppercorn sauce.

8oz Sirloin Steak	£10.95
10oz Rump Steak	£9.95
8oz Fillet	£17.45
12oz Ribeye	£12.95
14oz T-Bone	£14.45
20oz Mixed Grill	£12.45
5oz rump steak, 5oz gammon steak, pork steak, lamb chop and a sausage.	
10oz Gammon Steak	£7.75
Sweet Chilli Salmon	£9.75

Grilled supreme of salmon topped with Thai sweet chilli sauce and sesame seeds, served with rice and Tenderstem® broccoli.

ADD ANY OF THESE TO YOUR GRILL!

THE GRILL COMBO V	£2.50
Corn on the cob, grilled flat mushroom and coleslaw.	
PEPPERCORN SAUCE	75p
STILTON CHEESE V	75p
BEEF DRIPPING & MERLOT GRAVY	£1.60
ROQUEFORT SAUCE	£1.60

MAKE IT IRRESISTIBLY JUICY WITH A STEAK TOPPER

Just **£1.50** extra

MONTREAL Brie & Bacon	
ROUTE 66 Red Onion, Mushrooms & Peppers VE	
BLACK & BLUE Mushrooms & Stilton Cheese V	

SIDES

SKIN-ON FRIES VE **	£2.75
HOUSE SALAD VE	£2.00
GENIUS™ BREAD & BUTTER V	£1.45
CHEESE & CHIVE MASH V	£2.00
CHARRED CAULI CHEESE V	£2.25
GARLIC TENDERSTEM® BROCCOLI V	£2.25

YOU WON'T BELIEVE YOUR FRIES!

MASALA FRIES V **	£2.45
Sticky tikka glazed fries with red onion, coriander and yoghurt & mint sauce.	

SWEET TOOTH PUDDINGS

HOT Chocolate Fudge Cake V	£3.75
Rich and gooey. Served cold or warm with vanilla flavour ice cream.	

CHILLED

Praline Chocolate Tart V	£3.95
A rich dark chocolate torte, filled and finished with swirls of coconut milk and praline in a luxury nutty case. Served with vanilla flavour ice cream and chocolate sauce.	
VE When served with vegan ice cream.	

ICE CREAMS

Minty Sundae V	
Vanilla and mint choc chip flavour ice creams, mint AERO® bubbles, chocolate sauce and squirty cream.	
For one £3.95	Two to share £6.95
Banana & Butterscotch Sundae V	
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.	
For one £3.95	Two to share £6.95

Chocolate Indulgence Sundae V	
Chocolate and vanilla flavour ice creams and chocolate sauce, all layered underneath squirty cream, more chocolate sauce, crumbled chocolate pieces and finished with a Cadbury® Flake!	
For one £3.75	Two to share £6.75

Simply Delicious V	£2.95
Choose any three scoops of our delicious ice creams.	
Ask one of the team for today's choice.	

SUNDAY BEST

All of our Sunday roasts and specials are served with mash, roast potatoes, roasted vegetables and garden peas. Make a Sunday with us one to remember.

Sunday Chicken	£9.45	Sunday Pork Belly	£9.75
A super succulent roasted half chicken drizzled with peppercorn sauce.		Slow-cooked pork belly with an apricot and herb glaze served with gravy.	
Sunday Roast Beef or Turkey/ Sunday Rosemary & Mint Lamb Leg Steak		£8.45	

Terms and Conditions:
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. We regret we cannot guarantee that any of our products are free from nuts or nut derivatives. 1oz = 28.3g. All weights are approximate prior to cooking. **V** Suitable for vegetarians or vegetarian option available. **V*** We cannot guarantee that some vegetarian items have been cooked in dedicated vegetarian fryers. **VE** Suitable for vegans or vegan option available. Please ask a member of the team for more information.

Food Information: 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

Lighter Options - Under 500/600 cal: Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces added by the customer. Portion sizes may vary slightly from those upon which the calorie calculations have been based, therefore values may not be identical or exact.

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