

NON-GLUTEN CONTAINING INGREDIENTS

# NGCI

## menu

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 [allergies.marstons.co.uk](http://allergies.marstons.co.uk)

### HOW TO ORDER

1. Note your table number 2. Order your food at the bar 3. Our team will bring your food to your table

## STARTERS

SHARE  
ANY 3 DISHES  
FOR £7.95

**Prawn Cocktail** <sup>400</sup> **£3.50**  
Prawns with tangy seafood sauce and lettuce. Served with Genius™ bread and butter.

**Fish and Chip Shop Bites\*** <sup>400</sup> **£3.75**  
A taste of the chippy in one bite! Fish, peas and potatoes seasoned with salt and vinegar in a crispy cider vinegar batter.

**Soup of the Day** <sup>V</sup> <sup>400</sup> **£2.45**  
Ask for today's flavour. Served with Genius™ bread and butter.

**Mexican Nachos** <sup>V</sup> <sup>300</sup> **£3.50**  
Loaded with melted Cheddar cheese, guacamole, salsa, soured cream and jalapeños.

- <sup>V</sup> Suitable for Vegetarians or Vegetarian option available.
- <sup>VE</sup> Suitable for Vegans and Vegetarians or Vegan and Vegetarian option available.
- <sup>300</sup> <sup>400</sup> <sup>600</sup> <sup>700</sup> Under 300, 400, 600, 700 calories.
- <sup>V</sup> <sup>VE</sup> We cannot guarantee that our vegetarian/vegan ingredients have been cooked in dedicated fryers.
- MEGA** Mega-size meals.

\*Ask if we have a dedicated NGCI fryer.

## PUB CLASSICS

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** **£6.85**  
Roasted chicken breast marinated in Cajun spices, with chips\* and a side salad.  
<sup>400</sup> When served without the chips and with a larger salad.

**Chicken and Bacon Salad** <sup>400</sup> **£6.45**  
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** **£4.45**  
Two pork sausages, a rasher of bacon, two fried eggs, half a grilled tomato, baked beans and chips\*.

**MEGA All Day Breakfast** **£6.45**  
Four pork sausages, two rashers of bacon, two fried eggs, half a grilled tomato, baked beans and chips\*.

**Mac 'n' Cheese** <sup>V</sup> **£7.20**  
Macaroni pasta in a rich and creamy Cheddar cheese sauce. Served with a large side salad.

**MEAT WITH YOUR MAC! ADD SLICES OF CHICKEN BREAST OR BACON FOR** **£1 EACH**

**BBQ Pulled Pork Hash** <sup>THREE PLY</sup> <sup>600</sup> **£8.20**  
Roasted sweet potato hash with slow cooked shredded pork, red pepper and onion in a sweet and smoky BBQ sauce, topped with a fried egg. Served with a side salad.

**Cheese and Potato Pie** <sup>V\*</sup> **£7.10**  
Chunky potatoes, caramelised white onions and garlic in a creamy chive and Cheddar sauce, in a cheese and spring onion pastry case. With chips\*, garden peas and gravy.

← DOUBLE THE MEAT, WHAT A TREAT.

## GRILLS

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.

**MEGA Gammon Steak** **£8.65**  
Two 8oz gammon steaks topped with a choice of a fried egg or pineapple, with garden peas.

**Mixed Grill** **£9.05**  
Half a chicken breast, 4oz rump steak, 4oz gammon steak, a pork sausage, fried eggs and half a grilled tomato.

**MEGA Mixed Grill** **£13.05**  
A chicken breast, 8oz rump steak, 8oz gammon steak, two pork sausages, fried eggs and half a grilled tomato.

UPGRADE  
TO SWEET  
POTATO FRIES <sup>VE\*</sup>  
FOR  
**£1**

## 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** **£7.70**  
**10oz Rib Eye Steak** **£10.90**

*Skinny Steak*  
UNDER 600 CALORIES

Go skinny - ditch the chips and peas for a side salad

**Skinny Sirloin** <sup>600</sup> **£8.90**  
**Skinny Rump** <sup>600</sup> **£7.70**

## TOP IT OFF

**Sautéed Mushrooms** <sup>VE</sup> **£1.30**  
**Peppercorn Sauce** **£1.00**  
**Mac 'n' Cheese** <sup>V</sup> **£1.50**

## SIDES

**Salad Bowl** <sup>VE</sup> **£1.55**  
**Genius™ Bread and Butter** <sup>V</sup> **90p**

### SOLO OR SHARE?

**Cheesy Chips** <sup>V\*</sup>  
**SOLO: £2.35 | SHARE: £3.70**

**Chips or Fries** <sup>VE\*</sup>  
**SOLO: £1.85 | SHARE: £3.20**

**Sweet Potato Fries** <sup>VE\*</sup>  
**SOLO: £2.85 | SHARE: £5.20**

TO SHARE OR NOT TO SHARE THAT IS THE QUESTION! →

# CURRIES

Served with rice, mango chutney and double poppadoms.

- |  |              |   |              |
|--|--------------|---|--------------|
| <b>Chicken Tikka Masala</b> 🍗  | <b>£6.30</b> | <b>Butter Chicken</b> 🍗   | <b>£6.30</b> |
| Spiced tomato and onion flavoured sauce with a hint of coriander.          |              | A creamy and buttery aromatic Indian chicken curry with green chillies, turmeric, tomatoes, coriander, garlic, ginger and curry leaves. |              |
| <b>Vegetable Jalfrezi</b> 🌱 🍴  | <b>£6.30</b> | <b>Chicken Balti</b> 🍗 🍴  | <b>£6.30</b> |
| Roasted potatoes, red onion and red and green peppers in a Jalfrezi sauce. |              | A medium-spiced onion and tomato curry sauce, flavoured with fenugreek leaves and coriander.  |              |
| <b>VE</b> When served without the poppadoms.                               |              |   |              |
| <b>Beef Madras</b> 🍖 🍴 🍴   | <b>£6.30</b> |   |              |
| A fiery tomato-based sauce, flavoured with coconut and aromatic spices.    |              |   |              |



# LIGHT Bites

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

## Skinny Burgers 🍷

UNDER 600 CALORIES

Skinny Burgers served without the bun and chips, with a side salad instead.

- |                           |              |
|---------------------------|--------------|
| <b>Beef Burger</b> 🍷      | <b>£5.55</b> |
| <b>Roadhouse Burger</b> 🍷 | <b>£6.55</b> |

# SUNDAES & DESSERTS

- |   |              |
|---|--------------|
| <b>Minty Sundae</b> 🍷   | <b>£3.25</b> |
| Vanilla and mint choc chip flavour ice creams, mint <b>Aero</b> ® bubbles, chocolate sauce and cream. |              |
| <b>Chocolate Indulgence</b> 🍷   | <b>£3.25</b> |
| Chocolate and vanilla flavour ice creams with cream, chocolate sauce and Cadbury® Flakes.             |              |
| <b>MEGA Minty Sundae</b> 🍷  | <b>£8.95</b> |
| Thrice as nice as the single sundae!  |              |

WILL THAT BE TWO SPOONS OR THREE?

- |   |              |
|---|--------------|
| <b>Chocolate Fudge Cake</b> 🍷   | <b>£2.95</b> |
| Goopy and chocolatey, served hot or cold with vanilla chocolatey ice cream. |              |

## MEGA Minty Sundae



All food is prepared in a kitchen 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 [allergies.marstons.co.uk](http://allergies.marstons.co.uk). 🍷 Suitable for Vegetarians or Vegetarian option available. 🍴 Suitable for Vegans and Vegetarians or Vegan and Vegetarian option available. 🍴 🍴 We cannot guarantee that our vegetarian/vegan ingredients have been cooked in dedicated fryers. \*Ask if we have a dedicated NGCI fryer. 🍷 🍷 🍷 🍷 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. 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.