

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 £8.95

**Prawn Cocktail** <sup>400</sup> **£3.70**  
Prawns with tangy seafood sauce and lettuce. Served with Genius™ bread and butter.

**Fish and Chip Shop Bites\*** <sup>400</sup> **£3.95**  
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> **£2.65**  
Ask for today's flavour. Served with Genius™ bread and butter.

**Mexican Nachos** <sup>V</sup> <sup>300</sup> **£3.60**  
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** **£7.20**  
Roasted chicken breast topped with bacon, BBQ sauce and melted Cheddar cheese, with chips\* and a side salad.

**Deep South** **£6.95**  
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> **£6.75**  
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** **£4.60**  
Two pork sausages, a rasher of bacon, two fried eggs, half a grilled tomato, baked beans and chips\*.

**MEGA All Day Breakfast** **£6.60**  
Four pork sausages, two rashers of bacon, two fried eggs, half a grilled tomato, baked beans and chips\*.

**Mac 'n' Cheese** <sup>V</sup> **£7.35**  
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 FIVE</sup> <sup>600</sup> **£8.35**  
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> **£7.25**  
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** **£6.75**  
An 8oz gammon steak topped with a choice of a fried egg or pineapple, with garden peas.

**MEGA Gammon Steak** **£8.75**  
Two 8oz gammon steaks topped with a choice of a fried egg or pineapple, with garden peas.

**Mixed Grill** **£9.30**  
Half a chicken breast, 4oz rump steak, 4oz gammon steak, a pork sausage, fried eggs and half a grilled tomato.

**MEGA Mixed Grill** **£13.30**  
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** **£9.10**  
**8oz Rump Steak** **£7.90**  
**10oz Rib Eye Steak** **£11.10**

*Skinny Steak*  
UNDER 600 CALORIES

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

**Skinny Sirloin** <sup>600</sup> **£9.10**  
**Skinny Rump** <sup>600</sup> **£7.90**

## TOP IT OFF

**Sautéed Mushrooms** <sup>VE</sup> **£1.40**  
**Peppercorn Sauce** **£1.00**  
**Mac 'n' Cheese** <sup>V</sup> **£1.50**

## SIDES

**Salad Bowl** <sup>VE</sup> **£1.65**  
**Genius™ Bread and Butter** <sup>V</sup> **90p**

### SOLO OR SHARE?

**Cheesy Chips** <sup>V\*</sup>  
**SOLO: £2.50 | SHARE: £4.00**

**Chips or Fries** <sup>VE\*</sup>  
**SOLO: £2.00 | SHARE: £3.50**

**Sweet Potato Fries** <sup>VE\*</sup>  
**SOLO: £3.00 | SHARE: £5.50**

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

# CURRIES

Served with rice, mango chutney and double poppadoms.

## Chicken Tikka Masala


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

£6.45

## Vegetable Jalfrezi

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

£6.45

 When served without the poppadoms.

## Beef Madras

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

£6.45

## Butter Chicken

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

£6.45

## Chicken Balti

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

£6.45



Butter Chicken

ADD  
POPPADOMS  
AND DIP   
FOR £1

# LIGHT Bites

## Ham and Eggs

Slices of honey roast ham with fried eggs and chips\*.

£3.95

## Hunter's Chicken

Half a chicken breast topped with bacon and loaded with BBQ sauce and melted Cheddar cheese, with chips\* and a salad garnish.

£4.55

## 4oz Gammon Steak

Topped with a fried egg or pineapple, with chips\* and garden peas.

£3.95

## Skinny Burgers

UNDER 600 CALORIES

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

## Beef Burger

£5.75

## Roadhouse Burger

£6.75

# SUNDAES & DESSERTS

## Minty Sundae

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

£3.35

## Chocolate Indulgence

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

£3.35

## MEGA Minty Sundae

Thrice as nice as the single sundae!

£8.95

WILL THAT BE  
TWO SPOONS OR THREE?


## Chocolate Fudge Cake

Goosey and chocolatey, served hot or cold with vanilla chocolatey ice cream.

£3.15

## MEGA Minty Sundae



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