

NON-GLUTEN CONTAINING INGREDIENTS

NGCI menu

LUNCH CLUB

Monday - Saturday 12-3pm

TWO COURSES £4.95

THREE COURSES £5.95

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

Symbols Key **V** Suitable for vegetarians or vegetarian option available. **V** Suitable for vegetarians or vegans or vegetarian or vegan option available. **500** **600** **700** Under 500, 600, 700 calories. **VE** **VE** We cannot guarantee that our vegetarian or vegan ingredients have been cooked in dedicated fryers. Please ask a member of staff for more information.*Ask if we have a dedicated NGCI fryer.

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

- Prawn Cocktail** **400** £3.35
Prawns with tangy seafood sauce and lettuce. Served with Genius™ bread and butter.
- Soup of the Day** **V** **400** £2.45
Ask for today's flavour. Served with Genius™ bread and butter.
- Mexican Nachos** **V** **300** £3.40
Loaded with melted Cheddar cheese, guacamole, salsa, soured cream and jalapeños.

MAINS

- Ham and Eggs** **700** £3.75
Slices of honey roast ham with fried eggs and chips*.
- Hunter's Chicken** **600** £4.25
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** **600** £3.75
Topped with a fried egg or pineapple, with chips* and garden peas.

DESSERTS

- Chocolate Fudge Cake** **V** £2.95
Goosey and chocolatey, served warm or cold with vanilla flavour ice cream.
- Vanilla Flavour Ice Cream** **V** £2.00
Simply three scoops of vanilla flavour ice cream.

ADD A DRINK TO YOUR MEAL DEAL!

- £1** J20, Decante Still or Sparkling Water, 14oz lemonade, Pepsi Max, Tango Orange or Fruit Shoot.
- £1.50** Foster's, Strongbow or any draught ale, Sol, 175ml glass of house wine, Gordon's gin and tonic (25ml spirit and 200ml mixer).
- £2** A pint of Guinness, Stella 4.8%, Bulmers Original, Smirnoff Ice, WKD or a 250ml glass of house wine.

One drink per deal. Must be purchased as part of the 2 or 3 course Lunch Club

ADD AN EXTRA TOASTIE FILLING FOR 50p

THE SNACK SHACK

Don't fancy a meal? Have any of our dishes below, available until 5pm. Dishes below are not applicable in the Lunch Club deal.

TOASTIES TWO FILLINGS ONLY £3.75

Served with chips* or French fries* and a salad garnish.

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

SARNIES

Served with chips* or French fries*.

- Cheddar Cheese and Red Onion** **V** £3.85
- Chicken and Bacon Club** £4.65
- Chip Buttie** **V*** £2.65

JACKET SPUDS

Served with a salad garnish.

- Cheddar Cheese and Baked Beans** **V** **700** £3.65
- Tuna Mayonnaise** **600** £3.65
- Baked Beans** **VE** **500** £3.15

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