

# NON-GLUTEN CONTAINING INGREDIENTS MENU

The dishes 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 your food and drinks. Full allergen information is available at [birch.marstons.co.uk](http://birch.marstons.co.uk)

## HOW TO ORDER:

- (1) Grab a seat and make a note of your table number.
- (2) Order your food and drinks at the bar.
- (3) One of the team will bring your cutlery, sauces and food to your table.

## FOOD INFORMATION:

(V) Suitable for vegetarians or vegetarian option available.

(V) Suitable for vegetarians and vegans or vegan option available.

(V\*) (V\*) We cannot guarantee that the 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.



Under 300, 400 or 600 calories.

## STARTERS & SHARERS


ANY 3 DISHES FOR £9.50

**UNDER 300** Soup of the Day (V) £2.20  
Served with Genius™ bread and butter. .

**UNDER 400** Prawn Cocktail £3.70  
Served with Genius™ bread and butter.

**UNDER 600** Mexican Nachos (V) £3.60  
Crunchy tortilla chips with melted Cheddar cheese, guacamole, salsa, soured cream and jalapeños.

**ADD:** Pork and beef chilli 🌶️ £1.50

 Buffalo Wings 🌶️ 🌶️ £3.95  
British Red Tractor Chicken Wings, coated in a kickin' Buffalo sauce.

Crispy Potato Skins^ £4.00  
Filled with cheese and bacon and served with soured cream and a salad garnish.  
(V\*) When served without the bacon.



Chicken Buffalo Wings

## SIDES

Chips^ (V\*) £2.05

House Salad (V) £1.60

Cheesy Chips^ (V\*)  
Side: £2.60  
To share: £4.10

## PUB CLASSICS

WE HAVE SUGGESTED OUR FAVOURITE ACCOMPANIMENTS FOR OUR DISHES, BUT IF YOU'D PREFER SOMETHING ELSE JUST ASK.

Brunch £4.80  
Double helpings of sausage with bacon, two free-range fried eggs, baked beans and half a grilled tomato, served with chips^.

**60 XL** Add extra sausages, bacon and egg £2.00

Cajun Chicken £6.75  
Roasted chicken breast marinated in Cajun spices, served with chips and a side salad.

**UNDER 400** When served without the chips and with a large side salad.

Hunter's Chicken £6.65  
A chicken breast topped with bacon, **Heinz** BBQ sauce and melted Cheddar cheese, served with chips^ and a side salad.

Chicken Tikka Masala 🌶️ £6.15

Chunks of chicken in a mildly spiced tomato and onion curry, flavoured with coriander. Served with rice or chips, a poppadum and mango chutney.

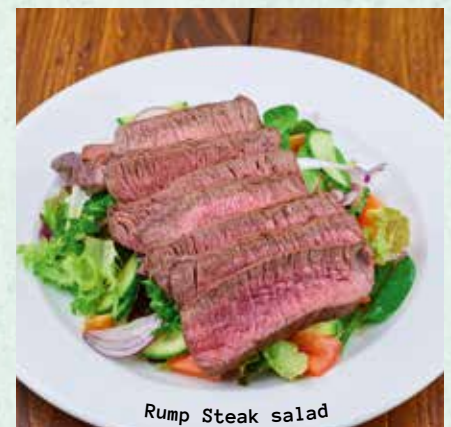
**BEST OF BOTH** Rice and chips^ (V\*) for an extra £1

## SALADS

Our salads are made of mixed leaves, chunks of chopped tomato, cucumber and red onion, drizzled with extra virgin olive oil.  
Top your salad with either:

**UNDER 400** Chicken and Bacon £6.45

**UNDER 600** 8oz Rump Steak £7.55  
Grilled to your liking!



Rump Steak salad

## GRILLS

### Melt Stack £9.35

A 10oz gammon steak topped with **Heinz** BBQ sauce and melted Cheddar cheese, stacked with a chicken breast and topped with even more **Heinz** BBQ sauce and Cheddar cheese. Served with chips<sup>^</sup> and garden peas.



Melt Stack

### GRILL TOPPERS

Peppercorn Sauce £1.00

Pulled Pork and Beef Chilli 🍴 £1.50

Cheddar Cheese and **Heinz** BBQ Sauce (V) £1.00

### Gammon Steak £6.75

A 10oz gammon steak topped with a free-range fried egg or pineapple ring, served with chips<sup>^</sup> and garden peas.

60 XL

DOUBLE THE MEAT £3.00

### Mixed Grill £8.55

Half a chicken breast, 4oz rump steak, 5oz gammon steak, sausage, free-range fried egg, half a grilled tomato and chips<sup>^</sup>.

60 XL

DOUBLE THE MEAT £3.00

## STEAKS

COOKED TO YOUR LIKING AND SERVED WITH HALF A GRILLED TOMATO, GARDEN PEAS AND CHIPS<sup>^</sup>.

8oz Rump Steak £7.55

8oz Sirloin Steak £8.55

### LIGHTEN THE LOAD

UNDER 600

GO SKINNY AND DITCH THE CHIPS AND PEAS FOR A SALAD.

8oz Rump Steak £7.55

8oz Sirloin Steak £8.55

## PUDDINGS

### Chocolate Indulgence Sundae (V) £3.55

Chocolate and vanilla flavoured ice creams topped with cream and chocolate sauce, finished with Cadbury<sup>®</sup> Flakes.

### Bramley Apple Pie (V) £2.50

A slice of good old pie, served warm with custard.  
(V) When served with vegan vanilla flavoured ice cream.

### Chocolate Fudge Cake (V) £3.35

Rich, delicious chocolate cake served warm or cold. Served with vanilla flavoured ice cream.

### Ice Cream Sundae (V) £3.45

Vanilla flavoured ice cream topped with cream and a Cadbury<sup>®</sup> Flake and your choice of sauce; chocolate, strawberry or toffee fudge.




Allergy advice – All of our food is prepared in a kitchen where nuts, gluten and other allergens could be present and our menu descriptions do not include all ingredients. If you have food allergy or intolerance, please let us know before ordering. Full allergen information is available at the bar or visit [birch.marstons.co.uk](http://birch.marstons.co.uk)

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   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. We regret we cannot guarantee that any of our dishes are free from nuts or nut derivatives. Dishes with chicken or fish may contain bones. \*We only select fish from sustainable sources; please ask when ordering for today's fish. †Our scampi is made from more than one tail of Langoustine caught in UK waters. 1oz = 28.3g. All weights are approximate prior to cooking. Photography is for illustrative purposes only. Offers cannot be used in conjunction with any other promotion. Cadbury is a registered trademark of Mondeléz International.