


# 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 & DRINKS. \*\*ASK IF WE HAVE A DEDICATED CHIP FRYER FOR NGCI DISHES. PLEASE VISIT ALLERGYINFO.MARSTONS.CO.UK FOR FULL ALLERGEN INFORMATION

## STARTERS & SHARERS

### SOUP OF THE DAY (V) £3.45

Please ask for today's choice. Served with Genius™ bread & butter.  option available without butter.

### CHEESY NACHOS (V) FOR ONE £3.95 TO SHARE £6.25

Tortilla chips with cool salsa, topped with melted Cheddar cheese & jalapeños. Served with guacamole & sour cream.

ADD PULLED CHIPOTLE CHICKEN OR CHILLI FOR £1.25

### PRAWN COCKTAIL £3.95

Served with Genius™ bread & butter.

### BUFFALO CHICKEN WINGS £4.25

Smoky chicken wings smothered in a sweet & spicy Buffalo sauce and grilled to intensify the flavour. Served with a blue cheese dressing.

## SANDWICHES OR SOMETHING LIGHTER

SERVED ON GENIUS™ BREAD WITH A LIGHTER PORTION OF CHIPS\*\* & A MIXED LEAF GARNISH.

### CHICKEN & BACON £5.95

Chicken breast, topped with bacon, tomato, rocket & mayonnaise.

### BRIE, TOMATO & ROCKET (V)\* £5.75

Oozing Brie, tomato & rocket with mayonnaise.

### STEAK £5.95

Slices of rump steak, topped with horseradish mayonnaise & rocket.

## SALADS

UNDER 100 CALORIES

THE USUAL SUSPECTS ARE ALL HERE... MIXED LEAVES, RED ONION, TOMATO, CUCUMBER, GRATED CARROT & A DRIZZLE OF OLIVE OIL & BALSAMIC VINEGAR... THEN THE REST IS UP TO YOU!

SIMPLY SELECT YOUR TASTY TOPPER, THEN ADD YOUR SUMPTUOUS SIDE FOR FREE!

### FIRST, CHOOSE YOUR TASTY TOPPER

UNDER 300 CALORIES

#### RUMP STEAK

With blue cheese sauce.

£8.45

UNDER 350 CALORIES

#### HALLOUMI & GRILLED RED PEPPER (V)

£7.45

UNDER 300 CALORIES

#### GARLIC & HERB COD LOIN

£7.95

UNDER 500 CALORIES

UPGRADE TO SALMON FOR £1.50

UNDER 300 CALORIES

#### GRILLED CHICKEN & BACON

£7.45

#### LAMB & MINT KOFTA BITES

With yoghurt & mint sauce.

£7.95

### THEN, PICK A SUMPTUOUS SIDE FOR FREE

UNDER 350 CALORIES

#### LIME & CORIANDER RICE

UNDER 300 CALORIES

#### GARLIC & HERB BABY POTATOES

UNDER 150 CALORIES

#### COLESLAW (V)

NAKED - NO ACCOMPANIMENT 


## PUB CLASSICS

SWAP YOUR PLAIN RICE  FOR HARISSA   
OR LIME & CORIANDER  INFUSED RICE

### CHICKEN TIKKA MASALA £7.25

Chicken breast in a mild tikka masala sauce. Served with rice, a poppadum\*\*, mango chutney & your choice of an extra poppadum\*\* or chips\*\*.

### BABY AUBERGINE, CAULIFLOWER & COCONUT CURRY (V) £7.45

Roasted baby aubergine & red pepper with tender cauliflower in a traditional Burmese style coconut curry sauce flavoured with garlic, ginger, lemongrass & black sesame seeds. Served with rice, a poppadum\*\*, mango chutney & your choice of an extra poppadum\*\* or chips\*\*.  option available.

## BURGERS

SIZZLING FROM THE GRILL OUR BURGERS ARE SERVED WITH CHIPS\*\* & COLESLAW... JUST MINUS THE BUN!

### PLAIN & SIMPLE BEEF BURGER £5.95

Served with a salsa dip.

### THE COWBOY £6.95

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

### TENNESSEE CHICKEN BURGER £7.45

Grilled chicken breast topped with Bull's-Eye Tennessee whiskey BBQ sauce, bacon & Monterey Jack cheese.


#### ADD MORE TASTY TOPPINGS

Monterey Jack cheese (V)	75p	Grilled flat mushroom 	75p
Bacon	75p	Stilton cheese (V)	75p
Free-range fried egg (V)	50p	Jalapeños 	75p
Fried onions 	75p	Cheddar cheese (V)	50p

# HOT OFF THE GRILL

ALL OF OUR BEEF STEAKS ARE SERVED WITH CHIPS\*\*, GRILLED TOMATO, MUSHROOM & PEAS.

8oz SIRLOIN STEAK	£11.45
10oz RUMP STEAK	£10.45
8oz FILLET STEAK	£17.95
12oz RIBEYE	£13.45
14oz T-BONE	£14.95
20oz MIXED GRILL	£12.95
5oz rump steak, 5oz gammon steak, pork steak, lamb chop & a sausage.	
10oz GAMMON STEAK	£8.25
Served with chips**, grilled pineapple, a free range fried egg & peas.	

<b>STICKY BOURBON SALMON</b> 	£9.95
Grilled supreme of salmon topped with Bull's-Eye Tennessee whiskey BBQ sauce, served with long grain rice, Tenderstem® broccoli & carrots.	

<b>COD &amp; CRISPY BACON RAREBIT</b>	£9.95
Grilled cod loin smothered in a smoky Stilton & mature Cheddar cheese sauce and finished under the grill and topped with crispy bacon. Served with garlic & herb baby potatoes, Tenderstem® broccoli & carrots.	

## TOP OFF YOUR GRILL

<b>THE GRILL COMBO (V)</b>	£2.50
Corn on the cob, grilled flat mushroom & coleslaw.	
<b>STILTON CHEESE (V)</b>	75P
<b>PEPPERCORN SAUCE</b>	£1.60
<b>ROQUEFORT SAUCE</b>	£1.60
<b>SMOKY CHEESE SAUCE (V)</b>	£1.60

MAKE IT IRRESISTIBLY JUICY... WITH A STEAK TOPPER FOR JUST £1.50 EXTRA





<b>BLACK &amp; BLUE (V)</b>	<b>MONTREAL</b>
Mushrooms & Stilton Cheese.	Brie & bacon.
<b>ROUTE 66</b> 	<b>CHILLI CHEESE</b>
Red onion, mushrooms & peppers.	British minced beef & flaked salt beef chilli & Monterey Jack.



<b>MEGA MIXED GRILL 30oz</b>	£16.95
A 5oz rump steak, 10oz gammon, two sausages, beef burger, pork steak, lamb chop & two free-range fried eggs. Served with chips**, grilled tomato, mushroom & peas.	
<b>16oz HORSESHOE GAMMON STEAK</b>	£11.45
Served with chips**, two grilled pineapple rings, two free-range fried eggs & peas.	

**MORE CHIPS** Upgrade to 1lb of chips\*\* for £1.00

## SIDES

<b>SLOPPY JOE CHIPS**</b>	£4.25
Topped with British minced beef & flaked salt beef chilli & Monterey Jack cheese.	
<b>CHIPS**</b> 	£2.75
<b>HOUSE SALAD</b> 	£2.00
<b>GENIUS™ BREAD &amp; BUTTER (V)</b>	£1.45
<b>CHEDDAR MASH (V)</b>	£2.00
<b>GARLIC TENDERSTEM® BROCCOLI</b> 	£2.25
<b>GARLIC &amp; HERB BABY POTATOES</b> 	£1.25


## SUNDAY BEST

ALL OF OUR SUNDAY ROASTS ARE SERVED WITH MASHED POTATOES, ROAST POTATOES, CARROTS, PEAS & BRAISED RED CABBAGE. MAKE A SUNDAY WITH US ONE TO REMEMBER.

<b>SUNDAY CHICKEN</b>	£9.95
A super succulent roasted half chicken drizzled with peppercorn sauce.	
<b>SUNDAY PORK BELLY</b>	£10.25
Slow-cooked pork belly with an apricot & herb glaze served with gravy.	
<b>SUNDAY ROAST BEEF OR TURKEY</b>	£8.95



## DESSERTS

<b>PRALINE CHOCOLATE TART (V)</b>	£3.95
A rich dark chocolate torte, filled & finished with swirls of coconut milk & praline in a luxury nutty case. Served with vanilla flavoured ice cream & chocolate sauce.  option available.	

<b>SIMPLY DELICIOUS (V)</b>	£2.95
Choose any three scoops of our delicious ice creams. Ask one of the team for today's choice.  option available.	

<b>CHOCOLATE FUDGE CAKE (V)</b>	£3.95
Rich & gooey. Served warm or cold with vanilla flavoured ice cream.	

<b>CHOCOLATE INDULGENCE SUNDAE (V)</b>	<b>FOR ONE £3.95 TO SHARE £6.95</b>
Chocolate & vanilla flavoured ice creams & chocolate sauce, all layered beneath squirty cream, more chocolate sauce, crumbled chocolate pieces and finished with a Cadbury® Flake!	

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.  Suitable for vegans or vegan option available. Lighter Options - Under 150/300/350/500 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. Please ask a member of the team for more information. \*\*Please ask if we have a dedicated chip fryer for NGCI dishes. 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](http://www.marstons.co.uk) Cadbury® is a registered trademark of Mondelez International.