

VEGAN Menu



ALL MAIN MEALS ARE 2 FOR 1. YOU GET THE LOWEST PRICED MEAL FOR FREE!

IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE SPEAK TO A MEMBER OF THE TEAM BEFORE YOU ORDER YOUR FOOD AND DRINK. ALL DISHES AND DRINKS FEATURED ON THIS MENU ARE SUITABLE FOR VEGANS. PLEASE VISIT 241.MARSTONS.CO.UK FOR FULL ALLERGEN INFORMATION.

STARTERS & Sharers

- COUNTRY VEGETABLE SOUP** ^{VE} £3.45
Served with rustic bread.
- BUFFALO CAULIFLOWER WINGS** ^{VE*} £4.25
Florets of cauliflower coated in a smoky BBQ coating served with mixed leaves and a kickin' Buffalo sauce.
- GARLIC BREAD** ^{VE} £2.25
- VEGAN MOZZARELLA STYLE CHEESE GARLIC BREAD** ^{VE} £2.95
- ONION RINGS TO SHARE** ^{VE*} £3.75
Beer battered onion rings. Served with BBQ sauce.



SIDES

- CHIPS** ^{VE*} £2.00
- GARLIC BREAD** ^{VE} £2.25
- HOUSE SALAD** ^{VE} £2.00
- GARLIC AND HERB BABY POTATOES** ^{VE} £2.50

PUB Legends ^{I'M IN 2 for 1}

- BUFFALO CAULIFLOWER TACOS** ^{VE*} £11.95
Soft flour tortillas topped with BBQ cauliflower florets, sweet chilli coleslaw, shredded little gem lettuce and kickin' Buffalo sauce. Served with lime and coriander rice and corn on the cob.
- BABY AUBERGINE, CAULIFLOWER AND COCONUT CURRY** ^{VE} £12.95
Roasted baby aubergine and red pepper with tender cauliflower in a traditional Burmese style coconut curry sauce, flavoured with garlic, ginger, lemongrass and black sesame seeds. Served with rice and a side salad.
- BUTTON MUSHROOM BOURGUIGNON PIE** ^{VE*} £11.95
Herbed flecked vegan suet pastry with a rich chunky button mushroom, shallot and red wine filling topped with a flaky puff pastry. Served with chips and peas.

BURGERS ^{GO XL} ^{I'M IN 2 for 1} GO ON, ADD ANOTHER BURGER

- MOVING MOUNTAINS® BURGER** ^{VE*} £12.95
GO XL £14.95
All leaf no beef! The famous meat-like burger... made with plant protein, mushrooms, coconut oil and beetroot, herbs and spices. Topped with BBQ jackfruit and served with chips and sweet chilli coleslaw.
- MUSHROOM AND SOYA BURGER** ^{VE*} £12.00
GO XL £14.50
Grilled soya burger topped with a grilled flat mushroom, cool salsa and rocket. Served with chips and sweet chilli coleslaw.

ADD MORE TASTY TOPPINGS TO ANY OF OUR BURGERS...

- JALAPEÑOS** ^{VE} 75P
- FRIED ONIONS** ^{VE} 75P
- GRILLED FLAT MUSHROOM** ^{VE} 75P
- SWEET CHILLI COLESLAW** ^{VE} £1.40
- VEGAN MOZZARELLA STYLE CHEESE** ^{VE} 50P

Salad ^{I'M IN 2 for 1}

- BUFFALO CAULIFLOWER SALAD** ^{VE*} ⁶⁰⁰ £11.45
Buffalo cauliflower wings in a kickin' Buffalo sauce with mixed leaves, red onion, tomato, cucumber, grated carrot, crispy onion bits and a drizzle of olive oil and balsamic vinegar.

CHOOSE YOUR SIDE

- LIME AND CORIANDER RICE** ^{VE} ⁶⁰⁰
- GARLIC AND HERB BABY POTATOES** ^{VE} ⁶⁰⁰
- GARLIC BREAD** ^{VE} ⁶⁰⁰

Being Really Good?

CHOOSE A COMBINATION ALL WITH THIS SYMBOL ⁶⁰⁰ TO KEEP YOUR WHOLE SALAD UNDER 700 CALORIES.

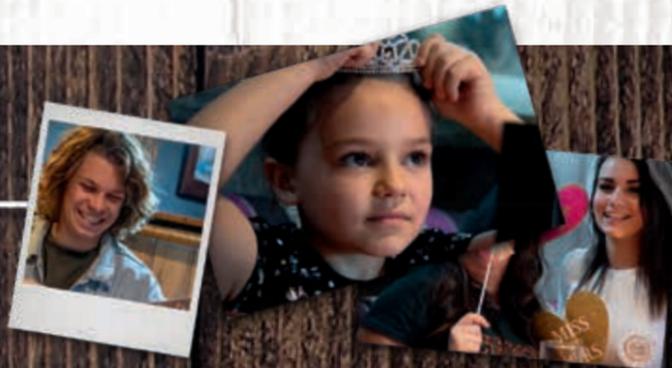


DESSERTS



- SIMPLY ICE CREAM** ^{VE} £2.95
Three scoops of our vegan vanilla flavoured ice cream.
- PRALINE CHOCOLATE TART** ^{VE} £3.95
A rich dark chocolate torte, filled and finished with swirls of coconut milk and praline in a luxury nutty case. Served with vegan vanilla flavoured ice cream and chocolate sauce.

- RHUBARB AND GINGER PUDDING** ^{VE} £4.50
Cookie crumb layered with chunks of rhubarb and topped with a gingerbread sponge, served warm with vegan vanilla flavoured ice cream.



NGCI

Menu

Starters & SHARER

CHEESY NACHOS (V)	£4.00
Tortilla chips, cool salsa, melted Cheddar cheese and jalapeños. Served with guacamole and sour cream dips.	
CHEESY NACHOS TO SHARE	£6.00
A large plate of tortilla chips covered with melted Cheddar cheese, topped with cool salsa, sour cream, guacamole and jalapeños.	
ADD PULLED CHIPOTLE CHICKEN FOR £1.50 EXTRA	
PRAWN COCKTAIL	£4.25
Prawns with a tangy seafood sauce, served with Genius™ bread and butter.	
CRISPY POTATO SKINS (V)*	
Served with a blue cheese dip.	
<i>Top with</i>	
CHEESE AND BACON**	£4.25
CHEESE AND BEANS (V)**	£3.95

SALADS



THE USUAL SUSPECTS ARE ALL HERE... MIXED LEAVES, RED ONION, TOMATO, CUCUMBER, GRATED CARROT AND A DRIZZLE OF OLIVE OIL AND BALSAMIC VINEGAR... THEN THE REST IS UP TO YOU! SIMPLY SELECT YOUR TASTY TOPPER, THEN ADD YOUR SUMPTUOUS SIDE FOR FREE!

Being Really Good?

CHOOSE A COMBINATION ALL WITH THIS SYMBOL **600** TO KEEP YOUR WHOLE SALAD UNDER 600 CALORIES.

FIRST, CHOOSE YOUR TASTY TOPPER

10oz RUMP STEAK 600	£12.45
GRILLED HALLOUMI AND RED PEPPER (V) 600	£11.45
GARLIC AND HERB COD LOIN	£12.45
UPGRADE TO SALMON	£1.50
CHICKEN AND BACON	£11.45
LAMB AND MINT KOFTA BITES	£11.95
With yoghurt and mint sauce.	
THEN, PICK A SUMPTUOUS SIDE FOR Free	
LIME AND CORIANDER RICE VE 600	
GARLIC AND HERB BABY POTATOES VE 600	
COLESLAW (V) 600	

BANG-ON-BURGERS

all minus the bun!

PLAIN AND SIMPLE BEEF BURGER	£10.50
Served with chips**, coleslaw and a salsa dip.	
UNDER 500 CALORIES SWAP YOUR CHIPS FOR SALAD!	
BLACK AND BLUE BURGER	£12.00
A beef burger topped with grilled flat mushroom and melting Stilton cheese. Served with chips** and coleslaw.	
THE COWBOY CLASSIC BURGER	£11.50
A beef burger with bacon and Monterey Jack cheese, served with chips**, coleslaw and a salsa dip.	
BACON AND BRIE BURGER	£12.25
A beef burger topped with delicious melted Brie, bacon and caramelised red onion chutney. Served with chips** and coleslaw.	

TWO FOR ONE
ON ALL MAIN MEALS

ALL MAIN MEALS ARE 2 FOR 1. YOU GET THE LOWEST PRICED MEAL FOR FREE!

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 AND DRINKS. **ASK IF WE HAVE A DEDICATED CHIP FRYER FOR NGCI DISHES. PLEASE VISIT 241.MARSTONS.CO.UK FOR FULL ALLERGEN INFORMATION.

MEGA MEALS



MEGA MIXED GRILL	£19.25
A 5oz rump steak, 10oz gammon, two sausages, beef burger, half a chicken breast, lamb chop and two free-range fried eggs. Served with half a grilled tomato, chips** and peas.	
16oz HORSESHOE GAMMON STEAK	£14.95
Served with chips**, two grilled pineapple rings, two free-range fried eggs and peas.	
ADD ANY OF THESE TO YOUR GRILL!	
THE GRILL COMBO (V)	£2.50
Corn on the cob, grilled flat mushroom and coleslaw.	
PEPPERCORN SAUCE	£1.50
STILTON CHEESE (V)	£1.50
ROQUEFORT SAUCE	£1.60
SMOKY CHEESE SAUCE (V)	£1.50

GO MEGA 1lb of chips for £1

PUB Legends



SAUSAGES AND MASH	£10.25
Pork sausages on a bed of mashed potato, topped with red onion gravy. Served with garden peas.	
SMOTHERED CHICKEN	£12.25
A roasted chicken breast, bacon and Monterey Jack cheese smothered in Thai sweet chilli sauce. Served with chips**, corn on the cob and coleslaw.	
CHICKEN TIKKA MASALA (V)	£10.95
Chicken breast in a mild tikka masala sauce. Served with rice, a poppadum, mango chutney and your choice of an extra poppadum or chips**.	
ROASTED VEGETABLE JALFREZI (V)	£10.95
Spiced mix of roasted potatoes, red onion and red and green peppers in a jalfrezi sauce. Served with rice, a poppadum, mango chutney and your choice of an extra poppadum or chips**.	
VE VEGAN OPTION AVAILABLE SERVED WITH A MIXED SALAD AND RICE.	
SWAP YOUR PLAIN RICE FOR HARISSA OR LIME AND CORIANDER INFUSED RICE VE FOR 50P.	
COD AND CRISPY RAREBIT	£14.95
Cod loin smothered in a smoky Stilton and mature Cheddar cheese sauce topped with crispy bacon. Served with garlic and herb baby potatoes, peas and carrots.	

The GRILLER



Our beef steaks are aged for **A MINIMUM OF 21 DAYS TO BIG UP THE FLAVOUR!**

8oz SIRLOIN STEAK	£14.75
Garnished with chips**, half a grilled tomato and peas.	
10oz RUMP STEAK	£14.25
Garnished with chips**, half a grilled tomato and peas.	
12oz RIBEYE STEAK	£17.25
Garnished with chips**, half a grilled tomato and peas.	
10oz GAMMON STEAK	£11.95
Grilled and crowned with a free-range fried egg or pineapple ring, chips** and peas.	

ADD AN EXTRA FREE-RANGE FRIED EGG OR PINEAPPLE RING FOR 50P EACH

TEMPT Your Wild Side

CHIPS VE**	£2.00
HOMEMADE POTATO WEDGES VE**	£2.50
HOUSE SALAD VE	£2.00
SAUTÉED MUSHROOMS (V)	£1.85
COLESLAW (V)	£1.40
GENIUS™ BREAD AND BUTTER (V)	£1.50
CORN ON THE COB (V)	£1.50
CHEDDAR MASH (V)	£2.00
SLOPPY JOE CHIPS**	£3.50
Topped with British minced beef and flaked salt beef chilli and Monterey Jack cheese.	
GARLIC AND HERB BABY POTATOES VE	£2.50

SUNDAY Best



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

SUNDAY CHICKEN	£15.95
A super succulent roasted half chicken drizzled with peppercorn sauce.	
SUNDAY PORK BELLY	£15.95
Slow-cooked pork belly with an apricot and herb glaze served with gravy.	
SUNDAY ROAST BEEF	£15.45
SUNDAY ROAST TURKEY	£14.95

Snacks

All served with tortilla chips and a dressed mixed leaf garnish.

CHICKEN AND BACON CLUB	£5.50
Served on toasted Genius™ bread.	
STEAK AND ONION MELT	£5.50
CHICKEN MELT	£5.50
All of our melts are served on Genius™ bread with melted Cheddar cheese.	

Sweet Tooth

DESSERTS

CHOCOLATE FUDGE CAKE (V)	£3.95
Rich and gooey. Served cold or warm with vanilla flavoured ice cream.	
PRALINE CHOCOLATE TART (V)	£3.95
A rich dark chocolate torte, filled and finished with swirls of coconut milk and praline in a luxury nutty case. Served with vanilla flavoured ice cream and chocolate sauce.	
VE Option available	
	FOR ONE TO SHARE
CHOCOLATE INDULGENCE SUNDAE (V)	£3.95 £7.95
Chocolate and vanilla flavoured ice creams and chocolate sauce, all layered underneath squirty cream, more chocolate sauce, crumbled chocolate pieces and finished with a Cadbury® Flake!	
SIMPLY DELICIOUS (V)	£3.25
Choose any three scoops of our delicious ice creams. Ask your server for today's choice.	
VE Option available	

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)/ (VE) We cannot guarantee that some vegetarian items have been cooked in dedicated vegetarian fryers. (VE) Suitable for vegans or vegan option available. Lighter Options - Under 700 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. *1b for £1 of chips is only available on Pub Legends, Griller, Mega Meals and Burger sections of the menu. Food Information: If you are interested to know more about the food on our menu and allergy information, you can now find it at 241.marstons.co.uk. Cadbury® is a registered trademark of Mondelez International.