

# NON-GLUTEN CONTAINING INGREDIENTS 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 staff before you order your food and drinks.^  
Full allergen information is available at the bar or visit [allergyadvice.marstons.co.uk](http://allergyadvice.marstons.co.uk).  
± Ask if we have a dedicated NGCI fryer.

## Starters

### Soup of the Day V £3.95

With Genius™ bread and butter. Ask for today's choice.

### King Prawn Cup £4.25

On crisp mixed leaves with seafood sauce and Genius™ bread and butter.

### Bantry Bay Mussels £5.95

In a white wine sauce flavoured with garlic and cream, finished with chives. Served with Genius™ bread and butter.

## Grazers 3 for £10

### Smothered Potato Wedges ± V\* £3.95

Butler's Secret Cheddar, sour cream, guacamole and tomato salsa, finished with chives.

V\* Vegan option available.

### Hickory BBQ Pulled Pork Nachos 🍌 £3.95

Tortilla chips topped with slow-cooked pulled pork marinated in a hickory BBQ sauce, melted Butler's Secret Cheddar, jalapeños and chives.

### Veggie Lentil Chilli Nachos V £3.95

Tortilla chips topped with lentil, sweet potato and soy protein chilli, flavoured with Mexican spices. With melted Butler's Secret Cheddar, finished with chives.

V Vegan option available.

### Lamb, Rosemary and Balsamic Koftas £4.25

With fresh rocket, drizzled with yogurt and mint.

## Mains

We've suggested our favourite accompaniments, but if you would prefer something else, just ask.

### Hunter's Chicken £8.25

Grilled chicken breast topped with crispy bacon, smoked BBQ sauce and melted Butler's Secret Cheddar. Served with chips± and a dressed side salad.

Light Bite also available £5.75

### Chicken Tikka Masala 🍌 £8.95

Chunks of chicken in a mildly spiced tomato and onion sauce, flavoured with coriander. Served with long grain rice, poppadums± and mango chutney.

ADD extra Poppadums and Dips ± V for £1

### Burmese Coconut Baby Aubergine

#### Curry V 🍌 £8.95

Roasted baby aubergine, red pepper and cauliflower in a coconut curry sauce flavoured with garlic, ginger, lemongrass and black sesame seeds. Served with long grain rice and fresh rocket.

ADD Prawns for £2

### Grilled Salmon & Pepper Skewers £8.75

Served with coriander & lime rice and a dressed side salad, with a sweet chilli dip.



### Veggie Lentil Chilli V 🍌 £8.75

A lentil, sweet potato and soy protein chilli, flavoured with Mexican spices, topped with guacamole and jalapeños. Served with long grain rice and a dressed side salad.

Light Bite also available £5.45



### Piquillo Pepper Paella V £8.25

A classic rice dish made with Piquillo peppers, courgettes and butter beans, flavoured with white wine, smoked paprika and basil and finished with rocket. Served with a dressed side salad.

#### ADD THE FOLLOWING TO YOUR PAELLA

Grilled Chicken Breast £1.50

Chorizo Pinwheel £2

Salmon & Pepper Skewer £1.50

Grilled Halloumi V £1

Sweet Chilli Courgette Ribbons V 95p

UPGRADE YOUR CHIPS± TO SWEET POTATO FRIES± V\* FOR £1

## Salads

We start with mixed leaves, cherry tomatoes, red onion, cucumber, a drizzle of red wine vinegar dressing and some lime and coriander rice. Simply select a main topper, then sit back and enjoy!

Grilled Chicken Breast £8.95

Rump Steak £9.45

Grilled Salmon & Pepper Skewers £9.75

Lamb, Rosemary and Balsamic Koftas £8.95

Grilled Halloumi V £8.95

Sweet Chilli Courgette Ribbons & Grilled Red Pepper V £8.95

#### ADD A LITTLE EXTRA

Crispy Bacon 50p

Grilled Halloumi V £1

Grilled Chicken Breast £1.50

## Grills

UPGRADE YOUR CHIPS<sup>±</sup> TO SWEET POTATO FRIES<sup>±</sup> **V\*** FOR £1

### Sweetcure Gammon Steaks **£9.50**

Two 5oz sweetcure gammon steaks with chips<sup>±</sup>, garden peas, a free-range fried egg and a pineapple ring.



Sweetcure Gammon Steaks

### 10oz Rump Steak **£10.45**

Served with chips<sup>±</sup>, garden peas and half a grilled tomato.



When served only with a large salad and half a grilled tomato.

### 8oz Sirloin Steak **£10.75**

Served with chips<sup>±</sup>, garden peas, and half a grilled tomato.



When served only with a large salad and half a grilled tomato.

### Mixed Grill **£12.95**

Half a chicken breast, 5oz rump, a 5oz sweetcure gammon steak, a pork sausage, and a free-range fried egg. Served with chips<sup>±</sup>, garden peas and half a grilled tomato.

### 10oz 28-Day Aged Rib Eye Steak **£13.25**

Served with chips<sup>±</sup>, garden peas and half a grilled tomato.

### ADD ONE OF THESE TO YOUR GRILL

Salmon & Pepper Skewer **£1.50**

Beef Dripping & Merlot Sauce **£1.60**

Peppercorn Sauce **£1.60**

Sautéed Mushrooms **V £1.95**

Two Free-Range Fried Eggs **V £1**

Chorizo Pinwheel **£2**

## Sides

Sweet Potato Fries<sup>±</sup> **V\*** **£2.95**

Chips<sup>±</sup> **V\*** **£2.45**

Genius™ Bread & Butter **V £1**

Dressed House Salad **V £1.95**

Sautéed Mushrooms **V £1.95**

Homemade Coleslaw **V £1.50**

Seasonal Vegetables **V £1.95**

Sweet Chilli Courgette

Ribbons **V £1.95**

## Desserts

### Chocolate Fudge Cake **V £3.95**

Layers of rich chocolate sponge with sticky chocolate fudge icing, served warm or cold with pouring cream.

### Sticky Toffee Pudding **V £4.25**

Rich toffee and date pudding, smothered in toffee sauce. Served warm with Beechdean™ vanilla pod ice cream.

### New York-Style Cheesecake **V £4.25**

Topped with strawberry sauce and mixed berries, and served with pouring cream.

**V** Vegan option available.

## Sundaes

### Chocolate Indulgence Sundae **V £3.95**

Beechdean™ Belgian chocolate truffle and vanilla pod ice creams, layered with chocolate sauce and finished with cream and chocolate Cadbury® Flakes.

### Berry Citrus Sundae **V £3.95**

Beechdean™ strawberries & cream and vanilla pod ice creams, layered with mixed berries, lemon drizzle sauce and finished with cream.



**V** Vegan option available.

### Minty Sundae **V £3.95**

Beechdean™ mint chocolate chip and vanilla pod ice creams, mint Aero® bubbles, chocolate sauce and finished with cream.



Vegan Berry Citrus Sundae and Minty Sundae

### Build Your Own Ice Cream Sundae **V £3.95**

Choose 3 scoops of Beechdean™ ice cream and a sauce: strawberry, chocolate or toffee fudge. Topped with cream and a Cadbury® Flake.

#### Vanilla Pod

#### Mint Chocolate Chip

#### Belgian Chocolate Truffle

#### Strawberries & Cream

^ \*\* However, as we use other foods containing gluten in our kitchens we cannot declare that any of our dishes are gluten or wheat free. All food is prepared in kitchens where nuts, gluten and other allergens are present and our menu descriptions cannot include all ingredients. We regret we cannot guarantee that any of our dishes are free from nuts or nut derivatives. If you have a food allergy please let us know before ordering. Full allergen information is available at the bar or visit [allergyadvice.marstons.co.uk](http://allergyadvice.marstons.co.uk).

**V** Suitable for vegetarians or vegetarian option available. **V** Suitable for vegetarians and vegans.

**V\* V\*** We cannot guarantee that our vegetarian or vegan dishes have been cooked in dedicated fryers. Please ask a member of staff for more information.



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 1oz equals 28.3g. All weights are approximate prior to cooking. Our fish and chicken dishes may contain bones. Aero® is a Registered Trademark of Société des Produits Nestlé S.A. Cadbury® is a registered trademark of Mondelez International. All images are for illustrative purposes only.