

# -NGCI- MENU

The meals on this menu are made with ingredients that do not contain gluten or wheat. \*Please ask if we have a dedicated NGCI fryer. If you have an allergy or intolerance, please speak to a member of staff before you order your food and drinks.

Full allergen and dietary information is available at

ROTISSERIE.MARSTONS.CO.UK

## CRAFT PLATTERS

ANY 3 FOR £8.95  
5 FOR £13.45

### CHIP SHOP BITES (VE)\*\*

Peas and potatoes in a crispy cider vinegar batter with a mint sauce dip.

### MIXED KEFALONIA OLIVES (VE)

Pitted and coated in a herb oil.

### ROASTED FIGS (V)

Topped with feta cheese and balsamic dressed fresh rocket.

## ROTISSERIE CHICKEN WINGS

With your choice of sauce:

Smoky BBQ (VE)

Red Hot Chilli Pepper  (V) 

Piri Piri (VE) 

## SHARER

### NACHO SHARER FOR TWO (V)

£7.45

Cheddar cheese, guacamole, sour cream, salsa and sliced red jalapeños.

OR MAKE IT FOR ONE

£3.95

## APPETISERS

### TODAY'S SOUP (V)

£3.75

Under 300 Cals  
With Genius™ bread  
and butter.

### KING PRAWN COCKTAIL

£4.25

With Genius™ bread  
and butter.

### BANTRY BAY MUSSELS

£6.25

In white wine sauce  
flavoured with garlic  
and cream, finished  
with parsley.

## ROTISSERIE CHICKEN WINGS

8 FOR £7.25 16 FOR £11.95

Choose your sauce

Piri Piri (VE) 

Smoky BBQ (VE)

Red Hot Chilli Pepper  (V) 

## CREATE YOUR OWN ROTISSERIE EXPERIENCE

### 1. PICK YOUR CHICKEN

#### HALF £9.95

With a choice of sauce  
and two sides

#### WHOLE £13.95

With a choice of sauce  
and two sides

### 2. ADD YOUR SAUCE

Tomato and Rosemary (VE)

Chicken Gravy

Hunter's No.1

*Smoky BBQ sauce,  
crispy bacon and  
melting Cheddar cheese.*

Garlic Mushroom (V)

### 3. ADD YOUR SIDE

Chips (VE)\*\*

Vegetable Mash (VE)

Jacket Potato (V)

Mashed Potatoes (V)

### 4. ADD ANOTHER SIDE

'Slaw (V)

Thai Sweet Chilli 'Slaw (VE) 

Side Salad (VE)

Roasted Veg (VE)

Corn on the Cob (V)

Seasonal Vegetables (VE)

**2** OF YOUR  
5 A DAY

**3** OF YOUR  
5 A DAY

Get a taster of the star of the show, add two fresh Rotisserie wings to any meal **£1.50**

## SALAD

### MEDITERRANEAN SALAD (VE)

£8.95

Mixed leaves, red onion, vine cherry tomato, carrot spirals and a drizzle of extra virgin olive oil topped with roasted vegetables and mixed Kefalonias olives in a herb oil.

ADD CHICKEN

£2.00

FETA CHEESE (V)

£1.50

STEAK

£3.00

# - NGCI MENU -

## STEAK & GRILLS

### 80z RUMP STEAK

Under 550 Cals when served with salad instead of chips. **£10.95**

### 80z SIRLOIN STEAK

Under 600 Cals when served with salad instead of chips. **£12.95**

### 100z BRITISH RIBEYE STEAK

**£15.95**

#### Add a sauce/topper

Peppercorn £1.50

Smoky Cheese Sauce (V) £1.50

UPGRADE TO SWEET POTATO FRIES (VE)\*\* **£1.00**

With chips<sup>1</sup>, a beef tomato wedge, a flat mushroom and fresh peppery rocket, unless otherwise stated.

### MIXED GRILL

4oz rump steak, 5oz sweetcure gammon steak, quarter rotisserie chicken, lamb chop and sausage. **£13.95**

### CHICKEN & STEAK

Half a rotisserie chicken and an 8oz rump steak. **£14.95**

### SWEET CURE GAMMON STEAK

Sweet cure gammon steak, grilled and topped with a fried free-range egg and a grilled pineapple ring. With chips<sup>2</sup> and garden peas. **£9.95**

## PUB FAVOURITES

If you'd like to swap your side or vary your veg, just ask.

### COD AND CRISPY BACON RAREBIT

4 OF YOUR 5 A DAY

**£11.45**

Grilled cod loin topped with crispy bacon smothered in a smoky cheese sauce made with Stilton and mature Cheddar cheese. Served with vegetable mash, garden peas, carrots and broccoli.

### CAMBODIAN STYLE VEGETABLE CURRY (V)

2 OF YOUR 5 A DAY

**£8.95**

Medium spiced, Cambodian style vegetable curry with baby sweetcorn, onions, aubergines, bamboo shoots, cauliflower, soya beans and garlic topped with fat free natural yogurt, fresh pomegranate seeds and fresh coriander. Served with basmati and wild rice and crisp poppadum shards.

(VE) Option available

ADD Rotisserie chicken £2.00

### ROTISSERIE CHICKEN TIKKA MASALA

**£8.95**

Pulled rotisserie chicken in a mildly spiced tomato and onion sauce, flavoured with coriander. Served with rice, poppadums and mango chutney.

### WINTER WARMER

ROTISSERIE CHICKEN **£10.45**

WITH SMOKED APPLEWOOD® MASH 3 OF YOUR 5 A DAY

Rotisserie chicken breast with smoked Applewood® cheese and spring onion mash, caramelised onion chutney gravy and crispy carrot spirals. Served with a side of garden peas, carrots and broccoli.

Created by head chef Jimmy Davison from Pen Y Bont Farm.

## SIDES

CHIPS (VE)\*\* **£1.95**

SWEET POTATO FRIES (VE)\*\* **£2.95**

### LOADED CHIPS\*

- Cheese and Bacon **£3.45**

- Pizza Style (V)\* **£3.45**

Tomato and rosemary sauce with melted Cheddar cheese.

HOUSE SALAD (VE) **£1.75**

ROASTED VEGETABLES (VE) **£2.45**

'SLAW (V) **£1.95**

THAI SWEET CHILLI 'SLAW (VE) **£1.95**

Get a taster of the star of the show, add two fresh Rotisserie wings to any meal **£1.50**

## DESSERTS

### BERRY CITRUS SUNDAE (V) **£4.25**

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

(VE) option available.

### STICKY TOFFEE PUDDING (V) **£3.95**

Rich toffee and date sponge pudding with buttery toffee sauce made with Welsh cream. Served warm with custard.

### KEEP IT SIMPLE (V) **£2.95**

Choose any three scoops of our delicious ice creams. Ask one of the team for today's selection.

Allergen advice: Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. We only state allergens if they are an ingredient of a product. We do not include 'May contain' information. Please speak to a member of staff should you have any concerns. Full allergen information is available at the bar or visit [rotisserie.marstons.co.uk](http://rotisserie.marstons.co.uk). As we use other foods containing gluten in our kitchens we cannot declare that any of our dishes are gluten or wheat free. Please ask if we have a dedicated NGCI fryer. Where we state a weight, it's a raw weight and 1oz equals approximately 28g. (V) Suitable for vegetarians or vegetarian option available. (VE) Suitable for vegetarians and vegans or vegetarian/vegan option available (V)\* (VE)\* We cannot guarantee that our vegetarian and vegan dishes have been cooked in dedicated vegetarian/vegan fryers. Please ask a member of staff for more information. Dishes with fish and rotisserie chicken may contain bones. (<550, <600 cals) 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.