

The meals on the menu are made with ingredients which do not contain gluten or wheat. If you have an allergy or food intolerance please speak to a team member before you order your food or drink. If you'd like to find out more about our menu and allergy information please visit: allergyapp.marstons.co.uk
 †Items that may be fried in non-dedicated NGCI fryers.
 Please ask a member of staff for more information.

LET'S GET STARTED

UNDER 400 CAL
PRAWN COCKTAIL £3.75
 Prawns with tangy seafood sauce and lettuce. Served with Genius™ bread and butter.

UNDER 400 CAL
SOUP OF THE DAY (V) £2.75
 Ask for today's flavour. Served with Genius™ bread and butter.

BUFFALO WINGS £4.25
 British Red Tractor chicken wings coated in a kickin' Buffalo sauce.

UNDER 400 CAL
GIANT MEDITERRANEAN CHEESE BITE† (V*) £4.00
 An oozing mozzarella cheese slice with a slow roasted tomato, red pepper and basil crumb coating with a hint of chilli. Served with a salad garnish and a salsa dip.

CRISPY POTATO SKINS† £3.95
 Filled with cheese and bacon and served with sour cream and a salad garnish. (V*) when served without the bacon.

MEXICAN NACHOS (V) £3.95
 Loaded with melted Cheddar cheese, guacamole, salsa, sour cream and jalapeños. (Ve) option available.
Add BBQ Jackfruit (Ve) For £1.25 extra

NACHOS SHARER £5.95
 A double portion of nachos, loaded with melted Cheddar cheese, guacamole, salsa, sour cream and jalapeños. (Ve) Option available.
Add BBQ Jackfruit (Ve) £2.25 extra

Light Bites

FOR SMALLER APPETITES

UNDER 700 CAL
HAM AND EGGS £4.80
 Slices of honey roast ham with chips† and two free range fried eggs.

UNDER 700 CAL
40Z GAMMON STEAK £4.80
 Topped with a choice of a free range fried egg or pineapple, with chips† and garden peas.

SAUSAGE AND MASH £4.80
 Three pork sausages on a bed of mash with garden peas and a jug of gravy.

UNDER 600 CAL
HUNTER'S CHICKEN £4.80
 Half a chicken breast topped with bacon and loaded with BBQ sauce and melted Cheddar cheese, with chips† and a salad garnish.

PUB CLASSICS

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

HUNTER'S CHICKEN £7.65
 Roasted chicken breast topped with bacon, BBQ sauce and melted Cheddar cheese, with chips† and a side salad.

DEEP SOUTH £7.45
 Roasted chicken breast marinated in Cajun spices, with chips† and a side salad.

UNDER 400 CAL
 When served without the chips and with a larger salad.

ALL DAY BREAKFAST £4.75
 Two pork sausages, a rasher of bacon, two free range fried eggs, half a grilled tomato, baked beans and chips†.

MEGA MEALS **MEGA ALL DAY BREAKFAST £6.75**
 Four pork sausages, two rashers of bacon, two free range fried eggs, half a grilled tomato, baked beans and chips†.

NGCI Menu

Subs N' SANDWICHES

TUNA MAYO SANDWICH MELT £4.75
 Genius™ bread filled with tuna mayo and melted Cheddar cheese.

HONEY BBQ CHICKEN SANDWICH £5.25
 Genius™ bread filled with pieces of roast chicken breast coated in a honey BBQ sauce with lettuce.

CHEDDAR CHEESE & ONION SANDWICH (V) £4.25
 Genius™ bread filled with grated Cheddar cheese and red onion.

ALL SERVED WITH CHIPS†

CAJUN HALLOUMI SANDWICH (V) £5.25
 Genius™ bread filled with slices of Cajun marinated halloumi with fried peppers and onions.

CHICKEN AND BACON CLUB £4.75
 Genius™ bread filled with chicken, crispy bacon, mixed leaves, tomato and mayo.

Salads

All our salads are served on a bed of mixed leaves with cucumber slices, red onion, and red pepper. Drizzled with extra virgin olive oil.

UNDER 600 CAL
GRILLED HALLOUMI (V) £7.45
 Slices of grilled halloumi and red pepper with a sweet chilli sauce.

UNDER 500 CAL
CHICKEN AND BACON £7.45
 Strips of chicken and bacon.

UNDER 500 CAL
HONEY BBQ CHICKEN £7.45
 Strips of chicken coated in a honey BBQ sauce.

JACKETS

WITH A SALAD GARNISH AND BUTTER.

PLAIN (V) £3.75
TUNA MAYO £4.75
CHEDDAR CHEESE £4.75 AND BAKED BEANS (V)

SIDES

SALAD BOWL (VE) £1.75

GENIUS™ BREAD £1.00 AND BUTTER (V)

CHIPS (VE*)† £1.95

CROWN your CHIPS

TOP YOUR CHIPS† WITH CHEDDAR CHEESE (V) 50P
 BEANS 'N' CHEESE (V) £1.00
 (VE) WITHOUT CHEESE

GRILLS

ALL SERVED WITH CHIPS†

GAMMON STEAK £6.85

An 8oz gammon steak topped with a choice of a free range fried egg or pineapple, with garden peas.

MEGA MELT MEALS STACK £9.85

An 8oz gammon steak topped with BBQ sauce and melted Cheddar cheese, stacked with a chicken breast and topped with even more BBQ sauce and cheese. Served with chips† and garden peas.

MIXED GRILL £10.25

Half a chicken breast, 4oz rump steak, 4oz gammon steak, a pork sausage, a free range fried egg, peas and half a grilled tomato.

MEGA MEGA MIXED GRILL £15.25

A mighty feast consisting of a chicken breast, 8oz rump steak, 8oz gammon steak, two pork sausages, a free range fried egg, peas and half a grilled tomato.

CHICKEN TIKKA MASALA 🍷 £6.45

Tasty chicken breast pieces in spiced tomato and onion flavoured sauce with a hint of coriander.

VEGETABLE JALFREZI (V*) 🍷 £6.45

Roasted potatoes, red onion and red and green peppers in a Jalfrezi sauce.

(Ve) When served without the poppadom.

BEEF MADRAS 🍷 £7.15

A fiery tomato-based sauce, flavoured with coconut and aromatic spices.

CHICKEN PATHIA 🍷 £7.45

Roasted chicken breast marinated in Kashmiri masala paste and covered in a spicy tomato sauce and a bay leaf.

STEAK HOUSE

COOKED TO YOUR LIKING,

SERVED WITH HALF A GRILLED TOMATO, GARDEN PEAS AND CHIPS†

8oz SIRLOIN STEAK £9.95

8oz RUMP STEAK £8.45

10oz RIB EYE STEAK £11.95

MEGA MEGA RUMP STEAK £13.45

Two 8oz rump steaks cooked to your liking. Served with chips†, a half grilled tomato and garden peas.

Go Skinny

Ditch the chips† and peas for a side salad.

UNDER 600 SKINNY SIRLOIN £9.95

UNDER 600 SKINNY RUMP £8.45

TOP IT OFF PEPPERCORN SAUCE £1.50
TWO FRIED FREE-RANGE EGGS (V) £1.00

CURRIES

SERVED WITH RICE, MANGO CHUTNEY AND A POPPADOM†



SERVED WITH FRESH BROCCOLI, CARROTS AND PEAS, ROAST AND MASHED POTATOES AND UNLIMITED GRAVY.

ROAST BEEF £6.50 **GO LARGE FOR £8.50**

HALF ROAST CHICKEN £6.50

SUNDAY SIDES

| | | |
|-----------------------|---------------------------|----------------------|
| CHEESY MASH (V) £2.25 | ROAST POTATOES (VE) £1.95 | EXTRA VEG (VE) £1.25 |
|-----------------------|---------------------------|----------------------|

Let's do DESSERT

CHOCOLATE FUDGE CAKE (V) £3.65

Gooey and chocolatey, served warm or cold with vanilla flavour ice cream.

HONEYCOMB SUNDAE (V) £3.95

Vanilla and honeycomb chocolate swirl flavour ice creams with pieces of Cadbury® Crunchie, toffee sauce and cream.

HAVE A GIANT VERSION FOR £6.25



Allergy advice - All food is prepared in a kitchen 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 at allergyapp.marston.co.uk. (V) Suitable for vegetarians or vegetarian option available. (Ve) Suitable for vegetarians or vegans or vegetarian or vegan option available. (V*) (Ve*) We cannot guarantee that our vegetarian or vegan ingredients have been cooked in dedicated fryers. †Items that may be fried in non-dedicated NGCI fryers. Please ask a member of staff for more information. (Under 300) (Under 400) (Under 500) (Under 600) (Under 700) 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 = 28.3g. All weights are approximate prior to cooking. Offers cannot be used in conjunction with any other promotion. Cadbury is a registered trademark of Mondelez International.