

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 staff before you order your food and drinks.

Scrummy Starters

Today's Soup 🍷 £3.25

Served with Genius™ bread and butter. Please ask for today's choice.

Piri Piri Chicken Wings £3.95

Roasted chicken wings glazed with Piri Piri sauce, served with homemade kale slaw and a sour cream dip.

Prawn Cocktail Sundae £3.95

Juicy prawns on gem lettuce, topped with a tangy seafood sauce and served with Genius™ bread and butter.

Nachos 🍷 £3.95

A mound of crispy nachos topped with Cheddar cheese, guacamole, sour cream, salsa and sliced red jalapeños.

Super Sharers

Nacho Sharer 🍷 £6.95

A mound of crispy nachos topped with Cheddar cheese, guacamole, sour cream, salsa and sliced red jalapeños.

Salads

Our salads come with a generous serving of dressed seasonal mixed leaves, cucumber, cherry tomatoes, sweet red onion and yellow pepper.

Chicken and Bacon 600 CAL £8.25

Slices of roasted chicken breast topped with crispy bacon.

Roast Carvery Meat 600 CAL £7.75

Your choice of succulent meats from our deck with homemade kale slaw.

Carvery

Choose from

CHOOSE FROM A RANGE OF THREE ROASTS, THEN HELP YOURSELF TO AS MANY BRITISH ROAST POTATOES, NEW POTATOES AND SEASONAL VEGETABLES AS YOU LIKE!

Meat Free Carvery 🍷 Also available

WE'RE LOVING OUR LARGE PLATE BECAUSE...

IT INCLUDES AN EXTRA SLICE OF MEAT, PLUS PLENTY OF ROOM FOR MORE ROAST POTATOES, VEGETABLES AND LASHINGS OF GRAVY!

CHOOSE YOUR PLATE:

SMALL Plate

MONDAY-SATURDAY SUNDAYS & BANK HOLIDAYS

£4.35

£4.95

MEDIUM Plate

MONDAY-SATURDAY SUNDAYS & BANK HOLIDAYS

£6.35

£7.95

LARGE Plate

MONDAY-SATURDAY SUNDAYS & BANK HOLIDAYS

£8.35

£9.95

Great Mains

Want to swap? If you'd prefer a different accompaniment from those we've suggested, you can choose from these great options; new potatoes, mashed potatoes, jacket potato or chips* then either vegetables or a dressed side salad.

EVEN BETTER! UPGRADE TO OUR **Sweet Potato Fries** 🍷

JUST **£1**



Ham, Egg and Chips* £7.95

Hand-carved carvery ham served with two free range fried eggs, chips* and a pot of caramelised red onion chutney.

Chicken Tikka Masala £8.45

Tender pieces of chicken in a mildly spiced tomato and onion sauce, flavoured with coriander and served with rice, a poppadum* and mango chutney.

Chicken Flavour Station

Our chicken portions are Red Tractor farm assured.



Served with homemade British roast potatoes.

Step 1 Choose your Chicken

Choose from:

HALF £9.25

or

WHOLE £14.25

Step 2 Add a tasty topper

Plain Original, nothing added!

Piri Piri Hot and spicy chilli sauce.

Southern Style Chicken Gravy Our secret carvery recipe.

Step 3 and one of these

Homemade Kale Slaw 🍷

Corn on the Cob 🍷

Side Salad 🍷

One side not enough?

Simply browse to our Tasty Sides section for our full range!

Flame Grills

Flame-grilled, just how you like it! Our beef steaks and mixed grill come served with a beef tomato wedge, a flat mushroom, garden peas and chips*.

8oz Rump Steak £10.45 **8oz Sirloin Steak £12.25**

500 CAL Have your 8oz Rump or 8oz Sirloin steak served with a side salad instead of chips* and garden peas.

10oz Gammon Steak £8.55

Topped with a free range fried egg and a pineapple ring. Served with chips* and garden peas.

Even better!

Add Crumbled Stilton  £1.00 Add 2 free range fried eggs  £1.00

Deckers

Let's Meat Up Decker £10.25

Hand-carved roast gammon, beef and turkey served with mustard mayonnaise. Served with extra mustard mayonnaise for dipping.

Our deckers are stacked high! Layered in toasted Genius™ bread with little gem lettuce, slices of beef tomato and red onion. Served with chips* and homemade kale slaw on the side.



Tasty Sides

- | | |
|--|---|
| Genius™ Bread and Butter  £1.45 | Chips*  £1.95 |
| Sautéed Flat Mushrooms  £1.75 | Salad Bowl  £2.00 |
| Homemade Kale Slaw  £1.45 | Vegetables  £1.95 |
| Sweet Potato Fries*  £2.00 | Corn on the Cob  £1.55 |

Jacket Potatoes

A baked potato served with homemade kale slaw and dressed seasonal mixed leaves.

- Cheddar Cheese and Baked Beans (V) £4.60**
Tuna Mayonnaise £4.60
Cheddar Cheese and Bacon £4.60

ADD crumbled Stilton (V) for £1.00

Munch Time Meals

For the more modest appetite. The same great taste as our mains, just smaller portions.

5oz Gammon Steak £6.15

Topped with a free range fried egg or a pineapple ring. Served with chips* and garden peas.

Even Better! Add another fried egg or pineapple ring for just 50p each

Chicken Melt 500 CAL £6.25

Half a grilled chicken breast, served with chips* and a dressed side salad.

Tattie Toppers

Our homemade roast potatoes topped with:

Piri Piri Roasted Chicken & Cheddar cheese £6.45

Sandwiches

Our delicious sandwiches are wholesome and hearty using Genius™ bread. All served with chips* or a dressed salad garnish.

Mature Cheddar Cheese and Caramelised Red Onion Chutney  £5.30

Tuna Melt £5.65

Chicken and Cheddar Cheese Melt £5.65

Rump Steak and Red Onion £6.25

The Classic Club £6.35

Three slices of Genius™ bread layered with chicken, bacon, little gem lettuce, beef tomato and mayonnaise.

ADD Extra chips* to your sandwich for £1.50

Carvery Sandwiches

Succulent roast meat from the carvery using Genius™ bread, served with roast potatoes and a jug of gravy.

Roast Beef, Gammon Ham or Turkey £3.75

Desserts

Salted Caramel, Pecan & Fudge Brownie  £3.95

A rich, warm, decadent chocolate brownie topped with fudge pieces and drizzled with salted caramel. Heaven with vanilla flavour ice cream.

Ice Creams

Keep it Simple  £3.00

Choose any three scoops. Ask for today's choices.

Indulgent Puddings

Our giant desserts are served with double cream, but if you want to swap for ice cream or custard just ask!

Terribly Delicious Carrot Cake  £4.75

Three generous layers of spiced carrot cake topped with cream cheese frosting and finished with flapjack crumble.

Cake Carry Out

Why not take a dessert away with you for later!
All of our desserts are available to take away.

Why not have a coffee or tea?

We serve Nescafe Milano coffee and Brew Teas



www.marstons.co.uk Sign up to your favourite pub and be the first to hear about great offers and events.
www.marstonsinns.co.uk Distinctive Inns with individual character and appeal. Book online for great value accommodation.

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. Suitable for vegetarians or vegetarian option available. 1oz = 28.3g. All weights are approximate prior to cooking. Dishes with fish may contain bones. Photography is for illustrative purposes only. 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 if we have a dedicated chip fryer.

MC1016NGC1MB