

NON-GLUTEN CONTAINING INGREDIENTS

NGCI menu

LUNCH CLUB

Monday - Saturday 12-3pm

TWO COURSES £4.95

THREE COURSES £5.95

The meals on this menu are made from ingredients which do not contain gluten or wheat.

If you have a food allergy or intolerance, please speak to a member of staff before ordering food and drinks. Full allergy information is available at the bar or visit allergies.marstons.co.uk

Symbols Key **V** Suitable for vegetarians or vegetarian option available. **V** Suitable for vegetarians or vegans or vegetarian or vegan option available. **500** **600** **700** Under 500, 600, 700 calories. **VE** **VE** We cannot guarantee that our vegetarian or vegan ingredients have been cooked in dedicated fryers. Please ask a member of staff for more information.*Ask if we have a dedicated NGCI fryer.

HOW TO ORDER: 1. Note your table number 2. Order your food at the bar 3. Our team will bring your food to your table

STARTERS

- Prawn Cocktail** **400** £3.70
Prawns with tangy seafood sauce and lettuce. Served with Genius™ bread and butter.
- Soup of the Day** **V** **400** £2.65
Ask for today's flavour. Served with Genius™ bread and butter.
- Mexican Nachos** **V** **300** £3.60
Loaded with melted Cheddar cheese, guacamole, salsa, soured cream and jalapeños.

MAINS

- Ham and Eggs** **700** £3.95
Slices of honey roast ham with fried eggs and chips*.
- Hunter's Chicken** **600** £4.55
Half a chicken breast topped with bacon and loaded with BBQ sauce and melted Cheddar cheese, with chips* and a salad garnish.
- 4oz Gammon Steak** **600** £3.95
Topped with a fried egg or pineapple, with chips* and garden peas.

DESSERTS

- Chocolate Fudge Cake** **V** £3.15
Gooey and chocolatey, served warm or cold with vanilla flavour ice cream.
- Vanilla Flavour Ice Cream** **V** £3.00
Simply three scoops of vanilla flavour ice cream.

ADD A DRINK TO YOUR MEAL DEAL!

£1 J20, Decante Still or Sparkling Water, 14oz lemonade, Pepsi Max, Tango Orange or Fruit Shoot.

£1.50 Foster's, Strongbow or any draught ale, Sol, 175ml glass of house wine, Gordon's gin and tonic (25ml spirit and 200ml mixer).

£2 A pint of Guinness, Stella 4.8%, Bulmers Original, Smirnoff Ice, WKD or a 250ml glass of house wine.

One drink per deal. Must be purchased as part of the 2 or 3 course Lunch Club

ADD AN EXTRA TOASTIE FILLING FOR 50p

THE SNACK SHACK

Don't fancy a meal? Have any of our dishes below, available until 5pm. Dishes below are not applicable in the Lunch Club deal.

TOASTIES TWO FILLINGS ONLY £3.95

Served with chips* or French fries* and a salad garnish.

- Baked Beans **VE**
- Cheddar Cheese **V**
- Onion **VE**
- Bacon
- Honey Roast Ham
- Pork Sausage
- Mushroom **VE**
- Jalapeños **VE**
- Tomato **VE**
- Tuna Mayonnaise

SARNIES

Served with chips* or French fries*.

- Cheddar Cheese and Red Onion** **V** £4.10
- Chicken and Bacon Club** £4.95
- Chip Buttie** **V*** £2.90

JACKET SPUDS

Served with a salad garnish.

- Cheddar Cheese and Baked Beans** **V** **700** £3.95
- Tuna Mayonnaise** **600** £3.95
- Baked Beans** **VE** **500** £3.45

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 allergies.marstons.co.uk. **V** Suitable for Vegetarians or Vegetarian option available. **VE** Suitable for Vegans and Vegetarians or Vegan and Vegetarian option available. **V** **VE** We cannot guarantee that our vegetarian/vegan ingredients have been cooked in dedicated fryers.*Ask if we have a dedicated NGCI fryer. **500** **600** **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. Dishes with chicken or fish may contain bones. Offers cannot be used in conjunction with any other promotion. Pepsi, Pepsi Max, Diet Pepsi and Tango Orange may vary by site. If a product is unavailable, a suitable alternative will be offered.

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