

# Non-Gluten-Containing Ingredients Menu

The meals on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens so we cannot guarantee our dishes are 100% gluten free. Please ensure you make your server aware when ordering from this menu.



Our recommended signature dishes where you see this symbol

## Starters

<b>Cheese Topped Potato Dippers</b> <b>5.99</b> With mozzarella, Cheddar and bacon. Served with reduced-fat soured cream (454kcal)	<b>Tomato Soup</b> <b>5.49</b> Served with non-gluten-containing bloomer bread (289kcal)
<b>Classic Prawn Cocktail**</b> <b>6.79</b> Served with non-gluten-containing bloomer bread (370kcal)	<b>Loaded Nachos</b> <b>6.89</b> With cheese, red chillies, tomato salsa and reduced-fat soured cream (564kcal) <b>ADD Chipotle Beef Chilli for 2.59 (+129kcal)</b> <b>Go vegan! Swap cheese for Violife slice (621kcal)</b>

## Mains

<b>8oz* Rump Steak</b> <b>14.99</b> British and Irish rump steak served with grilled tomato, peas, skin-on chips (667kcal) or mixed salad (417kcal)	<b>7oz* Gammon Steak</b> <b>11.49</b> With skin-on chips, peas, grilled tomato (591kcal) and your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal) or one of each (+130kcal).
<b>8oz* Sirloin Steak</b> <b>16.49</b> British and Irish sirloin steak served with grilled tomato, peas, skin-on chips (667kcal) or mixed salad (417kcal)	<b>Chicken &amp; Ribs Combo</b> <b>17.29</b> Grilled chicken breast and half a rack of pork ribs glazed in a smoky BBQ sauce. Served with skin-on chips, coleslaw and a salad garnish (903kcal) <b>Upgrade to a full rack of ribs 4.99 (+342kcal)</b>
<b>Smothered Chicken</b> <b>11.99</b> Topped with bacon, mozzarella, Cheddar and smoky BBQ sauce. Served with skin-on chips, coleslaw and a salad garnish (741kcal) <b>Upgrade to double-smothered chicken (+292kcal) 3.49</b>	
<b>Chicken Tikka Curry</b> <b>11.49</b> Served with white rice (534kcal)	

## Burgers

All our burgers are served in a non-gluten-containing brioche bun, with skin-on chips and coleslaw unless otherwise stated. 'Go naked' without the bun!

<b>Big Stack Burger</b> <b>13.99</b> Two 1/4lb* steak burgers, Cheddar, lettuce, gherkin, red onion and burger sauce (1,260kcal with bun, 1,094kcal without bun)	<b>Chicken Fajita Burger</b> <b>14.49</b> Grilled chicken breast, avocado, tomato salsa and lettuce topped with reduced-fat soured cream. With a side of chipotle beef chilli and corn tortilla chips (891kcal with bun, 724kcal without bun) <b>Upgrade to a portion of skin-on chips (+291kcal) 0.99</b>
<b>Classic Cheese &amp; Bacon Burger</b> <b>12.59</b> One 1/4lb* steak burger with burger sauce (993kcal with bun, 826kcal without bun)	<b>Upgrades</b> 1/4lb* Burger Patty (214kcal) <b>1.99</b> Streaky Bacon x2 (63kcal) <b>99p</b> Cheese Slice (83kcal) <b>49p</b>

## House Salad

### Build a house salad **6.89**

A mix of cos lettuce, cherry tomatoes, cucumber, sweetcorn and sliced avocado (129kcal)

### Add your choice of topping:

Chargrilled Chicken (+155kcal)	<b>2.49</b>
Streaky Bacon x 2 (+63kcal)	<b>0.99</b>
Mature Cheddar (205kcal)	<b>0.99</b>
Violife Slice (+57kcal)	<b>0.99</b>

### Add your choice of Dressing:

French Dressing (+66kcal)	
Honey & Mustard (+60kcal)	
Marie-Rose Dressing (+98kcal)	

## Sides

<b>Mixed Side Salad</b> (42kcal)	<b>3.19</b>
<b>Skin-on Chips</b> (291kcal)	<b>3.69</b>
<b>Coleslaw</b> (137kcal)	<b>1.79</b>
<b>Cheeseburger Topped Chips</b>	<b>5.49</b>
Topped steak burger, cheese sauce, pickled gherkins, red onion and burger sauce (498kcal)	
<b>Go large (Serves 2, 996kcal, 498kcal per portion)</b>	<b>7.49</b>

## Desserts

<b>Ice Cream Sundae with Cadbury® Dairy Milk Caramel Nibbles</b>	<b>6.59</b>
Cadbury® Dairy Milk Caramel Nibbles, chocolate and caramel sauces and a chocolate flake (499kcal)	
<b>Fruit Salad</b>	<b>5.39</b>
A selection of pineapple, oranges, red apple, green apple, strawberries and grape (106kcal)	
<b>Banoffee Cheesecake</b>	<b>6.59</b>
Baked New York style cheesecake, topped with banana, caramel sauce and crumbled chocolate flake. Served with vanilla dairy ice cream (668kcal)	

## Gluten Free Drinks

**Peroni Gluten Free** (330ml, 5.1%, 1.7 units)

Adults need around 2,000kcal per day

# Kids' Non-Gluten-Containing Ingredients Menu

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We care about all our guests, especially our youngest ones. It's why we've designed our kids' menu with the help of our clever Nutritionist.

## The Important Stuff:

- 100% responsibly sourced fish
- 100% chicken breast
- 100% UK and Irish beef
- No genetically modified ingredients

## We Promise:

- To provide carefully controlled levels of calories, fat, saturates, sugar and salt\*
- To meet the nutritional needs of children†
- To include 2 of their 5-a-day in all our main meals
- To offer yummy vegetarian options
- To never use artificial colours or flavours\*
- To offer a range of no-added sugar drinks

## 1 Get Started

### Tortilla Chips ♡

Served with a cucumber, yoghurt & mint dip and diced tomatoes (164kcal). **Vegan option available, just ask ♡ (150kcal)**

**3 courses £5.99 or any main for £4.99**

### Veggie Sticks ♡ 1

A mix of cucumber, carrot and red pepper sticks, served with a cucumber, yoghurt and mint dip (30kcal)



For every 3-course meal sold we donate 20p to GOSH

## 2 Grab a Main

### 4oz\* Rump Steak

Served with skin-on chips (305kcal) or mini jacket potato (305kcal)

### Chicken Breast

Served with skin-on chips (223kcal) or mini jacket potato (232kcal)



## + Pick Two Yummy Sides

**2 Mini Corn on the Cobs ♡ 1 (48kcal)**

**Peas ♡ 1 (47kcal)**

**Baked Beans ♡ 1 (41kcal)**

**Veggie Sticks ♡ 1 (16kcal)**

## 3 Puddings

### Strawberry Smash Sundae ♡

Frozen strawberry yoghurt with meringue, fresh strawberries and a whip of cream (125kcal)

### Vanilla Dairy Ice Cream ♡

Topped with a crumbled chocolate flake (145kcal)

### Fruit Salad ♡ 2

A selection of pineapple, oranges, red apple, green apple and red grapes (50kcal)

## Add a Drink

### PIP Organic Juice

**2.09**

Cloudy Apple, Strawberry & Blackcurrant

*These PIPtastic juices are made from only the tastiest organic fruits, providing 1 of your 5 a day and containing absolutely no nasties.*

*Choose from Cloudy Apple or Strawberry & Blackcurrant (77 / 74 kcal)*

### Fruit Shoot

**1.89**

Apple & Blackcurrant or Orange (14kcal)

*No added sugar*

### Capri-Sun Orange

**1.89**

*(10kcal) No added sugar*

**Children between 5-10 years old need around 1,800kcal per day.**

Don't worry, we know there are allergens in our food that we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Menu descriptions may not list every individual ingredient, please ask for more information. Ingredients can occasionally be substituted or changed at short notice so please review the allergy information on the website at the time of your visit and ask your server when you arrive. The calories provided are based on the average serving size for the whole dish as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. \*Approx weight uncooked. ♡ Suitable for vegetarians. ♡ Suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. 1 of your 5 a day, 2 of your 5 a day. \*Fish, meat and poultry dishes may contain bones/shell. Full nutrition information is available on our website. Cadbury® is a registered trademark of Mondelez International used under licence. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions excluded from charity donation. Alcohol served to over 18s only, see main drinks menu for more information.