



### **Allergy and dietary information**

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PUB BRANDS NON GLUTEN CONTAINING INGREDIENT MENU SPRING SUMMER 2024								
NGCI STARTERS								
LOADED POTATO DIPPERS	1790	428	24.1	9.0	34.5	2.5	18.0	1.4
CLASSIC PRAWN COCKTAIL	1542	368	21.9	6.4	25.5	9.6	15.3	1.8
TOMATO SOUP	1245	297	14.0	4.0	34.9	14.2	4.9	1.5
LOADED NACHOS	1972	471	27.0	5.8	46.6	5.5	8.4	1.8
ADD CHIPOTLE BEEF CHILLI	539	129	5.9	3.0	7.6	3.5	9.5	0.7
VEGAN LOADED NACHOS	2208	527	31.0	18.6	55.7	2.1	4.3	2.7
NGCI MAINS								
NGCI MAINS - BURGERS								
FRESH MIXED SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
SKIN-ON CHIPS	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
NGCI BURGER BUN	698	167	3.6	0.4	25.9	3.2	4.2	0.7
BIG STACK BURGER WITH CHIPS AND BUN	5533	1322	77.8	26.4	90.8	13.7	58.9	3.9
BIG STACK BURGER WITH CHIPS AND SALAD	5009	1196	75.8	26.2	69.5	14.1	56.1	3.4
SPICY GRILLED CHICKEN BURGER WITH CHIPS AND BUN	3767	900	37.7	3.9	90.5	13.4	43.3	3.5
SPICY GRILLED CHICKEN BURGER WITH CHIPS AND SALAD	3242	774	35.7	3.7	69.3	13.8	40.5	3.0
CHEESE & BACON BURGER WITH CHIPS AND BUN	4385	1047	56.6	16.2	87.6	11.1	40.8	3.6
CHEESE & BACON BURGER WITH CHIPS AND SALAD	3861	922	54.6	16.0	66.3	11.5	38.1	3.1
ADD A 1/4LB* STEAK BURGER	894	214	15.3	6.9	0.1	0.1	19.0	0.2
ADD 2 STREAKY BACON RASHERS	263	63	4.0	1.3	0.2	0.1	6.5	0.9
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4

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FRESH MIXED SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
SKIN-ON CHIPS	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
8OZ* RUMP STEAK WITH PEAS AND TOMATO	1575	376	13.7	6.3	11.4	5.2	53.9	0.2
8OZ* SIRLOIN STEAK WITH PEAS AND TOMATO	1575	376	13.3	5.8	11.4	5.6	54.1	0.2
SMOTHERED CHICKEN WITH CHIPS	3439	821	33.6	9.2	73.5	15.9	53.0	4.0
UPGRADE TO DOUBLE-SMOTHERED CHICKEN	1306	312	9.8	5.2	15.2	10.4	40.3	1.9
CHICKEN TIKKA CURRY	2235	534	20.4	5.1	54.6	7.6	29.8	2.3
7OZ* GAMMON STEAK WITH CHIPS	3146	751	38.4	4.2	60.4	5.8	37.5	5.2
ADD 2 FRIED EGGS	904	216	17.0	3.6	0.1	0.1	15.9	0.0
ADD 2 PINEAPPLE RINGS	182	44	0.0	0.0	10.5	10.5	0.3	0.0
ADD ONE EGG & ONE PINEAPPLE	543	130	8.5	1.8	5.3	5.3	8.1	0.0
FRESH MIXED SALAD	408	98	2.3	0.3	12.2	10.4	4.7	0.2
ADD FRENCH DRESSING	274	66	5.4	0.5	4.1	3.2	0.1	0.4
ADD MARIE-ROSE DRESSING	409	98	8.0	0.6	6.1	5.6	0.3	0.4
ADD CHARGRILLED CHICKEN	649	155	2.5	0.6	0.1	0.5	32.7	1.1
NGCI SIDES								
MIXED SIDE SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
SKIN-ON CHIPS	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
COLESLAW	645	154	11.7	0.9	9.0	6.4	1.5	0.8
CHIPOTLE BEEF CHILLI TOPPED CHIPS SINGLE	2066	493	22.5	5.4	58.8	4.0	11.2	1.6
CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER SERVES 2	4132	987	45.0	10.7	117.6	8.0	22.3	3.1
CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER PER SERVING	2066	493	22.5	5.4	58.8	4.0	11.2	1.6
NGCI DESSERTS								
ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES	2133	509	22.0	14.1	68.4	62.4	8.3	0.4
FRUIT SALAD	444	106	0.2	0.0	22.8	22.8	1.4	0.0
MIXED BERRIES CHEESECAKE	2566	613	35.2	14.7	63.6	47.7	9.8	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
NGCI KIDS MENU								
NGCI KIDS STARTERS								
TORTILLA CHIPS	682	163	6.5	1.0	21.1	2.7	3.8	0.2
VEGAN OPTION AVAILABLE, JUST ASK	629	150	6.4	0.9	20.0	1.5	2.1	0.2
VEGGIE STICKS WITH DIP	118	28	0.4	0.0	3.6	3.4	2.3	0.1
NGCI KIDS MAINS								
4OZ* RUMP STEAK WITH CHIPS	1547	370	14.9	4.4	31.8	0.7	28.0	0.6
GRILLED CHICKEN BREAST WITH CHIPS	1204	287	9.5	1.6	30.1	0.7	19.2	1.1
NGCI KIDS SIDES								
2 MINI CORN ON THE COBS	200	48	1.1	0.2	5.7	1.5	2.2	0.0
BAKED BEANS	174	41	0.1	0.0	6.7	2.7	2.5	0.3
PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
VEGGIE STICKS	65	16	0.2	0.0	2.4	2.3	0.6	0.0
MASHED POTATO	459	110	3.8	2.3	15.7	1.0	2.3	0.5
SKIN-ON CHIPS KIDS PORTION	879	210	8.3	1.3	30.0	0.5	2.8	0.5
NGCI KIDS DESSERTS								
STRAWBERRY SMASH SUNDAE	523	125	6.9	4.7	13.3	10.7	2.3	0.1
VANILLA DAIRY ICE CREAM	580	139	7.2	4.9	15.1	11.1	2.8	0.1
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
NGCI SUNDAY ROAST PLATED								
HORSERADISH per portion	252	60	4.5	0.3	3.8	3.7	1.0	1.4
CRANBERRY SAUCE per portion	222	53	0.0	0.0	12.9	12.6	0.0	0.1
APPLE SAUCE per portion	112	27	0.0	0.0	6.4	5.3	0.1	0.0
HAND-CARVED ROAST BEEF	4866	1162	68.3	11.9	88.2	16.1	42.5	2.3
GO LARGE ADD AN EXTRA SLICE OF BEEF AND PIG IN BLANKET	732	175	11.6	4.5	2.3	0.4	15.1	0.6
SUCCULENT TURKEY	4265	1019	50.1	4.3	88.9	16.1	47.0	3.5
GO LARGE ADD AN EXTRA SLICE OF TURKEY AND PIG IN BLANKET	531	127	5.6	1.9	2.5	0.4	16.6	1.1
HAND-CARVED GAMMON	4587	1096	61.7	8.9	89.4	16.1	39.5	4.6
GO LARGE ADD AN EXTRA SLICE OF GAMMON AND PIG IN BLANKET	639	153	9.4	3.5	2.7	0.4	14.1	1.4
TRIO OF ROAST	4573	1092	60.0	8.4	88.8	16.1	43.0	3.5
NGCI SUNDAY KIDS ROAST PLATED								
KIDS ROAST BEEF	2561	612	35.2	7.5	42.3	9.1	27.2	1.0
KIDS ROAST TURKEY	2160	516	23.1	2.4	42.8	9.1	30.2	1.8
KIDS ROAST GAMMON	2375	567	30.8	5.5	43.1	9.1	25.2	2.5



## Starters

### LOADED NACHOS -

Contains: Milk

May Contains: No major allergens

### LOADED NACHOS NGCI -

Contains: No major allergens

May Contains: No major allergens

### POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

### PRAWN COCKTAIL NGCI

Contains: Crustaceans, Egg, Milk, Mustard

May Contain: Sulphite

### TOMATO SOUP NGCI -

Contains: Egg

May Contains: No major allergens

## Mains

### 8OZ RUMP

Contains: No major allergens

May Contains: No major allergens

### 8OZ SIRLOIN

Contains: No major allergens

May Contains: No major allergens

### BIG STACK BURGER NGCI

Contains: Egg, Milk, Mustard

May Contains: No major allergens

### CHEESE AND BACON BURGER NGCI

Contains: Egg, Milk, Mustard

May Contains: No major allergens

### CHICKEN TIKKA CURRY NGCI

Contains: Milk

May Contains: No major allergens

### FRESH MIXED SALAD -

Contains: Mustard, Sulphite

May Contains: No major allergens

### GAMMON STEAK

Contains: Egg

May Contains: No major allergens

### SMOTHERED CHICKEN NGCI

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

### SPICY CHICKEN BURGER

Contains: Egg, Mustard

May Contains: No major allergens

## Sides

### CHIPOTLE CHILLI CHIPS

Contains: Celery, Milk, Soya

May Contains: No major allergens

### CHIPOTLE CHILLI CHIPS

Contains: Celery, Milk, Soya

May Contains: No major allergens

### COLESLAW -

Contains: Egg, Mustard

May Contains: No major allergens

**SIDE SALAD -** **VE** **V**

*Contains: Mustard, Sulphite*

*May Contains: No major allergens*

**SKIN ON CHIPS -** **VE** **V**

*Contains: No major allergens*

*May Contains: No major allergens*

## Desserts

**CADBURY'S CARAMEL SUNDAE -** **V**

*Contains: Milk, Soya*

*May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

**CHEESECAKE WITH BERRIES NGCI -** **V**

*Contains: Egg, Milk*

*May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

**FRUIT SALAD -** **VE** **V**

*Contains: No major allergens*

*May Contains: No major allergens*

## Sunday Roast

**BEEF TOPSIDE SUNDAY ROAST NGCI**

*Contains: Egg, Milk, Mustard, Sulphite*

*May Contains: No major allergens*

**GAMMON SUNDAY ROAST NGCI**

*Contains: Sulphite*

*May Contains: No major allergens*

**TRIO OF ROAST NGCI**

*Contains: No major allergens*

*May Contains: No major allergens*

**TURKEY SUNDAY ROAST NGCI**

*Contains: No major allergens*

*May Contains: No major allergens*

## Kids Sunday Roast

**KIDS ROAST BEEF SUNDAY NGCI**

*Contains: Milk*

*May Contains: No major allergens*

**KIDS ROAST GAMMON SUNDAY NGCI**

*Contains: Milk*

*May Contains: No major allergens*

**KIDS ROAST TURKEY SUNDAY NGCI**

*Contains: Milk*

*May Contains: No major allergens*

## Kids Starters

**KIDS TORTILLA CHIPS -** **V**

*Contains: Milk*

*May Contains: No major allergens*

**KIDS TORTILLA CHIPS -** **VE** **V**

*Contains: No major allergens*

*May Contains: No major allergens*

**KIDS VEGGIE STICKS -** **V**

*Contains: Milk*

*May Contains: No major allergens*

## Kids Mains

**KIDS CHICKEN BREAST**

*Contains: No major allergens*

*May Contains: No major allergens*

## KIDS STEAK AND CHIPS

Contains: No major allergens

May Contains: No major allergens

## Kids Desserts

### KIDS ETON MESS SUNDAE - V

Contains: Egg, Milk

May Contain: Tree Nuts (Hazelnut)

### KIDS FRUIT SALAD - VE V

Contains: No major allergens

May Contains: No major allergens

### KIDS ICE CREAM - V

Contains: Milk, Soya

May Contains: No major allergens

## Guest Choice

### Pineapple Ring - VE V

Contains: No major allergens

May Contains: No major allergens

### Baked Beans - VE V

Contains: No major allergens

May Contains: No major allergens

### Chipotle Chilli Chips

Contains: Celery, Milk, Soya

May Contains: No major allergens

### French Dressing - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

### Fried Egg - V

Contains: Egg

May Contains: No major allergens

### Fried Egg & Pineapple - V

Contains: Egg

May Contains: No major allergens

### Katsu Chicken Loaded Chips

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

### Kids Mashed Potato - V

Contains: Milk

May Contains: No major allergens

### Kids Peas - VE V

Contains: No major allergens

May Contains: No major allergens

### Kids Sweetcorn - VE V

Contains: No major allergens

May Contains: No major allergens

### Mini Jacket Potatoes - VE V

Contains: No major allergens

May Contains: No major allergens

### NGCI Burger Bun - V

Contains: Egg

May Contains: No major allergens

### Salad Garnish - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

### Seafood Dressing - V

Contains: Egg, Mustard

May Contain: Sulphite

### Skin on Chips - VE V

Contains: No major allergens

May Contains: No major allergens

### Skin on Chips - VE V

Contains: No major allergens

May Contains: No major allergens

Vegetable Batons - VE V

Contains: No major allergens

May Contains: No major allergens

# Upgrade

4oz Burger

Contains: No major allergens

May Contains: No major allergens

Beef Topside & Pig in Blanket

Contains: Milk, Sulphite

May Contains: No major allergens

Cheese Slice - V

Contains: Milk

May Contains: No major allergens

Chicken Breast

Contains: No major allergens

May Contains: No major allergens

Chipotle Chilli

Contains: Celery, Milk, Soya

May Contains: No major allergens

Double Smothered Chicken

Contains: Milk

May Contains: No major allergens

Gammon & Pig in Blanket

Contains: Sulphite

May Contains: No major allergens

Streaky Bacon

Contains: No major allergens

May Contains: No major allergens

Turkey & Pig in Blanket

Contains: Sulphite

May Contains: No major allergens