



No-Gluten-Containing-Ingredients

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 cannot guarantee 100% free from.

PLEASE MAKE A TEAM MEMBER AWARE WHEN ORDERING FROM THE NGCI MENU

BREAKFAST

THE BIG BACON BREAKFAST / 5.95

Bacon, fried eggs, hash brown bars, mushrooms, grilled tomato, baked beans and a toasted seeded bread roll. 1213 kcal

VEGGIE EGGIE BREAKFAST (V) / 5.45

Fried eggs, hash brown bars, mushrooms, grilled tomato, baked beans and a toasted seeded bread roll. 1019 kcal

BREAKFAST ROLLS

FRIED EGG (V) / 3.45

With cheese. 467 kcal

BACON / 3.45

486 kcal

BACON & EGG / 3.95

With cheese. 631 kcal

MORE MORE MORE / 95P EACH
FRIED EGG (V) +104 kcal; **HASH BROWN BAR (VG)** +145 kcal;
BACON +164 kcal; **BEANS (VG)** +78 kcal; **GRILLED TOMATO (VG)** +18 kcal

LOADED ROLLS

CHICKEN AND AVOCADO / 7.95

With Bulleit® Bourbon bacon & onion jam, tomato and mayo. 1154 kcal

SLOPPY JOE CHEESE MELT / 6.95

Beef in a smoky BBQ sauce and red onion. 857 kcal

BUFFALO CHICKEN AND CHEESE / 7.95

Frank's RedHot® buffalo sauce and red onion. 900 kcal

TASTY PLATES

CHICKEN RED THAI CURRY / 9.45

Coconut curry with grilled chicken breast, cauliflower, green beans and peppers, served with basmati rice, fresh chilli, pomegranate and coriander. 674 kcal

EARTH BOWL (VG) / 8.95

Fresh leaf salad with lightly spiced black bean & pepper rice, with avocado, cucumber, beetroot, tomato, pomegranate, sweet & sour onion and spring onion, with a lemon & olive oil dressing. 498 kcal

ADD GRILLED CHICKEN BREAST +130 kcal / **+1.50**

SIDES

ANGRY FRIES (V) / 3.95

With crumbled Stilton®, blue cheese dressing, sweet & sour onion and Frank's RedHot® sauce. 570 kcal

SKINNY FRIES (VG) / 2.95

405 kcal

SWEET POTATO FRIES (VG) / 3.45

513 kcal

SIDE SALAD (VG) / 2.95

A dressed rocket, beetroot & sweet & sour onion mixed salad. 62 kcal

BURGERS

OUR BURGERS ARE SERVED IN A SEEDED BREAD ROLL WITH BURGER SAUCE, ICEBERG LETTUCE, CHOPPED ONION AND GHERKIN

Choose beef patties 402 kcal **or grilled chicken breast** 130 kcal, **then pick your topper below...**

EASY CHEESY / 7.45

With a burger cheese slice. +771 kcal

THE MELT / 7.95

With bacon, a burger cheese slice and BBQ sauce. +834 kcal

COUCH POTATO / 9.45

With beef in a smoky BBQ sauce, hash brown bar, burger cheese slice and spring onion. +994 kcal

CHOICE OF FRIES Skinny fries served with all burgers, unless stated otherwise, or switch to:

SWEET POTATO FRIES (VG)

+103 kcal / **+1.00**

ANGRY FRIES (V)

+165 kcal / **+1.50**

BURGER EXTRAS

BEEF PATTY +201 kcal / **+1.50**

CRISPY BACON +73 kcal / **+95P**

BACON AND A BURGER

CHEESE SLICE +77 kcal / **+1.75**

GRILLED CHICKEN BREAST +130 kcal / **+1.50**

BURGER CHEESE SLICE (V) +41 kcal / **+95P**

MADE TO SHARE

SLOPPY JOE NACHOS GRANDE / 8.45

Topped with beef in a smoky BBQ sauce, cheese sauce, sour cream, guac, salsa, jalapeños, sweet & sour onion and rocket

Recommended for 2 people. 1256 kcal

BITES

HALLOUMI SKEWERS (V) / 4.25

With a dressed pomegranate salad. 429 kcal

CAULI WINGS (VG) / 4.25

707 kcal

COAT YOUR WINGS WITH:

HOT HONEY BUFFALO SAUCE AND SOUR CREAM (V) +58 kcal

BULLEIT® BOURBON BBQ SAUCE (VG) +42 kcal

BIG BOWL FRIES

OUR FAMOUS ANGRY TOPPING (V)

Crumbled Stilton®, blue cheese dressing and Frank's RedHot® Sauce

SKINNY 1140 kcal **5.95** **SWEET POTATO** 1356 kcal **6.95**

Recommended for 2 people.

SLOW-COOKED SLOPPY JOE

Beef in smoky BBQ sauce, grated cheese and spring onion

SKINNY 1121 kcal **5.95** **SWEET POTATO** 1337 kcal **6.95**

Recommended for 2 people.

SPICY CHICKEN AND CHEESE

Shredded chicken, hot honey Buffalo sauce, grated cheese, salsa, sweet & sour onion, rocket and mayo

SKINNY 1161 kcal **6.45** **SWEET POTATO** 1377 kcal **7.45**

Recommended for 2 people.

VEGAN

PLEASE MAKE A TEAM MEMBER AWARE WHEN ORDERING FROM THE VEGAN MENU

BREAKFAST

VEGAN BREAKFAST (VG) / 5.45

Veggie sausages, hash brown bars, mushrooms, grilled tomato, baked beans and toast. 939 kcal

JACKFRUIT CRUMPETS (VG) / 4.25

Two crumpets stacked with BBQ pulled jackfruit, Violife grated mature and guac, with sweet chilli sauce and fresh rocket. 471 kcal

MEX-MELT QUESADILLA (VG) / 4.95

Veggie sausages, hash brown bar, no-chicken nuggets and Violife grated mature with avocado, salsa and guac, in a beet tortilla. 767 kcal

MORE MORE MORE / 95P EACH
HASH BROWN BAR (VG) +145 kcal; **BEANS (VG)** +78 kcal;
GRILLED TOMATO (VG) +18 kcal

LOADED SUBS AND QUESADILLAS

AVO & VIO QUESADILLA (VG) / 7.95

Avocado with Violife grated mature, tomato, spinach, red pepper & sesame houmous and rocket, served in a beet tortilla with a side of vegan mayo. 950 kcal

BBQ JACKFRUIT SUB (VG) / 7.95

With Violife grated mature. 890 kcal

TASTY PLATES

RED THAI CURRY (VG) / 9.45

Coconut curry with cauliflower, green beans and peppers, served with basmati rice, fresh chilli, pomegranate and coriander. 544 kcal

VEGAN MAC (VG) / 7.45

Comfort food at its best - topped with spring onion, with a dressed salad on the side. 889 kcal

TOP YOUR VEGAN MAC / +1.50

JACK THE LAD (VG)

BBQ pulled jackfruit, with guac, jalapeños, vegan mayo and spring onion. +252 kcal

BURRITO BOWL (VG) / 7.45

Lightly spiced black bean & pepper rice, with salsa, guac, sweet & sour onion, jalapeño, vegan mayo and coriander, served in a beet tortilla. 506 kcal

ADD A TOPPER / +1.50

- **BBQ PULLED JACKFRUIT (VG)** +160 kcal

- **SMOKY SOYA SLOPPY JOE (VG)** +176 kcal

- **NO-CHICKEN NUGGETS (VG)** +227 kcal

EARTH BOWL (VG) / 8.95

Fresh leaf salad with lightly spiced black bean & pepper rice, with avocado, cucumber, beetroot, tomato, pomegranate, sweet & sour onion and spring onion, with a lemon & olive oil dressing. 498 kcal

ADD NO-CHICKEN NUGGETS (VG) +227 kcal / **+1.50**

SIDES

SKINNY FRIES (VG) / 2.95

405 kcal

MAC 'N' CHEEZE (VG) / 3.45

419 kcal

SALTED CHILLI

FRIES (VG) / 3.45

419 kcal

SWEET POTATO FRIES (VG) / 3.45

513 kcal

SIDE SALAD (VG) / 2.95

A dressed rocket, beetroot & sweet & sour onion mixed salad. 62 kcal

SWEET & SOUR PICKLED ONION FRIES (VG) / 3.45

+11 kcal

BURGERS & HOT DOG

OUR BURGERS ARE SERVED IN A TOASTED BUN WITH BURGER SAUCE, KETCHUP, ICEBERG LETTUCE, CHOPPED ONION AND GHERKIN, WITH A SIDE OF FRIES AND BBQ SAUCE

Choose either a no-beef burger (VG) 288 kcal **or Louisiana Chick'n™ burger (VG-M)** 245 kcal

KEEP IT SIMPLE (VG) / (VG-M) / 6.95

With iceberg lettuce, chopped onion, gherkin, BBQ sauce and vegan mayo. +670 kcal

SMOKY SOYA SLOPPY JOE (VG) / 8.95

With Violife grated mature, red pepper & sesame houmous and spinach. +903 kcal

MOVING MOUNTAINS® HOT DOG (VG) / 7.95

In a sub roll, with sweet & sour onion, ketchup and French's® mustard, served with fries and BBQ sauce. 939 kcal

LOAD IT WITH VEGAN MAC +382 kcal / **1.45**

CHOICE OF FRIES Skinny fries served with all burgers and hot dog - or switch to:
SWEET POTATO FRIES (VG) +108 kcal / **1.00**
SWEET & SOUR PICKLED ONION FRIES (VG) +11 kcal / **1.00**
SALTED CHILLI FRIES (VG) +14 kcal / **1.00**

BURGER EXTRAS

NO-BEEF BURGER (VG) +288 kcal / **+1.95**

LOUISIANA CHICK'N™ BURGER (VG-M) +245 kcal / **+1.95**

VIOLIFE GRATED MATURE (VG) +60 kcal / **+95P**

SMOKY SOYA SLOPPY JOE NACHOS GRANDE (VG) / 8.45

Topped with Violife grated mature, vegan mayo, guac, tomato salsa and jalapeños - finished with smoky soya topping, sweet & sour onion and rocket.

Recommended for 2 people. 1242 kcal

BIG BOWL FRIES

BBQ PULLED JACKFRUIT (VG)

Violife grated mature and spring onion.

SKINNY 6.45 **SWEET POTATO** 7.45

1218 kcal 1434 kcal

Recommended for 2 people.

SMOKY SOYA SLOPPY JOE (VG)

Soya in smoky BBQ sauce with Violife grated mature, spring onion, vegan mayo, sweet & sour onion and rocket.

SKINNY 5.95 **SWEET POTATO** 6.95

1203 kcal 1419 kcal

Recommended for 2 people.

BITES 3 for 11.00

VEGETABLE GYOZA (VG-M) / 4.25

With sweet chilli sauce and pomegranate. 166 kcal

CAULI WINGS (VG) / 4.25

707 kcal

COAT YOUR WINGS WITH:

BULLEIT® BOURBON BBQ SAUCE (VG) +42 kcal

KOREAN BBQ SAUCE (VG) +77 kcal

NO-CHICKEN NUGGETS (VG) / 4.25

With Korean BBQ sauce and pomegranate. 360 kcal

DESSERT

BIS-SCOFF IT (VG) / 3.95

Lotus Biscoff® dessert, topped with vanilla non-dairy iced dessert, Heavenly Whipped vegan spray, Belgian chocolate sauce and Lotus Biscoff® pieces. 806 kcal

Adults need around 2000 kcal a day.

Do you have any allergies?

Please inform staff of any allergies, before placing your order, even if you have eaten the dish before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food and drinks, detailing the 14 legally avoidable allergens contained in our dishes.

While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination.

(V) Suitable for vegetarians. (VG) Suitable for vegans. (VG-M) Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. Ingredients are based on standard product formulations, variations may occur, and calories stated are subject to change.