



# No 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 100% free from; therefore, these meals are not suitable for people with coeliac disease. Please make a team member aware when ordering from the NGCI menu.

See our main menu for prices

## To Share

*Our sharers are recommended for 2 people*

### Cheesy Nachos (V)

Loaded with cheese sauce, melting mozzarella, jalapeños, tomato & chilli sauce, guacamole and sour cream. 1176 kcal

### Nachos Sharer (VG)

Loaded with melting Sheese®, jalapeños, tomato & chilli sauce, guacamole, vegan mayo and sweet & sour red onion. 1406 kcal

## Mains

### Lamb Shank

In a red wine & mint gravy, served with buttery chive mashed potato and Tenderstem® broccoli. 996 kcal

### Slow-Cooked Beef Rib

Served on the bone, with garlic & parsley glazed heritage spring cabbage, buttery Taw Valley Cheddar & chive mashed potato and a rich gravy. 932 kcal

### House Salad (VG)

With fresh rocket, spinach, mangetout, cucumber ribbons, red onion, roasted peppers, Tenderstem® broccoli, peas, slow-roasted tomatoes and a lemon & olive oil dressing 185 kcal

⊕ Add grilled chicken breast +184 kcal, crispy sweet potato falafel (VG) +137 kcal, grilled chicken breast & Jolly Hog™ streaky bacon +247 kcal or grilled hake +203 kcal

## On the Side

**Dauphinoise Potatoes (V)** 265 kcal

**Dressed Side Salad (VG)** 92 kcal

**Seasonal Veg (VG)** 87 kcal

**Braised Red Cabbage with Apple (VG)** 173 kcal

**Buttery Chive Mashed Potato (V)** 284 kcal

## Something Sweet

**Vanilla Ice Cream (V)** 347 kcal

**Vanilla Non-Dairy Iced Dessert (VG)** 405 kcal

# Vegan & Vegetarian Menu

(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. Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

See our main menu for prices

## To Start & Share

### Bread & Olives (VG-M)

Tomato & oregano focaccia with mixed marinated olives and slow-roasted tomatoes. 522 kcal

### Three Cheese Mushroom Bruschetta (V)

Lightly toasted focaccia topped with grilled flat mushrooms in a creamy mozzarella, Taw Valley Cheddar & Stilton® sauce. 650 kcal

### Crispy Sweet Potato Falafel (VG-M)

With guacamole, roasted peppers and Tenderstem® broccoli, served with toasted focaccia and drizzled with Sriracha sauce. 279 kcal

### Cheesy Nachos (V)

Loaded with cheese sauce, melting mozzarella, jalapeños, tomato & chilli sauce, guacamole and sour cream. 1179 kcal

*Recommended for 2 people*

### Nachos Sharer (VG)

Loaded with melting Sheese®, jalapeños, tomato & chilli sauce, guacamole, vegan mayo and sweet & sour red onion. 1406 kcal

*Recommended for 2 people*

## Pub Classics

### Mushroom Wellington (VG)

Served with Tenderstem® broccoli, roasted carrots & parsnips, smashed baby potatoes and a rich gravy. 827 kcal

### Earth Burger (VG)

Crispy coated buttermilk-style burger layered with Violife®, Asian style slaw and a Sriracha glazed mushroom, served with a side salad. 752 kcal

*Make it veggie* – switch to fries and Monterey Jack cheese (V) +332 kcal

### Quorn™ Sausages & Mash (V)

Quorn™ sausages served with buttery chive mashed potato, braised red cabbage with apple, rich gravy and red onion chutney. 718 kcal

### Sweet Potato, Beetroot & Leek Tortelloni (VG-M)

With tomato & chilli sauce, spinach, roasted peppers and slow-roasted tomatoes, finished with crumbled feta-style Sheese®. 668 kcal

### House Salad (VG)

With fresh rocket, spinach, mangetout, cucumber ribbons, red onion, roasted peppers, Tenderstem® broccoli, peas, slow-roasted tomatoes and a lemon & olive oil dressing. 185 kcal

⊕ Add crispy sweet potato falafel (VG) +137 kcal

## On the Side

**Chunky Chips (V)** 390 kcal or **Seasoned**

**Skin-On Fries (V)** 398 kcal

**Sweet Potato Fries (V)** 342 kcal

**Beer-Battered Onion Rings (V)** 397 kcal

**Dauphinoise Potatoes (V)** 265 kcal

**Garlic Bread (V)** 452 kcal

⊕ Add cheese +183 kcal

**Dressed Side Salad (VG)** 92 kcal

**Seasonal Veg (VG)** 87 kcal

**Braised Red Cabbage with Apple (VG)** 173 kcal

**Buttery Chive Mashed Potato (V)** 284 kcal

## Something Sweet

### Luxury Biscuit Cheezecake (VG-M)

Caramelised biscuit cheezecake with vegan kream, tangy raspberry coulis and Lotus Biscoff biscuit crumbs. 572 kcal

### S'mores Chocolate Brownie (V)

With Belgian chocolate sauce, toasted marshmallows, salted caramel sauce and Lotus Biscoff biscuit crumbs, served with a red cherry compote and vanilla ice cream. 634 kcal

### Crumble of the Day (V)

Today's flavour of classic crumble served with a jug of creamy custard.

*Vegan option available (VG)*

*Ask a team member to see today's options and calorie information*

### Sticky Toffee Sponge (V)

Served with toffee sauce and custard. 509 kcal

(VG) when served with dairy-free custard 465 kcal or vanilla non-dairy iced dessert. 520 kcal

Adults need around 2000 kcal a day.

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### Do you have any allergies?

Full allergen information is available for all dishes. Please ask a team member before you order your food and drink, as menus do not list all ingredients. We have taken all reasonable steps to avoid the unintentional presence of allergens. However, we cannot fully guarantee that products are '100% free from' allergens, owing to cross-contamination, as we do not have specific allergen-free zones in our kitchens; therefore, it is not possible to fully guarantee allergen separation. Even if you have eaten a dish previously, please inform staff of any food allergies before placing your order, so that every precaution may be taken in the kitchen to prevent cross-contamination. We cannot guarantee that any dishes are free from nut traces. Fish and poultry dishes may contain bones and/or shell. All weights are approximate uncooked. Ingredients are based on standard product formulations; variations may occur, and calories stated (excluding drinks options) are subject to change.

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