

# NGCI

## 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 cannot guarantee 100% free from.

### SMALL PLATES

#### MINI NACHOS **v**

Topped with grated cheese, jalapeños, salsa and sour cream. *367 kcal*

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### EXTRAS

#### MASHED POTATO **v** *209 kcal*

#### DRESSED SIDE SALAD **vg** *23 kcal*

#### PLAIN JACKET POTATO WITH BUTTER **v** *516 kcal*

### JACKETS

#### JACKET POTATO

With butter *516 kcal*

When served without butter **vg** *424 kcal*

Choose any two fillings:

cheese **v** *+158 kcal*; cheese and bacon *+237 kcal*;

baked beans **vg** *+78 kcal*; Violife slice **vg** *+57 kcal*

AVAILABLE  
UNTIL  
4PM

### MAINS

#### CHICKEN TIKKA MASALA

Served with rice, poppadum and mango chutney. *721 kcal*

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#### BBQ CHICKEN, BACON & CHEESE MELT

With mash, half a grilled tomato and peas. *712 kcal*

Swap to jacket potato *+262 kcal*

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### GRILLS

Served with your choice of either jacket potato or mash, half a grilled tomato and peas.

#### 100Z RUMP STEAK

Served with mash *708 kcal* or jacket potato *663 kcal*

#### 100Z GAMMON STEAK

Topped with a fried free-range egg, grilled pineapple and mash *847 kcal* or jacket potato *1154 kcal*

### DESSERTS

#### VANILLA ICE CREAM **v** *347 kcal*

#### VANILLA NON-DAIRY ICED DESSERT **vg** *443 kcal*

Adults need around 2000 kcal a day

**v** Suitable for vegetarians. **vg** Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

**Do you have any Allergies?** Please inform staff of any allergens before placing your order, even if you have ordered the dish/drink before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food & drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks. Whilst 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. All weights are approximate uncooked. Ingredients are based on standard product formulations, variations may occur. Calories/nutritional values stated are subject to change. There is significant risk of cross-contamination in our deep fat fryers.