

# PROPER GOOD FOOD

**Do you have any allergies?** Please inform a team member 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, on request. **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.**

## SMALL PLATES

### BUILD YOUR OWN BOARD

3 for 12.99 or less 5 for 16.99 or less

#### SCAMPI† 7.49

With tartare sauce. 336 kcal

#### SIX CHICKEN WINGS 7.49

Tossed in Frank's® RedHot sauce. 241 kcal

#### MINI NACHOS 6.49

Topped with grated cheese, jalapeños, salsa and sour cream. 389 kcal

#### GARLIC BREAD 3.99

378 kcal

#### CHEESY GARLIC BREAD 4.49

567 kcal

#### BEER-BATTERED MOZZARELLA & JALAPEÑO STICKS 7.49

With tomato salsa. 441 kcal

#### TEN BEER-BATTERED ONION RINGS 3.99

661 kcal

#### BAKED QUORN™ NUGGETS 7.49

Tossed in char siu sauce, with sesame seeds and spring onion. 353 kcal

#### SOUTHERN-FRIED CHICKEN GOUJONS 7.49

With a sticky BBQ dip. 409 kcal

#### CUMBERLAND SAUSAGE BITES 7.49

Tossed in sticky BBQ sauce, with sesame seeds and spring onion. 614 kcal

#### QUORN™ SAUSAGE BITES 7.49

Grilled and tossed in sticky BBQ sauce, with sesame seeds and spring onion. 588 kcal

## SHARERS

#### MAC 'N' CHEESE & BACON LOADED CHIPS 8.49

Double portion of chips topped with grated cheese, macaroni cheese, streaky bacon, sticky BBQ sauce and spring onion. Recommended for 2 people. 1286 kcal

#### SPICY NDUJA PORK LOADED CHIPS 8.49

Double portion of chips topped with grated cheese, spicy nduja (en-doo-ya) pork, sour cream, spring onion and jalapeños. Recommended for 2 people. 1233 kcal

Upgrade your chips WAFFLE FRIES +155 kcal £1 EXTRA

#### FOOT-LONG TOPPED ONION RINGS 8.49

Twenty beer-battered onion rings topped with grated cheese, sticky BBQ sauce, Frank's® RedHot sauce, sour cream and spring onion. Recommended for 2 people. 1569 kcal

#### FOOT-LONG SPICY NDUJA PORK NACHOS 9.99

Topped with spicy nduja (en-doo-ya) pork, grated cheese, jalapeños, salsa, sour cream and spring onion. Recommended for 2 people. 1348 kcal

#### FOOT-LONG NACHOS 9.99

Topped with grated cheese, jalapeños, salsa, guacamole, sour cream and spring onion. Recommended for 2 people. 1092 kcal

#### FOOT-LONG JACKFRUIT NACHOS 9.99

Topped with lightly spiced BBQ jackfruit, jalapeños, salsa, guacamole, vegan mayo and spring onion. Recommended for 2 people. 1069 kcal

## WINGS

Choose from chicken or cauliflower wings and your choice of sauce below

10 FOR 8.49

20 FOR 12.49

30 FOR 15.99

Chicken 10: 393 kcal | 20: 786 kcal | 30: 1179 kcal  
Cauliflower 10: 1010 kcal | 20: 2019 kcal | 30: 3028 kcal

#### Classic sticky BBQ

10: +43 kcal | 20: +85 kcal | 30: +128 kcal

#### American hot Buffalo and crispy onion

10: +70 kcal | 20: +140 kcal | 30: +210 kcal

#### Char siu sauce topped with sesame seeds and spring onion

10: +114 kcal | 20: +227 kcal | 30: +341 kcal

## BURGER AND DRINK\*\*

### Step 1 CHOOSE YOUR PATTY

All of our burgers are served in a soft glazed bun with iceberg lettuce, chopped onion and gherkin, served with chips (unless stated otherwise)

#### SEASONED BEEF BURGER

With a burger cheese slice and burger sauce

#### COATED CHICKEN BURGER

With a burger cheese slice and mayo

#### PLANT-BASED BURGER

A grilled plant-based burger with a Violife slice and vegan mayo. Served with chips. Served with topped nachos.

### Step 2 CHOOSE YOUR SIZE

#### DOUBLE 10.49

Seasoned beef 1050 kcal  
Coated chicken 1060 kcal  
Plant-based 1081 kcal  
Plant-based 1078 kcal

#### TRIPLE 11.49

Seasoned beef 1292 kcal  
Coated chicken 1291 kcal  
Plant-based 1332 kcal  
Plant-based 1329 kcal

#### QUAD 12.49

Seasoned beef 1533 kcal  
Coated chicken 1521 kcal  
Plant-based 1584 kcal  
Plant-based 1581 kcal

Upgrade your chips WAFFLE FRIES +77 kcal 50p EXTRA

### Step 3 ADD YOUR TOPPING

1. Mac 'n' cheese, sticky BBQ sauce and spring onion +189 kcal

2. American hot Buffalo sauce and crispy onion +126 kcal

3. Spicy nduja (en-doo-ya) pork with jalapeños and spring onion +170 kcal

4. Classic bacon +73 kcal

### Step 4 CHOOSE YOUR DRINK\*\*

Choose a soft drink\* or upgrade to an alcoholic drink from just 1.00\*\* extra. See Meal-Deal Drinks on the reverse of this menu for drinks choices.

### EXTRAS ONLY 99p EACH

Streaky bacon +37 kcal | Burger cheese slice +41 kcal | Violife slice +57 kcal | Fried free-range egg +104 kcal | Mushrooms +51 kcal

Why not add some onion rings +331 kcal for only 2.79

## PROPER LUNCH

Available until 4pm

### MELT, CHIPS AND SOFT DRINK\* 9.49

#### MEATBALL SUB MELT

Filled with pork meatballs in tomato salsa, sautéed onion and melted cheese. 944 kcal

#### LIGHTLY SPICED BBQ JACKFRUIT SUB MELT

With vegan mayo, a Violife slice, char siu sauce, sautéed onion and lettuce. 917 kcal

Swap your chips to topped nachos +163 kcal

### SUB OR WRAP, CHIPS AND SOFT DRINK\* 8.99

#### CHEESE, TOMATO SALSA & SAUTÉED ONION

With mayo, mixed leaves and sliced tomato. Sub 821 kcal. Wrap 757 kcal

#### FISH† FINGER

With tartare sauce and mixed leaves. Sub 823 kcal. Wrap 758 kcal

#### SOUTHERN-FRIED BBQ CHICKEN

With melted cheese and mixed leaves. Sub 780 kcal. Wrap 715 kcal

#### THE CLUB SUB

Chicken breast with bacon, tomato, lettuce, mayo, grated cheese and crispy onion. 1033 kcal

Upgrade your chips WAFFLE FRIES +18 kcal 50p EXTRA

### CHOOSE A SOFT DRINK\*

\*16oz glass of Coke Zero 2 kcal, Diet Coke 1 kcal, Coca-Cola 155 kcal or Schweppes lemonade 70 kcal; 330ml bottle of Strathmore water 0 kcal; 275ml bottle of Appletiser 129 kcal; regular coffee or a pot of tea (ask a team member to see options and calorie information). A sugar-tax surcharge, per drink, will apply for standard Coca-Cola.

### UPGRADE TO AN ALCOHOLIC DRINK FROM 1.00 EXTRA\*\*

\*\*Pint of Doom Bar or alternative cask ale under 4.3% ABV, John Smith's, Guinness, Carlsberg or Strawberry; 175ml glass of house wine (red, white or rosé); 25ml spirit and mixer - choose from Tanqueray, Hendrick's, Gordon's flavours, Absolut, Ketel One, Belvedere, Sailor Jerry, Havana Spiced or Johnnie Walker Red Label (mixers: Diet Coke, Coke Zero, Coca-Cola, Schweppes lemonade, Canada Dry, Schweppes ginger beer, Schweppes tonic or Schweppes slimline tonic). A sugar-tax surcharge, per drink, will apply for standard Coca-Cola.

### Why not treat yourself? GO PREMIUM FOR 1.50 EXTRA\*\*\*

\*\*\*Pint of San Miguel, Stella Artois, Brewdog Pale Ale or Strongbow Dark Fruit; 250ml glass of house wine (red, white or rosé); 25ml spirit and mixer - choose from Tanqueray, Hendrick's, Gordon's flavours, Absolut, Ketel One, Belvedere, Sailor Jerry, Havana Spiced or Johnnie Walker Red Label (mixers: Diet Coke, Coke Zero, Coca-Cola, Schweppes lemonade, Canada Dry, Schweppes ginger beer, Schweppes tonic or Schweppes slimline tonic). A sugar-tax surcharge, per drink, will apply for standard Coca-Cola.

All deal drinks are subject to change, and availability may vary from pub to pub. If your advertised choice is unavailable a suitable alternative of an equivalent price may be offered at the manager's discretion.

## PUB CLASSICS

#### BBQ CHICKEN, BACON & CHEESE MELT 9.99

With chips, half a grilled tomato and peas. 895 kcal

Double up your BBQ chicken, bacon and cheese +434 kcal 1.50

#### KATSU CHICKEN 9.99

Crispy breaded chicken escalope, served with rice, peas, curry sauce and spring onion. 935 kcal

Swap rice for chips +129 kcal

#### GAMMON STEAK 11.49

Topped with a fried egg and grilled pineapple and served with chips, half a grilled tomato, peas and beer-battered onion rings. 1142 kcal

#### MEGA MEAT FEAST 12.99

Grilled chicken fillet, three sausages, ten chicken wings, twelve pork meatballs in a sticky BBQ sauce and a fried egg, served with chips, peas and half a grilled tomato. 1940 kcal

#### ALL-DAY BREKKIE 9.99

Two sausages, two rashers of bacon, two fried free-range eggs, baked beans, hash brown, button mushrooms, grilled tomato, toast and butter. 1231 kcal

#### VEGGIE ALL-DAY BREKKIE 9.99

Two Quorn™ sausages, two free-range fried eggs, baked beans, hash brown, button mushrooms, grilled tomato, toast and butter. 1018 kcal

#### THE CHIPPY

#### BREADED SCAMPI† 9.49

With chips, tartare sauce and peas. 890 kcal

Swap to mushy peas +36 kcal

#### HAND-BATTERED COD & CHIPS† 10.49

With tartare sauce and peas. 1195 kcal

Swap to mushy peas +36 kcal

#### SMALL FISH & CHIPS† 8.99

With tartare sauce and peas. 915 kcal

Swap to mushy peas +36 kcal

Add bread and butter +187 kcal 99p

#### LASAGNE 9.49

Beef and pork mince with smoked bacon in a rich red wine and tomato sauce, served with a dressed mixed salad garnish and garlic bread. 668 kcal

#### MAC 'N' CHEESE 8.99

Served with a dressed mixed salad. 713 kcal

Add pork meatballs, sautéed onion and salsa +185 kcal or lightly spiced BBQ jackfruit +80 kcal 1.99 each

#### CHICKEN TIKKA MASALA 9.49

With rice, naan bread, poppadum and mango chutney. 823 kcal

Swap rice for chips +129 kcal

#### PLANT-BASED RED THAI CURRY 9.49

Plant-based soya protein pieces in a rich and vibrant Thai style coconut red curry sauce with diced onion and red pepper, served with rice, poppadums and spring onion. 700 kcal

When served without poppadums 529 kcal

Add naan bread +109 kcal 99p

#### DESIGN YOUR OWN SALAD 10.99

A salad of tomato, red onion, cucumber and spring onion drizzled with French dressing. 52 kcal

Choose a topping: Southern-fried chicken goujons +269 kcal; Chicken and bacon +321 kcal; Baked Quorn™ nuggets +272 kcal

## PIES

#### FAKE STEAK PIE 9.99

Soya mince with ale gravy and shortcrust vegan pastry, served with mash, peas and a jug of gravy. 805 kcal

Swap mash for chips +119 kcal

When served with a jacket potato +979 kcal

#### STEAK, MUSHROOM & IRISH STOUT PIE 11.99

Beef steak, mushrooms & onions in Irish stout & ale gravy, encased in pastry and served with mash, mixed veg and gravy. 1382 kcal

Swap mash for chips +119 kcal

## EXTRAS

CHIPS 373 kcal 2.99

WAFFLE FRIES 450 kcal 3.49

MASHED POTATO 254 kcal 2.99

DRESSED SIDE SALAD 26 kcal 3.29

GARLIC BREAD 378 kcal 3.99

CHEESY GARLIC BREAD 567 kcal 4.49

TEN BEER-BATTERED ONION RINGS 661 kcal 3.99

BREAD AND BUTTER 187 kcal 99p

NAAN 109 kcal 99p

Desserts from 2.99 each

#### CHOCOLATE FUDGE CAKE 3.79

With vanilla ice cream. 782 kcal

#### STICKY TOFFEE PUD 3.79

With non-dairy custard. 465 kcal

#### VANILLA ICE CREAM 2.99

394 kcal

#### VANILLA NON-DAIRY ICED DESSERT 2.99

405 kcal

Adults need around 2000 kcal a day.

† Suitable for vegetarians. ‡ Suitable for vegans. †† Made with vegetarian ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. ††† 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.

Do you have any allergies? Please inform a team member 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 declared allergens contained in our dishes. 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. 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. Calories/nutritional values stated are subject to change. \*\* From a selected range - see meal-deal drinks. For meal deals which include a drink, the food and drink must be purchased at the same time. All products and offers are subject to availability. Management reserves the right to refuse custom and/or withdraw/change offers (without notice), at any time. Prices include VAT, at the current rate. At Stonegate Pub Company, all tips earned by our hard-working team members, from delivering great customer service, are retained by them. As we process credit card tips through our payroll, we are required to make statutory deductions. If a service charge is added to the bill, this is entirely discretionary and is paid to those team members providing the service. If, for any reason, you're not happy with your visit, please let a team member know. DRINK RESPONSIBLY Stonegate Group, 3 Monkspath Hall Road, Solihull, West Midlands B90 4SJ.