

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

## BREAKFAST served until 12pm

### FULL BREAKFAST

Four rashers of bacon, two fried eggs, two golden hash browns, button mushrooms, a juicy grilled tomato, baked beans, toasted Genius® bread and a tea served with milk on the side. 1081 kcal  
Swap to Americano with milk +3 kcal

### EGGS BENNY

Two poached eggs, grilled bacon and Hollandaise sauce on a lightly toasted Genius® bread roll. 768 kcal

### CAPRESE EGGS BENNY (V)

Two poached eggs, grilled halloumi, fresh tomatoes and Hollandaise sauce on a lightly toasted Genius® bread roll. 813 kcal

### SMASHED AVOCADO (V)

Crushed avocado, slow-roasted tomatoes and a poached egg on lightly toasted Genius® bread. 651 kcal



## Breakfast extras

- BACON 82 kcal
- BAKED BEANS (VG) 78 kcal
- FRIED EGG (V) 104 kcal
- MUSHROOMS (VG) 51 kcal
- POACHED EGG (V) 100 kcal
- SCRAMBLED EGG (V) 306 kcal
- TOMATO (VG) 18 kcal
- HASH BROWN (VG) 169 kcal

## TO Share

### CHEESY TOPPED NACHOS (V)

Crunchy tortilla chips topped with nacho cheese sauce and grated cheese, guacamole, tomato salsa, sour cream, sweet red pepper drops and fiery jalapeños.

Perfect to share with 2/3 of your faves. 1292 kcal

#### Add a topper:

- Slow-cooked smoky BBQ beef. +298 kcal
- Spicy BBQ pork 'nduja [en-doo-ya]. +413 kcal

### SMOKY SOYA TOPPED NACHOS (VG)

Crunchy tortilla chips topped with smoky soya sloppy joe, vegan cheese, guacamole, tomato salsa, vegan mayo, red pepper & sesame houmous, sweet red pepper drops and fiery jalapeños.

Perfect to share with 2/3 of your faves. 1561 kcal

## SMALL Plates

### MINI MEZE (V)

Mixed olives and red pepper & sesame houmous served with Genius® bread. 456 kcal

## ON THE SIDE

### SIDE SALAD (VG)

Quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 207 kcal

## BURGERS

All of our burgers are served in a Genius® bread roll with burger sauce, ketchup, lettuce, chopped pickle and onion with topped nachos.

### CHICKEN, CHEESE & BACON

Chicken breast topped with a melted burger cheese slice and streaky bacon. 1307 kcal

### CHEESY BACON & BEEF

Succulent beef burger topped with a melted burger cheese slice and streaky bacon. 1421 kcal

## Top your burger

- CHEESE SLICE (V) +41 kcal
- STREAKY BACON +37 kcal
- SLOW-COOKED BBQ BEEF +149 kcal
- SMOKY SOYA SLOPPY JOE (VG) +117 kcal
- FRIED EGG (V) +104 kcal
- JALAPEÑOS (VG) +5 kcal
- MUSHROOMS (VG) +26 kcal
- HALLOUMI (V) +200 kcal

## MAINS



Dishes with this symbol are under 600 calories

### SMOTHERED CHICKEN

Tender chicken breast topped with streaky bacon, melted cheese and sticky BBQ sauce, served with topped nachos, peas and grilled tomato. 988 kcal

### 10oz SIRLOIN STEAK

A wonderfully flavoursome cut, served with topped nachos, juicy grilled tomato, sautéed mushrooms and a side of peppercorn sauce†. 1177 kcal



### THAI RED CURRY (VG)

Aromatic coconut curry with cauliflower, green beans, sugar snap peas and peppers, garnished with pomegranate seeds and served with basmati rice. 540 kcal  
Swap to cauliflower rice -250 kcal

#### Why not add a topper?

- Grilled seabass fillets +151 kcal
- Grilled chicken +184 kcal

### KATSU CURRY

Tender chicken breast with katsu curry sauce, garnished with pomegranate seeds and served with basmati rice. 684 kcal  
Swap to cauliflower rice -250 kcal



### CHICKEN & PROSCIUTTO

Grilled chicken and crispy prosciutto on a bed of quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 587 kcal



### OUR MIXED HOUSE (VG)

Quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 414 kcal

## Fresh salads



### GRILLED SEABASS

Flaky grilled seabass fillets on a bed of quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 566 kcal

## SOMETHING Sweet

### Mini treats

#### WARM BROWNIE BITES (V)

With rich Belgian chocolate sauce and strawberries. 392 kcal

#### CARAMELISED BISCUIT BITES (VG)

Caramelised biscuit mousse layered on a biscuit base, with rich Belgian chocolate sauce and a scattering of biscuit pieces. 409 kcal

#### MILLIONAIRES' SUNDAE SHOTS (V)

Bite-size pieces of millionaires' shortbread combined with sumptuous salted caramel sauce, vanilla ice cream, double cream and rich Belgian chocolate sauce. 452 kcal

Just heaven!



WHY NOT CHECK OUT OUR LUNCH DATE MENU? ENJOY A SELECTED LUNCH DISH AND A DRINK

Adults need around 2000 kcal a day.

(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. (V-M) Made with veggie ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Ingredients are based on standard product formulations, variations may occur. Calories/nutritional values stated are subject to change.

#### Do you have any allergies?

Please inform staff of all allergies before placing your order, even if you have eaten a 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 declarable allergens contained in our dishes/drinks. **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. There is significant risk of cross-contamination in our deep fat fryers.**

All vegan cheese used in our dishes is non-dairy. Fish and poultry dishes may contain bones. All weights are approximate uncooked.

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