AVAILABLE SUNDAY $16^{\text {TH }}$ JUNE

## STARTERS



74 Double-Crunch Chicken Wings Exclusive to Beefeater, our crunchy tortilla-coated chicken wings seasoned with our signature blend of spices ( 440 kcal ). Served with your choice of 774 sauce (calories stated do not include sauces)

Stonebaked Garlic Flatbread (V)
Seasoned with our ' 74 BBQ rub (410kcal)
Make it cheesy (V) (+65kcal)
Want to make it vegan? Just ask! (372kcal)

## Cheesy Potato Dippers

Served with BBQ sauce (476kcal)
Add Oak-Smoked-Bacon (+105kcal)
Chicken Goujons
Served with BBQ sauce (382kcal)

## Classic Prawn Cocktail**

Served with toasted ciabatta ( 361 kcal )

## Crispy Calamari ${ }^{\dagger}$

With fresh chilli and our ' 74 spicy mayo ( 491 kcal )
Halloumi Fries
Served with BBQ sauce ( 603 kcal )
Breaded Mushrooms
Served with $B B Q$ sauce ( 422 kcal )

## MAINS

## GRILLS

## Mixed Grill

$40 z^{*}$ rump steak, half a chicken breast, gammon and two pork sausages, served with roasted tomato, two fried eggs, onion rings ${ }^{5}$, triple-cooked chips and garden peas ( $1,465 \mathrm{kcal}$ ) Upgrade to 8oz* Rump Steak ( $1,624 \mathrm{kcal}$ )
Upgrade to $8 \mathrm{oz}^{*}$ Sirloin Steak ( $1,624 \mathrm{kcal}$ )

Chargrilled Fillet of Salmon**
Drizzled with garlic and parsley. Served with our
' 74 spicy mayo and your choice of seasoned veggie rice ( 77 lkcal ), fries ( 844 kcal ) or chopped salad ( 592 kcal ) Add " 74 Grilled Veg with Tenderstem ${ }^{\circledR}$ Broccoli ( +56 kcal )

Chargrilled 7oz* Gammon Steak
Served with a fried egg, pineapple ring, triple-cooked chips and peas ( 815 kcal )
Double up your Gammon Steak (+242kcal)

CHICKEN \& RIBS


## 74 Beefeater Combos

Our exclusive ' 74 double-crunch chicken wings, grilled ' 74 seasoned chicken breast and half a rack of ' 74 BBQ glazed pork ribs ( $1,293 \mathrm{kcal}$ ), plus an extra sauce of your choice (calories stated do not include sauces)

All served with '74 seasoned fries, corn and your choice of one of our ' 74 sauces. See below for our full range. (Calories stated do not include sauces)
${ }^{1} 74$ Rack of BBQ Glazed Pork Ribs ${ }^{5}(1,039 \mathrm{kcal})$
'74 Chicken \& Rib Combos
Grilled '74 seasoned chicken breast and half a rack of ' 74 BBQ glazed pork ribs (874kcal)

Add half a rack of '74 BBQ Glazed Pork Ribs ${ }^{5}(+303 \mathrm{kcal})$
Add '74 Double-Crunch Chicken Wings (+418kcal)

## CLASSICS

## Beer-Battered Fish \& Chips ${ }^{* * 5}$ ©

Served with triple-cooked chips, tartare sauce and mushy peas ( 971 kcal ) or garden peas ( 933 kcal )

## Smothered Chicken Melt

Glazed in BBQ sauce topped with oak-smoked streaky bacon and melted cheese. Served with fries, a salad garnish and house slaw ( 748 kcal )
Want to make it vegan? Just ask! (757kcal)

## SALADS

## Beefeater Cobb Salad (Ve)

Crisp cos lettuce, red peppers, cucumber, cherry tomatoes, avocado and sweetcorn ( 144 kcal )

Topped with your choice of:
Grilled Chicken Breast (+155kcal)
GARDEN GOURMET® Sensational"' Chicken-Style Fillet (Ve) (+177kcal)
or Grilled Halloumi (V) (+352kcal)
Finished with your choice of dressing:
" 74 Honey \& Mustard (V) ( 18 kccal )
Reduced-fat Caesar (V) (II5kcal)
French dressing (Ve) (87kcal)

## STEAK



Steak Sampler
For those that want it all, tender 4oz' fillet, flavoursome $40 z^{*}$ rump steak and succulent $40 z^{*}$ sirloin. With peppercorn sauce, grilled flat mushroom, roasted tomato, onion rings ${ }^{5}$ and triple-cooked chips ( $(1,78 \mathrm{kcal})$

## TRY OUR '74 SAUCES

|  | ${ }^{7} 74 \mathrm{BBQ}^{6}(\mathrm{Ve})(32 \mathrm{kcal})$ |
| :---: | :---: |
|  | 174 HOT (Ve) (2kcal) |
|  | ${ }^{7} 74$ Burger (Ve) (llkcal) |
|  |  |
|  | ${ }^{7} 4$ Bacon Relish (47kcal) |
|  | 74 Honey \& Mustard (V) (136kcal) |
|  | 74 Mango, Peach \& Habanero (Ve) (37kcal) |
|  | 74 Spicy Mayo (Ve) (95kcal) |
|  | Calories stated are per portion |



All our steaks come from British and Irish farms. Matured for 30 days, they are extra tender and full of flavour. Served with half a roasted tomato, grilled mushroom, rocket and your choice of side.

## CHOOSE YOUR CUT

## 8oz* Fillet

The most lean and tender of all the steaks (396kcal)
10oz* Ribeye
The strong marbling makes this steak full of flavour (571/kcal)

## 8oz* Sirloin

A great all-rounder, for succulent texture and taste (391kcal)

## CHOOSE YOUR SIDE

Fries (Ve) (293kcal)
Triple-Cooked Chips (Ve) (395kcal)
Chopped House Salad (Ve) (42kcal)

## ADD A LITTLE EXTRA

Peppercorn Sauce (30kcal)
Garlic King Prawns* (177kcal)
Fried Egg (V) (108kcal)
Beer-Battered Onion Rings ${ }^{5}$ (280kcal)

## Surf \& Turf Combo**

$80 z^{*}$ sirloin steak, king prawns drizzled in garlic \& parsley and crispy calamari. With triple-cooked chips and '74 spicy mayo ( $1,187 \mathrm{kcal}$ )
Upgrade to 8oz* Fillet Steak (1,192kcal)


174 Beefeater Double Stack Two signature $40 z^{*}$ beef burgers, ' 74 BBQ sauce ${ }^{6}$. Cheddar cheese and ' 74 burger sauce ( $1,282 \mathrm{kcal}$ )

Our special ' 74 burgers are a mix of short rib, chuck, flank and bone marrow to help give a rich-tasting, meaty flavour. All served in a brioche-style bun with lettuce, tomatoes and red onion, with fries and house slaw.

## ${ }^{1} 74$ Baconeater

Our signature 4oz* beef burger, ' 74 bacon relish,
oak-smoked bacon, Cheddar cheese, crispy onions and light mayo (1,078kcal)

## ${ }^{\prime} 74$ Double-Crunch Chicken

Our tortilla-coated chicken breast seasoned with our signature blend of spices, ' 74 BBQ sauces, oak-smoked bacon and ' 74 burger sauce ( $1,185 \mathrm{kcal}$ )
Swap to a Grilled Chicken Breast (887kcal)
Plant Stack (Ve)
GARDEN GOURMET Sensational" burger with a Violife slice, $\mathrm{THIS}{ }^{T \mathrm{~m}}$ Isn't Bacon and ' 74 burger sauce and vegan slaw (958kcal)

## Hallo-Me (V)

Grilled halloumi topped with flat mushroom
'74 smokehouse tomato sauce, '74 grilled veg and '74 burger sauce (956kcal)

## ADD EXTRAS

'74 Signature 4oz* Beef Burger (223kcal)
Oak-Smoked Bacon (63kcal)
Cheddar Cheese Slice (V) (83kcal)

## ROAST



Ultimate Roast ${ }^{\$}$
Get the best of all our meats with half a roast chicken, and a slice of both our aged sirloin and lamb rump ( 1.847 kcal )

Our roast dishes are served with crispy roast potatoes, golden honey-glazed parsnips, Yorkshire pudding, stuffing, a selection of vegetables and our rich signature red wine gravys, unless stated otherwise

## Roast Sirloin of Beef ${ }^{s}$

30-day-aged from British and Irish farms.
Melt-in-your-mouth tenderness, cooked medium (1,517kcal)

## Rump of Lamb ${ }^{5}$

Our British and Irish lamb is cooked so it's still a little pink in the middle for full flavour ( $1,506 \mathrm{kcal}$ )

## Half Roast Chicken ${ }^{\text {§ }}$

Half a roast chicken, tender and succulent with crispy, golden skin (1,67lkcal)

No-Chicken Roast (V)
GARDEN GOURMET® Sensational" ${ }^{\text {tm }}$ Chicken-Style
Fillet, served with meat-free gravy ${ }^{5}(1,378 \mathrm{kcal})$ Want to make it vegan? Just ask! ( 983 kcal )

## This Father's Day enjoy unlimited favourites, just ask

Unlimited Favourites
Unlimited portions of crispy roast potatoes (Ve) (274kcal per portion), Yorkshire puddings (V) (121kcal per portion) and our rich signature red wine gravy ${ }^{5}$ (43kcal per portion) or meat-free gravy ${ }^{5}$ (30kcal per portion).
Vegetarian \& vegan option available, just ask ${ }^{\text {s }}$

## ADD A LITTLE EXTRA <br> Cauliflower Cheese (V) (284kcal)

Pigs-in-Blankets (280kcal)
Add an extra slice of beef (+101kcal) or lamb ( +73 kcal ) to any roast

## SIDES

74 Loaded Cheesy Fries (V)
Topped with cheese, ' 74 burger sauce and tomato \&
red pepper salsa (514kcal)
Triple-Cooked Chips (Ve) (395kcal)
Fries (Ve) (293kcal)
DESSERTS


## Beer-Battered Onion Rings ${ }^{5}$ (280kcal)

Mac \& Cheese (V) (403kcal)
${ }^{17} 44$ Seasoned Mini Corn on the Cobs (Ve) (81kcal)

Chopped Salad (Ve) (42kcal)
${ }^{17} 4$ Grilled Veg with Tenderstem ${ }^{\circledR}$ Broccoli (Ve) Seasoned in our ' 74 BBQ rub ( 56 kcal )

## Biscoff ${ }^{\circledR}$ Sundae (V)

Vanilla ice cream layered with Biscoff® ${ }^{\text {crumb }}$ and Biscoffө sauce. Topped with a whip of cream and a Biscoffe biscuit ( 623 kcal )
Want to make it vegan, just ask! (614kcal)

Apple Pie (V)
Served with either custard ( 426 kcal ) or vanilla ice cream (393kcal)
Want to make it vegan? Just ask!
Served with vanilla vegan ice cream ( 405 kcal )
Chocolate Layer Torte (Ve)
Decadent chocolate mousse on a chocolate sponge base, topped with freeze-dried raspberries and raspberry sauce (291kcal)
Add Vanilla Ice Cream (V) ( +67 kcal )
Add Vanilla Vegan Ice Cream (Ve) ( +79 kcal )

Cheesecake with Cadbury ${ }^{\oplus}$ Crunchie (V)
Baked New-York-style cheesecake, topped with Cadbury ${ }^{\ominus}$ Crunchie pieces and caramel sauce. Served with vanilla ice cream ( 673 kcal )

## Sticky Toffee Pudding (V)

Served with custard ( 753 kcal ) or vanilla ice cream ( 720 kcal )
Triple Chocolate Brownie (V)
Served with chocolate sauce and vanilla ice cream (617kcal)
Vanilla Ice Cream (V)
With chocolate ( 286 kcal ), caramel ( 288 kcal ) or raspberry (276kcal) sauce
Want to make it vegan? Just ask!
Choose from chocolate ( 321 kcal ) or raspberry ( 31 kcal ) sauce
Hot Drink \& Mini Triple Chocolate Brownie (V)
(261kcal) (calories stated do not include hot drink)

## Adults need around 2000 calories a day

