

## STARTERS

Buy 4 for 16.99 or 3 for 13.99



### **7/4 Double-Crunch Chicken Wings 6.49**

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

#### Chicken Goujons 6.49

Served with BBQ sauce (382kcal)

#### Breaded Mushrooms 5.49

Served with BBQ sauce (422kcal)

#### Cheesy Potato Dippers 5.49

Served with BBQ sauce (476kcal)

Add Oak-Smoked Bacon +0.99 (+105kcal)

#### Crispy Calamari\* 6.49

With fresh chilli and our '74 spicy mayo (491kcal)

#### Classic Prawn Cocktail\*\* 6.49

Served with toasted ciabatta (361kcal)

#### Halloumi Fries 5.79

Served with BBQ sauce (603kcal)

#### Stonebaked Garlic Flatbread (V) 5.29

Seasoned with our '74 BBQ rub (410kcal)

Make it cheesy (V) +0.49 (+65kcal)

Want to make it Vegan? Just ask! (Ve) (372kcal)

#### Loaded Nachos (V) 5.49

Layered with Cheddar cheese, tomato and red pepper salsa, cheese sauce and guacamole (584kcal)

Want to make it vegan? Just ask! (Ve) (533kcal)

## SALADS

### Beefeater Cobb Salad (Ve) 13.49

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

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:

Our **7/4** Honey & Mustard (V) (181kcal)

Reduced-fat Caesar (V) (115kcal)

French dressing (Ve) (87kcal)

## GRILLS

### Mixed Grill 18.99

4oz rump steak, half a chicken breast, gammon and two pork sausages, served with roasted tomato, two fried eggs, onion rings<sup>6</sup>, triple-cooked chips and garden peas (1,465kcal)

Upgrade to 8oz\* Rump Steak +4.99 (1,624kcal)

Upgrade to 8oz\* Sirloin Steak +5.99 (1,624kcal)

### Chargrilled 7oz\* Gammon Steak 12.29

Served with a fried egg, pineapple ring, triple-cooked chips and peas (815kcal)

Double up your Gammon Steak +3.50 (+242kcal)

### Chargrilled Fillet of Salmon\*\* 17.49

Drizzled with garlic and parsley. Served with our '74 spicy mayo and your choice of seasoned veggie rice (771kcal), fries (844kcal) or chopped salad (592kcal)

Add **7/4** Grilled Veg with Tenderstem® Broccoli +3.29 (+56kcal)

### **7/4** Chargrilled Vegetable Skewer (Ve) 14.99

Served with stonebaked flatbread, chopped salad, fries and your choice of '74 sauce (744kcal) (calories stated do not include sauces)

### **7/4** Chargrilled King Prawn & Vegetable Skewer\*\* 17.99

Served with stonebaked flatbread, chopped salad, fries and your choice of '74 sauce (828kcal) (calories stated do not include sauces)



## CHICKEN AND RIBS

All served with '74 seasoned fries, corn and your choice of one of our '74 sauces. See overleaf for our full range. (calories stated do not include sauces)

### **7/4** Rack of BBQ Glazed Pork Ribs<sup>6</sup> 18.49 (1,039kcal)

### **7/4** Chicken & Rib Combo<sup>6</sup> 17.49

Grilled '74 seasoned chicken breast and half a rack of '74 BBQ glazed pork ribs (874kcal)

### **7/4** Chargrilled Half Chicken 14.29 (840kcal)

Add half a rack of **7/4** BBQ Glazed Pork Ribs<sup>6</sup> +5.99 (+303kcal)

Add **7/4** Double-Crunch Chicken Wings +5.99 (+418kcal)

### **7/4** Beefeater Combo 22.49

Our exclusive '74 double-crunch chicken wings, grilled '74 seasoned chicken breast and half a rack of '74 BBQ<sup>6</sup> glazed pork ribs, plus an extra sauce of your choice (1,293kcal)



## STEAKS

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 21.49

The most lean and tender of all the steaks (396kcal)

#### 8oz\* Sirloin 16.49

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

#### 10oz\* Ribeye 18.99

The strong marbling makes this steak full of flavour (571kcal)

### CHOOSE YOUR SIDE

#### Chopped Salad (Ve) (42kcal)

#### Skinny Fries (Ve) (293kcal)

#### Triple-Cooked Chips (Ve) (395kcal)

Upgrade to Sweet Potato Fries (Ve) 0.49 (308kcal)

Upgrade to Loaded Cheesy Fries (V) 0.99 (514kcal)

### ADD A LITTLE EXTRA

#### Peppercorn Sauce 1.99 (30kcal)

#### Garlic King Prawns\*\* 4.99 (177kcal)

#### Fried Egg (V) 0.99 (108kcal)

### **7/4** Seasoned Mini Corn on the Cobs (Ve) 3.29 (81kcal)

Choose one of our **7/4** sauces for 0.99 or two for 1.50. See overleaf for full range.

Beer-Battered Onion Rings<sup>6</sup> 4.29 (280kcal)

#### Mac & Cheese (V) 4.29 (403kcal)

### **7/4** Grilled Veg with Tenderstem® Broccoli (Ve) 3.29 (56kcal)

## PREMIUM STEAKS

### Steak Sampler 23.99

For those that want it all, tender 4oz\* fillet, flavoursome 4oz\* rump steak, and succulent 4oz\* sirloin. With peppercorn sauce, grilled flat mushroom, roasted tomato, onion rings<sup>6</sup> and triple-cooked chips (1,178kcal)

### Surf & Turf Combo\*\*\* 22.99

8oz\* sirloin steak, king prawns drizzled in garlic & parsley and crispy calamari. With triple-cooked chips and '74 spicy mayo (1,187kcal)

Upgrade to 8oz\* Fillet Steak +4.99 (1,192kcal)

## BURGERS

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.



### **7/4** Baconearer 15.99

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

### **7/4** Beefeater Double Stack 15.99

Two signature 4oz\* beef burgers, '74 BBQ sauce<sup>6</sup>, Cheddar cheese and '74 burger sauce (1,282kcal)

### **7/4** Double-Crunch Chicken 15.99

Our tortilla coated chicken breast seasoned with our signature blend of spices, '74 BBQ sauce<sup>6</sup>, oak-smoked bacon and '74 burger sauce (1,185kcal)

Swap to a Grilled Chicken Breast (887kcal)

### Hallo-Me (V) 14.49

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

### Plant Stack (Ve) 14.49

GARDEN GOURMET Sensational™ burger with a Violife slice, THIS™ Isn't Bacon and '74 burger sauce and vegan slaw (958kcal)

Upgrade to Sweet Potato Fries (Ve) 0.49 (308kcal)

Upgrade to Loaded Cheesy Fries (V) 0.99 (514kcal)

### ADD EXTRAS

#### **7/4** Signature 4oz\* Beef Burger 2.99 (223kcal)

#### Grilled Chicken Breast 2.99 (155kcal)

GARDEN GOURMET® Sensational™ Burger (Ve) 2.99 (224kcal)

#### **7/4** Bacon Relish 0.99 (47kcal)

#### Oak-Smoked Bacon 0.99 (63kcal)

#### Cheddar Cheese Slice (V) 0.99 (83kcal)

#### Halloumi (V) 2.99 (176kcal)

#### Fried Egg (V) 0.99 (108kcal)

#### Guacamole (V) 0.99 (81kcal)

#### THIS™ Isn't Bacon (Ve) 0.99 (58kcal)

#### Violife Slice (Ve) 0.99 (57kcal)

## CLASSICS

### Beer-Battered Fish & Chips\*\*\* 14.49

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

### Smothered Chicken Melt 14.49

Glazed in BBQ sauce topped with oak-smoked streaky bacon and melted cheese. Served with fries, a salad garnish and house slaw (748kcal)

Want to make it vegan? Just ask! (Ve) (757kcal)

### Beef & Ale Pie<sup>6</sup> 13.99

Served with triple-cooked chips, garden peas and a jug of gravy (1,141kcal)

### Beef Lasagne 13.49

Served with garlic flatbread and a chopped salad (761kcal)

### Butternut Squash, Spinach & Ricotta Lasagne (V) 13.49

Served with garlic flatbread and a chopped salad (651kcal)

## SIDES

### **7/4** Loaded Cheesy Fries (V) 4.29

Topped with cheese, '74 burger sauce and tomato & red pepper salsa (514kcal)

### Triple-Cooked Chips (Ve) 3.49 (395kcal)

### Fries (Ve) 3.49 (293kcal)

### Sweet Potato Fries (Ve) 3.99 (308kcal)

### Beer-Battered Onion Rings<sup>6</sup> 4.29 (280kcal)

### Mac & Cheese (V) 4.29 (403kcal)

### **7/4** Seasoned Mini Corn on the Cobs (Ve) 3.29 (81kcal)

### Chopped Salad (Ve) 3.29 (42kcal)

### **7/4** Grilled Veg with Tenderstem® Broccoli (Ve) 3.29

Seasoned in our '74 BBQ rub (56kcal)

Adults need around 2,000kcal a day

# SINCE '74

## INTRODUCING THE '74 RANGE

Our '74 range offers you the very best of Beefeater, look out for the '74 symbol throughout the menu!

An **irresistible selection of iconic recipes** and flavours, perfected thanks to the passion & craft of our Grill Masters.

But what makes our '74 dishes unmistakable? It's not just the iconic recipes and irresistible flavours forged from our love for all things grilled. It's the **quality ingredients** that go into them. Ingredients that **excite the senses**, from our unique blend of seasonings to our tantalisingly crunchy coatings.

Try a '74 dish today and sink your teeth into that original mouthwatering Beefeater flavour.

## TRY OUR '74 SAUCES 0.99 EACH OR TWO FOR 1.50

'74 **BBQ** (Ve)  
(32kcal per portion)

'74 **HOT** (Ve)  
(12kcal per portion)

'74 **Burger** (Ve)  
(111kcal per portion)

'74 **Smokehouse Tomato** (Ve)  
(59kcal per portion)

'74 **Bacon Relish**  
(47kcal per portion)

'74 **Honey & Mustard** (V)  
(136kcal per portion)

'74 **Mango, Peach & Habanero** (Ve)  
(37kcal per portion)

'74 **Spicy Mayo** (Ve)  
(95kcal per portion)

## TAKE HOME A TASTE OF THE GRILL

TRY OUR FIERY & FRUITY '74 HOT SAUCE OR OUR RICH & TANGY '74 BBQ SAUCE!  
JUST 2.99 EACH (260ML)



Scan the QR code to see our Non-Gluten-Containing Ingredients menu

## DESSERTS



### Biscoff® Sundae (V) 6.99

Vanilla ice cream layered with Biscoff® crumb and Biscoff® sauce. Topped with a whip of cream and a Biscoff® biscuit (623kcal) **Want to make it vegan, just ask! (Ve) (614kcal)**

### Vanilla Ice Cream Sundae with KitKat® (V) 6.99

Vanilla ice cream layered with KitKat® crumb and chocolate sauce. Topped with a whip of cream and KitKat® fingers (583kcal)



### Cheesecake with Cadbury® Crunchie (V) 6.99

Baked New York style cheesecake, topped with Cadbury® Crunchie pieces and caramel sauce. Served with vanilla ice cream (673kcal)



### Chocolate Churros Sundae (V) 6.49

Vanilla ice cream layered with warm triple chocolate brownie and chocolate sauce. Topped with a whip of cream and warm cinnamon sugar churros (460kcal)

### Vanilla Ice Cream (V) 5.79

With chocolate (286kcal), caramel (288kcal) or raspberry (276kcal) sauce

**Want to make it vegan? Just ask! (Ve)**  
Choose from **chocolate (321kcal)** or **raspberry (311kcal)** sauce

### Apple Pie (V) (Ve Available) 5.99

Served with either custard (426kcal), vanilla ice cream (393kcal) or make it vegan with vanilla vegan ice cream (405kcal)

Adults need around 2,000kcal a day

### Sticky Toffee Pudding (V) 5.99

Served with custard (753kcal) or vanilla ice cream (720kcal)

### Triple Chocolate Brownie (V) 6.29

Served with chocolate sauce and vanilla ice cream (617kcal)

### Chocolate Layer Torte (Ve) 6.29

Decadent chocolate mousse on a chocolate sponge base, topped with freeze-dried raspberries and raspberry sauce (291kcal)  
Add **Vanilla Ice Cream (V) +0.99 (+67kcal)**  
Add **Vanilla Vegan Ice Cream (Ve) +0.99 (+79kcal)**

### Hot Drink & Mini Triple Chocolate Brownie (V) 5.29

(261kcal)  
(calories stated do not include hot drink)

## COME AND VISIT US AGAIN...

### UNLIMITED BREAKFAST

AVAILABLE EVERYDAY  
Kids eat free

### SUNDAY LUNCH

Succulent roasts with all the trimmings  
Sundays from 12pm

Don't worry, we know there are allergens in our food that we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Menu descriptions may not list every individual ingredient, please ask for more information. Ingredients can occasionally be substituted or changed at short notice, so please review the allergy information on the website at the time of your visit and ask your server when you arrive. \*V = suitable for vegetarians, \*\*VE = suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. \*Approximate weight uncooked. \*\*May contain small bones or shell. \*May contain traces of alcohol. \*May contain rings & tentacles. \*May contain fruit stones. Fish, meat and poultry dishes may contain bones. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. GARDEN GOURMET™ is a registered trademark used in agreement with the trademark owner. KitKat® is a registered trademark of Société des Produits Nestlé S.A. S.A. Cadbury® is a registered trademark of Mondelez International used under licence. Terms & conditions: Images are for illustrative purposes only and finished steak presentation (including grill lines) may vary. This menu is available for a limited time only and is subject to availability. We may occasionally sell out of some of the more popular dishes. If we do, we'll do our very best to offer you the nearest alternative. Prices are inclusive of VAT. We hope we served you up a great experience today. If you choose to leave a gratuity to thank your server, we want you to know that this goes straight to the person serving you today, in full. If you have any comments or suggestions, our staff will be more than happy to receive them. Alternatively, you are welcome to write to us at: Whitbread Group PLC, PO Box 777, Dunstable, Beds. LU5 5XE. Telephone: 0333 234 1452 or visit [www.beefeater.co.uk/contact-us.html](http://www.beefeater.co.uk/contact-us.html)



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