

MEAT-FREE MENU

Our chefs have created some delicious and flavourful meat-free dishes and plant-based plates. Eating well has never been easier. Look out for the veggie (V) & (Ve) vegan icons and try them today!

Starters

Stonebaked BBQ Garlic Flatbread (V)

Seasoned in house with our '74 BBQ rub (410kcal)

Make it cheesy (V) (+65kcal)

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

Loaded Nachos (V)

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

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

Mains

The Hallo-me (V)

Grilled halloumi topped with flat mushroom, layered with our new '74 smokehouse tomato sauce, '74 grilled veg, and '74 burger sauce. Served in a brioche-style bun, with fries and house slaw (956kcal)

Add THIS™ Isn't Bacon (Ve) (58kcal)

Add Guacamole (V) (81kcal)

Beefeater Cobb Salad (V)

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

Topped with your choice of:

GARDEN GOURMET® Sensational™ Chicken

Style Fillet (Ve) (+177kcal)

Grilled Halloumi (V) (+352kcal)

Finished with your choice of dressing:

Our '74 Honey & Mustard (V) (181kcal), reduced-fat

Caesar (V) (115kcal) or French dressing (Ve) (87kcal)

'74 Chargrilled Vegetable Skewer (Ve)

Chargrilled vegetable skewer seasoned in our '74 BBQ rub. Served with stonebaked flatbread, chopped salad, fries and your choice of '74 sauce (744kcal) (calories stated do not include sauces)

Smothered No Chicken Melt (Ve)

GARDEN GOURMET® Sensational™ Chicken Style Fillet, glazed in BBQ sauce, topped with THIS™ Isn't Bacon and melted Violife. Served with triple-cooked chips, a salad garnish and vegan slaw (757kcal)

Butternut Squash, Spinach & Ricotta Lasagne (V)

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

Plant Stack (Ve)

GARDEN GOURMET® Sensational™ Chicken Style Fillet with Violife, THIS™ Isn't Bacon, and '74 burger sauce. Served in a brioche-style bun, with fries and vegan slaw (958kcal)

Swap to Loaded Cheesy Fries (V) (514kcal)

Swap to Sweet Potato Fries (V) (308kcal)

Add GARDEN GOURMET® Sensational™ Burger (Ve) (+224kcal)

Add Halloumi (V) (+176kcal)

Add a Cheddar Cheese Slice (V) (+83kcal)

Add Fried Egg (V) (+108kcal)

Add Guacamole (V) (+81kcal)

Add THIS™ Isn't Bacon (Ve) (+56kcal)

Add Violife Slice (Ve) (+57kcal)

Sides

'74 Loaded Cheesy Fries (V)

Fries seasoned in our '74 BBQ rub, topped with gooey cheese, our '74 burger sauce and tomato & red pepper salsa (514kcal)

'74 Seasoned Mini Corn on the Cobs (Ve)

(81kcal)

'74 Grilled Veg with Tenderstem® Broccoli (Ve)

Freshly grilled courgettes, Tenderstem® broccoli, mixed peppers and red onions seasoned in our '74 BBQ rub (56kcal)

Mac & Cheese (V)

(403kcal)

Fries (Ve)

(293kcal)

Triple-Cooked Chips (Ve)

(395kcal)

Sweet Potato Fries (Ve)

(308kcal)

Chopped House Salad (Ve)

(42kcal)

Try our '74 sauces

0.99 EACH OR TWO FOR 1.50

'74 Mango, Peach & Habanero Sauce 🌶️🌶️ (Ve)

A spicy blend of mango, peaches, Scotch bonnet peppers, and habanero, for the perfect balance of a sweet & spicy flavour (37kcal)

'74 Honey & Mustard Sauce (V)

A tasty blend of a wholegrain, Dijon and English mustard with naturally sweet honey, for mild kick and delicate sweetness (136kcal)

'74 Smokehouse Tomato Sauce (Ve)

A Beefeater twist on a classic: a rich blend of tomatoes and our signature mix of spices, slow-smoked with a blend of oak, hickory and beech wood for a unique, smoky, and tomatoey taste (59kcal)

'74 BBQ Sauce® (Ve)

A tangy blend of porter, Bramley apple, chilli, and the spirit of our first Beefeater back in '74, for a rich, sweet and smoky flavour (32kcal)

'74 HOT Sauce 🌶️🌶️🌶️ (Ve)

A fruity blend of tomatoes, peaches, Scotch bonnet peppers, and red chillies, for a bold, fiery, and tongue-tingling kick (12kcal)

'74 Burger Sauce (Ve)

An American-inspired creamy combination of mayonnaise, tomatoes, and mustard, flavoured with sweet gherkins for a rich & tangy finish (111kcal)

'74 Spicy Mayo 🌶️ (Ve)

A flavourful blend of mayonnaise, red chillies, and Scotch bonnet peppers, for a spicy, creamy, and zesty zing (95kcal)

Take Home A TASTE OF THE GRILL
Try our fiery and fruity '74 HOT sauce
and our rich & tangy '74 BBQ sauce!

'74 BBQ Sauce® Bottle 260ml (Ve)

'74 Hot Sauce® Bottle 260ml (Ve)

Dessert

Biscoff® Sundae (V)

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)

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)

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

Chocolate Churros Sundae (V)

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)

Drizzled with your choice of chocolate (286kcal), caramel (288kcal) or raspberry (276kcal) sauce

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

With your choice of chocolate (321kcal) or raspberry (311kcal) sauce

Apple Pie (V)

Served with either custard (426kcal) or vanilla ice cream (393kcal)

Want to make it vegan, just ask! (Ve) (405kcal)

Sticky Toffee Pudding (V)

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

Triple Chocolate Brownie (V)

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

Chocolate Layer Torte (Ve)

Decadent chocolate mousse on a chocolate sponge base, topped with freeze-dried raspberries and raspberry sauce (291kcal)

Add Vanilla Dairy Ice Cream (V) (68kcal)

Add Vanilla-Seeded Vegan Ice Cream (Ve) (79kcal)

Hot Drink & Mini Triple Chocolate Brownie (V)

Mini triple chocolate brownie with your choice of hot drink (261kcal). (calories stated do not include hot drink)

Adults need around 2,000 kcal a day

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. 6% may contain traces of alcohol. 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: 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