



Allergy Information Guide Information:

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Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

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Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.

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KEY FOR BEEFEATER ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
NGCI LUNCH MENU								
STARTERS								
TOMATO SOUP	1565	374	15.5	4.2	47.1	14.3	7.1	2.0
CHEESY POTATO DIPPERS	1991	476	25.2	10.7	43.2	8.5	19.2	1.4
ADD OAK-SMOKED BACON	438	105	6.7	2.1	0.4	0.1	10.8	1.5
MAINS								
CHARGRILLED CHICKEN & VEGETABLE SKEWER WITH FRIES & SALAD	2062	492	15.8	1.8	57.4	5.3	30.4	3.2
CHARGRILLED VEGETABLE SKEWER WITH FRIES & SALAD	1687	403	14.6	1.7	60.5	5.1	7.6	2.5
CLASSIC BEEF BURGER WITH FRIES	3228	771	36.5	8.7	79.8	7.4	28.4	3.3
DOUBLE UP YOUR BURGER ADD	935	223	15.5	7.0	0.1	0.1	20.6	0.4
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD A OAK-SMOKED BACON RASHER	132	31	2.0	0.6	0.1	0.0	3.2	0.5
CHARGRILLED 5OZ* GAMMON STEAK WITH CHIPS & FRIED EGG	3136	749	36.3	6.1	57.4	4.1	48.3	4.0
CHARGRILLED 5OZ* GAMMON STEAK WITH CHIPS & PINEAPPLE	2775	663	27.9	4.3	62.6	9.3	40.5	4.0
DOUBLE UP YOUR GAMMON STEAK ADD	831	199	7.3	2.7	0.1	0.2	32.9	3.7
CHICKEN MAKHANI CURRY	2235	534	20.4	5.1	54.6	7.6	29.8	2.3
SIMPLY CHICKEN & FRIES	2198	525	14.0	1.5	60.4	5.0	39.2	3.3
DESSERTS								
MINI BERRY SUNDAE	966	231	8.0	5.2	34.9	31.5	3.9	0.1
WANT TO MAKE IT VEGAN? JUST ASK!	975	233	6.2	5.2	43.5	30.9	0.4	0.1

Dish/Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
NGCI LUNCH MENU																										
STARTER																										
TOMATO SOUP						Yes																			No	Yes
Gluten Free Bread Slice (54731)						Yes																			No	Yes
Tomato Soup																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
MAINS																										
8OZ* RUMP/ SIRLOIN WITH CHIPS & PEAS																									No	No
Peas Grade A (53692)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
8oz Fresh Rump (10001643)																									No	No
8oz Fresh Sirloin (10001659)																									No	No
CHARGRILLED 5/10OZ* GAMMON STEAK WITH CHIPS ONLY																										
5oz Boomerang Gammon Steak (10000617)																									No	No
Peas Grade A (53692)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD AN EGG						Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
ADD ONE OF EACH																									Yes	Yes
Sliced Pineapple In Juice (10003876)																									Yes	Yes
BEEFEATER COBB SALAD BASE																										
Avocado Halves (10000498)																									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
ADD CAESAR DRESSING						Yes	Yes						Yes												No	Yes
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes												No	Yes
ADD FRENCH DRESSING													Yes				Yes								Yes	Yes
French Dressing (53514)													Yes				Yes								Yes	Yes
ADD GRILLED CHICKEN																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
ADD GRILLED HALLOUMI							Yes																		No	Yes
Halloumi (10003111)							Yes																		No	Yes

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CHICKEN MAKHANI CURRY							Yes																		No	No
Fresh Herbs Coriander (54239)																									Yes	Yes
Long Grain Rice (10002397)																									Yes	Yes
Chicken Makhani Curry Hybrid							Yes																		No	No
DESSERTS																										
VANILLA ICE CREAM ONLY							Yes																		No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes
ADD CARAMEL SAUCE							Yes																		No	Yes
Caramel Sauce NEW (10003675)							Yes																		No	Yes
ADD CHOCOLATE SAUCE					Yes																				Yes	Yes
Chocolate Sauce NEW (10003676)					Yes																				Yes	Yes
ADD RASPBERRY SAUCE																									Yes	Yes
Raspberry Sauce NEW (10003681)																									Yes	Yes
VEGAN ICE CREAM ONLY																									Yes	Yes
Vegan Ice Cream (10002813)																									Yes	Yes
ADD CHOCOLATE SAUCE					Yes																				Yes	Yes
Chocolate Sauce NEW (10003676)					Yes																				Yes	Yes
ADD RASPBERRY SAUCE																									Yes	Yes
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BE NGCI LUNCH (SELECTED SITES ONLY) MENU AUTUMN 2023																										
NGCI STARTERS																										
TOMATO SOUP						Yes																			No	Yes
Gluten Free Bread Slice (54731)						Yes																			No	Yes
Tomato Soup																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
CHEESY POTATO DIPPERS WITH BBQ SAUCE							Yes																		No	Yes
BBQ Sauce (10003666)																									Yes	Yes
Potato Dippers (52706)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
ADD OAK-SMOKED BACON																									No	No
Streaky Bacon Smoked Dry Cured (10002410)																									No	No
NGCI MAINS																										
CHARGILLED CHICKEN & VEGETABLE SKEWER WITH FRIES												Yes				Yes									No	No
Raw Chicken Fillet (10004054)																									No	No
74 Grill Master Rub (10003338)																									Yes	Yes
Grilled Veg (10004159)																									Yes	Yes
Mushroom Cup (54218)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
CHARGILLED VEGETABLE SKEWER WITH FRIES												Yes				Yes									Yes	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Grilled Veg (10004159)																									Yes	Yes
Mushroom Cup (54218)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
CLASSIC BEEF BURGER WITH FRIES						Yes							Yes												No	No
Table Salt (54744)																									Yes	Yes
Signature Beef Burger (10003025)																									No	No
NGCI Burger Bun (10004004)						Yes																			No	Yes
Burger Sauce 74 (10004097)													Yes												Yes	Yes
Lettuce Cos (54222)																									Yes	Yes

[illegible]

