



# Beef eater

*Since '74*

Images for illustrative purposes only. Salad with upgrades shown

# LUNCH SET MENU

Three courses 12.95

Two courses 10.95

Monday - Friday 12-5pm

## STARTERS

### ~~74~~ Double-Crunch Chicken Wings +0.50

Exclusive to Beefeater, our crunchy tortilla coated chicken wings seasoned with our signature blend of spices, served with BBQ sauce (458kcal)  
Upgrade to 8 Wings +2.99 (+418kcal)

### Stonebaked BBQ Garlic Flatbread (V)

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

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

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

### Tomato Soup (Ve)

Served with toasted ciabatta (271kcal)

### Chicken Goujons

Served with BBQ sauce (+381kcal)

### Breaded Mushrooms

Served with BBQ sauce (422kcal)

## MAINS

### Classic Beef Burger

Our signature 4oz\* beef burger, served in a brioche-style bun with lettuce, tomatoes, red onion and our '74 burger sauce. Served with fries (782kcal)

### Classic Chicken Burger

Chargrilled chicken breast, served in a brioche-style bun with lettuce, tomatoes, red onion and our '74 burger sauce. Served with fries (713kcal)

### Classic Plant Burger (Ve)

GARDEN GOURMET® Sensational™ burger, served in a brioche-style bun with lettuce, tomatoes, red onion and our '74 burger sauce. Served with fries (+782kcal)

Double up your Burger +1.99 (+233kcal)

Double up your Chicken +1.99 (+155kcal)

Add a Cheese Slice (V) +0.49 (+83kcal)

Add Oak-Smoked Bacon +0.99 (+31kcal)

Add a Violife Slice (Ve) +0.49 (+57kcal)

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

### 8oz\* Rump +1.00

Served with triple-cooked chips and garden peas (761kcal)

Upgrade to 8oz\* Sirloin +1.99 (761kcal)

### Chargrilled 5oz\* Gammon Steak

Served with triple-cooked chips, garden peas and either a fried egg (767kcal) or pineapple ring (663kcal)

Double up your Gammon Steak +2.99 (+199kcal)

### Chicken Makhani Curry

Served with white fluffy rice, a poppadom and mango chutney (639kcal)

Add a Naan Bread (Ve) +0.99(+191kcal)

### Beef Lasagne

Served with a chopped salad (560kcal)

Add a Garlic Flatbread (V) +0.99 (+202kcal)

### Butternut Squash, Spinach

### & Ricotta Lasagne (V)

Served with a chopped salad (449kcal)

Add a Garlic Flatbread (V) +0.99 (+202kcal)

### Beer-Battered Fish & Chips<sup>S\*\*</sup>

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

Upgrade to Haddock<sup>S\*\*</sup> +2.99 (967kcal)

### Beefeater Cobb Salad (Ve)

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

Topped with your choice of:

Grilled Chicken Breast +1.99 (+155kcal)

or Grilled Halloumi (V) +1.99 (+352kcal)

Finished with your choice of dressing:

Our '74 Honey & Mustard (V) (+181kcal)

Reduced-fat Caesar (V) (+115kcal)

French dressing (Ve) (+87kcal)

## SIDES

### Beer Battered Onion Rings<sup>S</sup> 2.99

(140kcal)

### Mac & Cheese (V) 3.99

(403kcal)

### Chopped House Salad (Ve) 1.99 (42kcal)

## DESSERTS

### Vanilla Ice Cream (V)

Drizzled with your choice of chocolate (296kcal), caramel (298kcal) or raspberry (286kcal) sauce

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

Vanilla Vegan Ice Cream with Raspberry sauce (311kcal) Vanilla Vegan Ice Cream with Chocolate sauce (321kcal)

### Caramel Apple Betty (V)

Served with your choice of custard (391kcal), vanilla ice cream (362kcal) or whip of cream (350kcal)

### Warm Chocolate Brownie (V)

Served with vanilla ice cream and chocolate sauce (620kcal)

### 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) 0.99 (+70kcal)

Add Vanilla Vegan Ice Cream (Ve) 0.99 (+79kcal)

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. \*Approximate weight uncooked. \*\*May contain small bones or shell. † May contain traces of alcohol. Fish, meat and poultry dishes may contain bones. Terms & conditions: The Lunch Set Menu is available Monday - Friday 12pm-5pm excluding Bank Holidays. It is not available in conjunction with any offer and is subject to availability. Offers, vouchers, discounts or promotions (including the Whitbread discount card) cannot be used in conjunction with this menu; however it can be used with loyalty points-based vouchers but not loyalty celebratory offers. Images are for illustrative purposes only. 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. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Ingredients are occasionally substituted or changed which may affect the calorie information.

Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org) MSC-C-55716



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