

GARDEN MENU

When you're ready, order at the bar using your table number

NIBBLES

7/4 Double-Crunch Chicken Wings

Loaded tortilla-coated crunchy wings seasoned with our signature blend of spices. Choose from:

Mango, Peach & Habanero
With grilled pineapple salsa (681kcal) **7.49**

Garlic Butter & Grana Padano
(759kcal) **7.49**

Loaded Signature Flatbreads

Freshly baked & loaded with your choice of:

Garlic, Mozzarella & Cheddar (V)
(656kcal) **5.99**

Green Pesto, Fresh Tomatoes & Grana Padano (583kcal) **5.99**

Harissa Red Pepper & Feta (V)
(466kcal) **5.99**

7/4 BBQ Seasoned Potato Wedges (Ve)

Choose your sauce from our sides section (397kcal without sauce) **5.79**

Crispy Calamari†

Choose your sauce from our sides section (373kcal without sauce) **6.99**

Chicken Goujons

Choose your sauce from our sides section (370kcal without sauce) **6.99**

SIGNATURE 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 grilled tomato, grilled mushroom, garden peas, your choice of side and steak sauce.

1. CHOOSE YOUR CUT

8oz* Sirloin
A great all-rounder, for succulent texture and taste (436kcal) **18.49**

8oz* Rump
A matured, flavoursome taste (434kcal) **16.99**

2. CHOOSE YOUR SIDE

Skin-On Chips (Ve) (+277kcal)

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

Chopped House Salad (Ve) (+42kcal)

3. CHOOSE YOUR SAUCE

Steak Sauce (Ve) (+29kcal)

Diane Sauce[§] (+104kcal)

Green Pesto (V) (+160kcal)

Smoky Tomato Hollandaise (V) (+188kcal)

Peppercorn Sauce (+34kcal)

4. SURF YOUR TURF

ADD Two Chargrilled Garlic King Prawns** (+168kcal) **+3.99**

ADD Four Chargrilled Garlic King Prawns** (+336kcal) **+5.99**

GO LARGE on your chips for **99p**

CLASSICS

LOVED BY YOU

Beer-Battered

Fish & Chips^{§**}

With triple-cooked chips, tartare sauce, mushy peas (1,010kcal) or garden peas (972kcal) **16.49**

ADD white bread & butter (+229kcal) **0.99**

House Salad (V)

Lettuce, red peppers, cucumber, mixed fresh tomatoes, sweetcorn and croutons (145kcal)

Finished with your choice of dressing:

'74 honey & mustard (V) (+186kcal),

Caesar (+110kcal) or **French dressing (Ve)** (+87kcal) **14.49**

Want to make it vegan? Just ask! (98kcal without croutons)

Mediterranean Salad (Ve)

With mixed fresh tomatoes, pickled red onion, citrus grains, houmous, grilled veg and rocket (459kcal) **14.49**

Smothered Chargrilled Chicken Melt
Glazed in BBQ sauce, topped with oak-smoked bacon and cheese. Served with skin-on chips, a salad garnish and slaw (727kcal) **15.99**
Want to make it vegan? Just ask!
GARDEN GOURMET[®] Sensational[™] Chicken Style Fillet, THIS[™] Isn't Bacon, Violife slice (767kcal) **15.29**

ADD Top your salad with:
4oz* Sirloin (+160kcal) **+6.49**
Chicken Breast (+156kcal) **+3.49**
GARDEN GOURMET[®] Sensational[™] Chicken Style Fillet (Ve) (+170kcal) **+3.49**
Grilled Halloumi (V) (+352kcal) **+2.99**
Signature Flatbread (Ve) (+385kcal) **+4.99**

CHICKEN & RIBS

All served with our 7/4 seasoned skin-on chips, corn ribs and your choice of sauce (see sides section)

7/4 Chicken & Pork Rib Combo[§]
(896kcal without sauce) **19.99**

7/4 BBQ Glazed Rack of Pork Ribs[§]
(1,060kcal without sauce) **21.99**

ADD half a rack of BBQ Glazed Pork Ribs[§] (+335kcal) **6.99**

ADD three Double-Crunch Chicken Wings (+422kcal) **5.39**

BURGERS

Our signature 7/4 burger recipe is a mix of short rib, chuck, flank, and bone marrow to help give that rich-tasting, meaty flavour. Served in a brioche-style bun with lettuce, tomatoes and red onion, with skin-on chips and slaw.

7/4 Beefeater Double Stack
Two 4oz* signature beef burgers, with our '74 BBQ sauce[§], Monterey Jack cheese and burger sauce (1,329kcal) **17.99**

Plant Stack (Ve)
GARDEN GOURMET[®] Sensational[™] burger with a Violife slice, THIS[™] Isn't Bacon, and burger sauce (1,070kcal) **15.99**

ADD a little extra:

Signature '74 4oz* Beef Burger (+223kcal) **+2.99**

Oak-Smoked Bacon (+63kcal) **+0.99**

Cheese Slice (V) (+83kcal) **+0.99**

Violife Slice (Ve) (+59kcal) **+0.99**

THIS[™] Isn't Bacon (Ve) (+115kcal) **+0.99**

GARDEN GOURMET[®] Sensational[™] Burger (Ve) (+224kcal) **+2.99**

SIDES

Beer-Battered Onion Rings[§]
(436kcal) **4.59**

7/4 Seasoned Loaded Chips (V)
With Cheddar cheese sauce and your choice of sauce (378kcal without sauce) **4.59**

Skin-on Chips (Ve)
(277kcal) **3.59**
GO LARGE on your chips (554kcal) **+0.99**

Triple-Cooked Chips (Ve)
(395kcal) **3.59**
GO LARGE on your chips (790kcal) **+0.99**

Grilled Mixed Veg (Ve)
Grilled courgettes, asparagus, mixed peppers and red onions (34kcal) **3.79**

GET SAUCY & FIND YOUR FLAVOUR **+0.99**

74' BBQ[§] (Ve) (36kcal)

74' Mango, Peach & Habanero 🌶️ (Ve) (35kcal)

74' Honey & Mustard (V) (139kcal)

74' Smokehouse Tomato (Ve) (57kcal)

Hoisin Sauce (Ve) (58kcal)

Honey Sriracha (V) (70kcal)

Steak Sauce (Ve) (29kcal)

Spicy Mayo (V) (76kcal)

DESSERTS

LOVED BY YOU

Biscoff[®] Sundae (V)
(627kcal) **7.29**

Want to make it vegan? Just ask! (625kcal)

Italian Lemon & Raspberry Semifreddo (Ve)

Frozen mousse on a biscuit base (470kcal) **6.99**

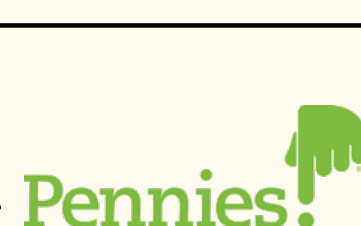
Vanilla Ice Cream (V)

With chocolate (315kcal), caramel (317kcal) or raspberry (314kcal) sauce **6.49**

Vegan option available

Choose from chocolate (339kcal) or raspberry (338kcal) sauce

We've teamed up with Pennies, the digital charity box, to help support our partner GOSH Charity. Just press 'yes' when you pay by card to donate 25p. Every penny you give goes to charity: 95% to Great Ormond Street Hospital Children's Charity (registered charity no. 1160024) and 5% to Pennies (registered charity no. 1122489).



Adults need around 2,000kcal a day

Don't worry, we know there are allergies 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 arranged 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 and vegetarian dishes are made to a vegan or vegetarian recipe but we cannot guarantee that they are suitable if you have a food allergy. Please refer to our allergen information if you have a specific requirement. *Approximate weight uncooked. **May contain small bones or shell. †May contain traces of alcohol. ‡May contain rings & tentacles. 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. Terms & conditions: Images are for illustrative purposes only and are not to scale. Subject to availability (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.



Seafood certified to MSC's environmental standard for fishing. www.msc.org MSC-C-55716