

NON-GLUTEN-CONTAINING INGREDIENTS MENU

The meals on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens so we cannot guarantee our dishes are 100% gluten-free. **Please ensure you make your server aware when ordering from this menu.**



DAYTIME SAVER MENU — Monday - Friday 12-5pm

ALL 7.99

Chargrilled 5oz* Gammon Steak

With triple-cooked chips, peas and a fried egg (735kcal) or pineapple ring (649kcal)

Double up your gammon steak +2.99 (+232kcal)

Smothered Chicken Melt

Topped with BBQ sauce, melted cheese and oak-smoked bacon. With skin-on chips and house slaw (821kcal)

Double your smothered chicken for +4.99 (1,168kcal)

Beefeater Cobb Salad (Ve)

Crisp cos lettuce, red peppers, cucumber, cherry tomatoes and sweetcorn (98kcal)

Add your choice of dressing:

Reduced-calorie Caesar (V) (110kcal) or French dressing (Ve) (87kcal)

Topped with your choice of:

Grilled Chicken **+1.99** (+155kcal) Grilled Halloumi (V) **+1.99** (+352kcal)

Steak, Egg and Chips

4oz* rump with a fried egg, served with skin-on chips and peas (682kcal)

Classic Beef Burger

4oz* beef burger in a non-gluten-containing bun with lettuce, tomatoes, red onion and our '74 burger sauce. Served with skin-on chips (840kcal)

Double up your burger +1.99 (+223kcal)

Add a cheese slice (V) +0.49 (+83kcal)

Add oak-smoked bacon +0.99 (+63kcal)

ADD A STARTER 3.29

Tomato Soup (V)

With non-gluten-containing bread (297kcal)

Chicken Makhani Curry 8.99

Served with white rice (534kcal)

8oz* Rump 9.99

A matured, flavoursome taste, served with triple-cooked chips and peas (762kcal)

Upgrade to an 8oz* sirloin 1.99 (762kcal)

ADD A DESSERT 3.29

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)

With your choice of chocolate (357kcal) or raspberry (347kcal) sauce

SUNDAY ROAST

Our Sunday dishes are served with crispy roast potatoes, golden honey-glazed parsnips, stuffing, a selection of vegetables and gravy, unless stated otherwise.

Rump of Lamb 14.99

Our British and Irish lamb is cooked pink to perfection (1,130kcal)

Half Roast Chicken 14.99

Half a roast chicken, tender and succulent with crispy, golden skin (1295kcal)

Roast Sirloin of Beef 14.49

30-day-aged from UK and Irish farms. Melt-in-your-mouth tenderness, cooked medium (1,140kcal)

SIDES

Cauliflower Cheese (V) 2.49

(268kcal)

Pigs in Blankets 2.99 (280kcal)

Add an extra slice of beef (+101kcal) or lamb (+76kcal) to any roast +2.49

Kids

Three courses for 6.99

STARTERS

Veggie Sticks & Dip (V)

A mix of cucumber, carrot and red pepper sticks, served with a cucumber, mint and yoghurt dip (31kcal)

Nachos & Dips (V)

Crunchy tortilla chips served with a pot of freshly chopped tomatoes and a cucumber, mint and yoghurt dip (165kcal)

DESSERTS

Strawberry Smash Sundae (V)

Frozen strawberry yoghurt with meringue, fresh strawberries and a whip of cream (125kcal)

MAINS

Chicken Breast

Grilled chicken breast served with skin-on chips (287kcal) or mash (187kcal)

Rump Steak

4oz* rump steak served with skin-on chips (370kcal) or mash (269kcal)

Fruit Salad (Ve)

A bowl of your favourite fruits chopped up and mixed in a bowl (50kcal)

Vanilla Dairy Ice Cream (V)

Topped with a crumbled chocolate flake (139kcal)

CHOOSE TWO SIDES

Veggie Sticks (Ve) (16kcal)

Baked Beans (Ve) (41kcal)

Peas (Ve) (47kcal)

2 Mini Corn On The Cobs (Ve) (48kcal)



MAIN MENU

STARTERS

Cheesy Potato Dippers 5.49

Served with BBQ sauce (496kcal)

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

Loaded Nachos (V) 5.49

Cheddar cheese sauce, homemade chunky guacamole, tomato salsa and reduced fat soured cream (530kcal)

Want to make it Vegan? Just ask! (Ve) (528kcal)

Classic Prawn Cocktail** 6.49

Served with non-gluten-containing bread (368kcal)

MAINS

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 and skin-on chips (368kcal), triple-cooked chips (395kcal) or salad (42kcal)

Season your steak with our signature '74 rub, just ask!

8oz* Fillet 21.49

The most lean and tender of all the steaks (851kcal)

10oz* Ribeye 18.99

The strong marbling makes this steak full of flavour (1,025kcal)

8oz* Sirloin 16.49

A great all-rounder, for succulent texture and taste (847kcal)

Beefeater Cobb Salad (Ve) 13.49

Crisp cos lettuce, red peppers, cucumber, cherry tomatoes and sweetcorn (98kcal)

Topped with your choice of:

Grilled Chicken Breast (+155kcal)

Grilled Halloumi (V) (+352kcal)

Finished with your choice of dressing:

Reduced calorie Caesar (V) (+110kcal)

French dressing (Ve) (+87kcal)

Hallo-Me Burger (V) 14.99

Grilled halloumi topped with flat mushroom, layered with our '74 smokehouse tomato sauce, '74 grilled veg, in a non-gluten containing bun with '74 burger sauce, lettuce, tomatoes and red onion. Served with skin-on chips and house slaw (986kcal)

'74 Baconeater Burger 15.99

Our signature 4oz* beef burger layered with our '74 bacon relish, Cheddar cheese, oak-smoked bacon and light mayo in a non-gluten-containing bun with burger sauce, lettuce, tomatoes and red onion. Served with skin-on chips and house slaw (1,069kcal)

Chargrilled Fillet of Salmon** 17.99

Drizzled with garlic and parsley. Served with grilled vegetables and garlic potatoes (774kcal)

Add on Garlic Prawns +4.99 (+81kcal)

'74 Beefeater Stack Burger 16.49

Two signature 4oz* beef burgers, layered with Cheddar cheese and '74 burger sauce in a non-gluten-containing bun with burger sauce, lettuce, tomatoes and red onion. Served with skin-on chips and house slaw (1,281kcal)

Smothered Chicken Melt 14.49

Glazed in BBQ sauce topped with oak-smoked bacon and melted cheese. Served with skin-on chips, a salad garnish and house slaw (821kcal)

'74 Chargrilled Vegetable Skewer (Ve) 13.49

Seasoned in our '74 BBQ rub. Served with a chopped salad and skin on chips (522kcal) Served with your choice of '74 sauce (calories stated do not include sauces)

Chargrilled 7oz* Gammon Steak 12.99

Served with a fried egg, pineapple ring, triple-cooked chips and peas (899kcal) Double up your Gammon Steak +3.50 (+327kcal)

SIDES

'74 Loaded Cheesy Fries (V) 4.29

Skinny fries seasoned in our '74 BBQ rub, topped with gooey cheese, our '74 burger sauce and tomato & red pepper salsa (528kcal)

'74 Seasoned Mini Corn on the Cobs (Ve) 3.29

Chargrilled bites of corn seasoned with our '74 BBQ rub (81kcal)

Skin-on Chips (Ve) 3.49 (368kcal)

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

'74 Grilled Veg with Tenderstem® Broccoli (Ve) 3.29 (56kcal)

Chopped Salad (Ve) 3.29 (42kcal)

DESSERTS

Vanilla Ice Cream (V) 5.99

With chocolate (296kcal), caramel (298kcal) or raspberry (286kcal) sauce

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

Choose from chocolate (357kcal) or raspberry (347kcal) sauce

Fruit Salad (Ve) 5.49

A selection of pineapple, oranges, red apple, green apple, strawberries and red grapes (106kcal)

Cheesecake with Fruit Berries* (V) 6.99

Baked New York-style cheesecake, topped with fruit berries. Served with vanilla ice cream (616kcal)

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).



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. (V) *Approximate weight uncooked. **May contain small bones or shell. Fish, meat and poultry dishes may contain bones. May contain fruit stones. Terms & conditions: The Lunchtime menu is available 12pm - 5pm Monday to Friday 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. *Reg. Trademark used in agreement with the Trademark owner. Ingredients are occasionally substituted or changed which may affect the calorie information.