

# 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.**

## SUNDAY ROAST

Our Sunday dishes are served with crispy roast potatoes, golden honey-glazed parsnips, stuffing, mixed greens, carrots and our rich signature red wine gravy<sup>s</sup>, unless stated otherwise.

### Roast Sirloin of Beef<sup>s</sup> 13.99

30-day-aged from UK and Irish farms. Melt-in-your-mouth tenderness, cooked medium (1,396kcal)

**Add an extra slice of beef to any roast +2.49 (+101kcal)**

### Rump of Lamb<sup>s</sup> 14.49

Our UK and Irish lamb is cooked so it's still a little pink in the middle for full flavour (1,386kcal)

**Add an extra slice of lamb to any roast +2.49 (+73kcal)**

### Half Roast Chicken<sup>s</sup> 13.99

Half a roast chicken, tender and succulent with crispy, golden skin (1,550kcal)

### Sweet Potato Tart (Ve) 13.99

Served with crispy roast potatoes, stuffing, mixed greens, carrots and meat-free gravy<sup>s</sup> (1,408kcal)

### SIDES

#### Cauliflower Cheese (V) 2.49

(284kcal)

#### Pigs in Blankets 2.49 (280kcal)

## 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 (30kcal)

#### Nachos & Dips (V)

Crunchy tortilla chips served with a pot of freshly chopped tomatoes and a cucumber, mint and yoghurt dip (164kcal)

### MAINS

**All dishes served with fries can be swapped to mash, just ask!**

#### Chicken Breast

Grilled chicken breast served with fries (187kcal)

### CHOOSE TWO SIDES

**Veggie Sticks (Ve)** (16kcal)

**Baked Beans (Ve)** (30kcal)

**Peas (Ve)** (47kcal)

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

#### Rump Steak

4oz<sup>r</sup> rump steak served with fries (269kcal)

### DESSERTS

#### Strawberry Smash Sundae (V)

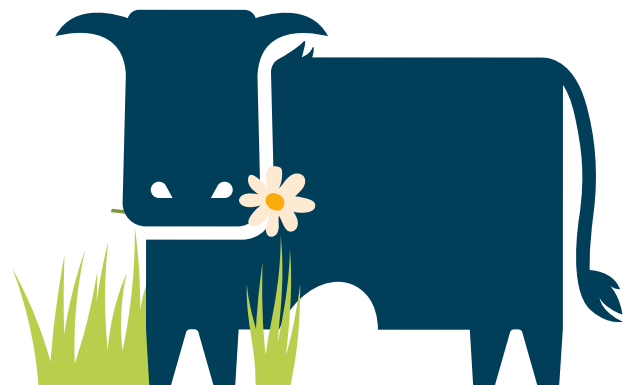
Frozen strawberry yoghurt with meringue, fresh strawberries and a whip of cream (125kcal)

#### 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 (145kcal)



# MAIN MENU

## STARTERS

### Cheesy Potato Dippers 5.49

Served with BBQ sauce (476kcal)

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

### Loaded Nachos (V) 5.49

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

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

### Classic Prawn Cocktail\*\* 6.49

Served with non-gluten-containing bread (370kcal)

## 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 roasted tomato, grilled mushroom, rocket and your choice of skinny fries (293kcal), triple cooked chips (395kcal) or salad (42kcal)

TRY OUR **74 SAUCES FOR 0.99 OR TWO FOR 1.50**

### 8oz\* Fillet 21.99

The most lean and tender of all the steaks (396kcal)

### 10oz\* Ribeye 19.49

The strong marbling makes this steak full of flavour (571kcal)

### 8oz\* Sirloin 16.99

A great all-rounder, for succulent texture and taste (391kcal)

### Chargrilled 7oz\* Gammon Steak 12.49

Served with a fried egg, pineapple ring, triple-cooked chips and peas (815kcal)

Double up your Gammon Steak +3.50 (+242kcal)

### Chargrilled Fillet of Salmon\*\* 17.49

Drizzled with garlic and parsley. Served with our '74 spicy mayo and your choice of seasoned veggie rice (771kcal), fries (844kcal) or chopped salad (592kcal)

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

### Beefeater Cobb Salad (Ve) 13.79

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

Topped with your choice of:

Grilled Chicken Breast (+155kcal), or Grilled Halloumi (V) (+352kcal)

Finished with your choice of dressing: Reduced-fat Caesar (V) (+115kcal) French dressing (Ve) (+87kcal)

### Hallo-Me Burger (V) 14.79

Grilled halloumi topped with flat mushroom, layered with our new '74 smokehouse tomato sauce, '74 grilled veg, in a non-gluten containing bun with '74 burger sauce, lettuce, tomatoes and red onion. Served with fries and house slaw (946kcal)

### '74 Baconeater Burger 16.29

Our signature 4oz\* beef burger layered with our new '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 fries and house slaw (1,021kcal)

### '74 Beefeater Stack Burger 16.29

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 fries and house slaw (1,239kcal)

### '74 Chargrilled King Prawn & Vegetable Skewer\*\* 18.49

Seasoned in our '74 BBQ rub. Served with a chopped salad and fries (538kcal) Served with your choice of '74 sauce (calories stated do not include sauces)

### '74 Chargrilled Vegetable Skewer (Ve) 15.49

Seasoned in our '74 BBQ rub. Served with a chopped salad and fries (457kcal). Served with your choice of '74 sauce (calories stated do not include sauces)

## 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 (491kcal)

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

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

### Fries (Ve) 3.49 (293kcal)

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

### Sweet Potato Fries (Ve) 3.99 (308kcal)

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

### Chopped Salad (Ve) 3.29 (42kcal)

TRY OUR  
**'74 SAUCES**  
FOR 0.99 OR  
TWO FOR 1.50

See full menu for details.  
Excludes BBQ & Honey & Mustard.

## DESSERTS

### Vanilla Ice Cream (V) 5.79

With chocolate (286kcal), caramel (288kcal) or raspberry (276kcal) sauce

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

Choose from chocolate (321kcal) or raspberry (311kcal) sauce

### Fruit Salad (Ve) 5.49

A selection of pineapple, oranges, red apple, green apple, strawberries and red grapes (112kcal)

### Cheesecake with Fruit Berries\* (V) 6.99

Baked New York style cheesecake, topped with fruit berries. Served with vanilla ice cream (501kcal)

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. †May contain traces of alcohol. ‡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.