

# 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.**

## MAINS UNDER £8 ALL £7.99

Monday to Friday  
12PM - 5PM

**Classic Beef Burger**  
4oz\* beef burger in a non-gluten-containing bun with lettuce, tomatoes, red onion and burger sauce. Served with skin-on chips (749kcal)  
**Double up your burger +1.99** (+223kcal)  
**Add a cheese slice (V) +0.49** (+83kcal)  
**Add oak-smoked bacon +0.99** (+63kcal)  
**Chargrilled 5oz\* Gammon Steak**  
With triple-cooked chips, peas and a fried egg (748kcal) or pineapple ring (662kcal)  
**Double up your gammon steak +2.99** (+198kcal)  
**House Salad (Ve)**  
Cos lettuce, red peppers, cucumber, mixed fresh tomatoes and sweetcorn (90kcal)  
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 (591kcal)  
**Smothered Chicken Melt**  
Topped with BBQ sauce, melted cheese and oak-smoked bacon. With skin-on chips and house slaw (717kcal)  
**Double your smothered chicken for +4.99** (+388kcal)

### FOR A LITTLE EXTRA

**8oz\* Rump (+2.00)**  
Served with skin-on chips and peas (643kcal)  
**Upgrade to an 8oz\* Sirloin 1.99** (643kcal)  
**Chargrilled Chicken Makhani Curry (+1.00)**  
Served with white rice (534kcal)

### ADD A STARTER 3.29

**Tomato Soup (V)**  
With non-gluten-containing bread (291kcal)  
**74 BBQ Seasoned Potato Wedges (Ve)**  
With your choice of '74 sauce (397kcal without sauce)

### ADD A DESSERT 3.29

**Vanilla Ice Cream (V)**  
Drizzled with your choice of chocolate (298kcal), caramel (299kcal) or raspberry (286kcal) sauce  
**Want to make it vegan? just ask! (Ve)**  
With your choice of chocolate (359kcal) or raspberry (347kcal) sauce

## SUNDAY ROAST

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

**Roast Sirloin of Beef 15.79**  
30-day-aged from UK and Irish farms. Cooked medium (1,169kcal)  
**Roast Gammon 15.79**  
Roasted until golden, and hand-carved (1,097kcal)

**Turkey Breast 15.79**  
Tender and succulent (1,020kcal)

Add an extra slice of beef (+101kcal), gammon (+76kcal) or turkey (+51kcal) to any roast +2.49

Ultimate Sunday Roast 18.99  
Gammon, Turkey & Sirloin of Beef (1,095kcal)

### SIDES

**Cauliflower Cheese (V) 2.49**  
(236kcal)

Adults need around 2,000kcal a day

## KIDS



At least 2 of your 5 a day in every main when served with two sides!

STARTER & MAIN £5.99  
OR £6.99 FOR BIGGER YUMS

### STARTERS

**Veggie Sticks (V) 1**  
Served with a cucumber, yoghurt and mint dip (31kcal)  
**Tortilla Chips (V)**  
Served with a cucumber, yoghurt and mint dip and diced tomatoes (165kcal)  
**Want to make it vegan? just ask! (Ve)** (150kcal)

### MAINS

**Chicken Breast**  
Grilled chicken breast served with skin-on chips (235kcal)  
**BIGGER TUMS Rump Steak**  
4oz\* rump steak served with skin-on chips (317kcal)  
**BIGGER TUMS Beef Burger**  
Served in a non-gluten-containing burger bun with skin-on chips (558kcal)  
**BIGGER TUMS Grilled Chicken Breast Burger**  
Served in a non-gluten-containing burger bun with skin-on chips (412kcal)

### SWAP TO MASH

Any dish served with chips can be swapped to mash (-48kcal), just ask!

### CHOOSE TWO SIDES

**Baked Beans (Ve) 1** (41kcal)  
**Peas (Ve) 1** (47kcal)  
**Mini Salad (Ve) 1** (28kcal)  
**Mini Corn On The Cobs (Ve) 1** (48kcal)

### DESSERTS +1.49

**Fruit Salad (Ve) 2**  
A selection of pineapple, orange, apple & red grapes (50kcal)  
**Vanilla Ice Cream (V)**  
Topped with a crumbled chocolate flake (146kcal)

Children between 5-10 years old need around 1,800kcal a day. This will vary by age and level of activity as some children will need less and some will need more.

# MAIN MENU

## STARTERS

- Tomato Soup (V)

Served with non-gluten-containing bread (291kcal)

5.79
- 74 BBQ Seasoned Potato Wedges (Ve)

With your choice of '74 sauce (397kcal without sauce)

5.79

- Loaded Nachos (V)

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

6.29
- Want to make it Vegan? Just ask! (Ve)

(528kcal)

## BURGERS

Our signature '74 burger recipe is a mix of short rib, chuck, flank, and bone marrow to help give that rich-tasting, meaty flavour.

Served in a non-gluten-containing bun with burger sauce, lettuce, tomatoes and red onion (unless otherwise stated). Served with skin-on chips and slaw.

- 74 Baconeater

Our signature 4oz\* beef burger layered with our bacon relish, Cheddar cheese, oak-smoked bacon and light mayo (972kcal)

16.99
- Grilled Halloumi & Mushroom (V)

With our smokehouse tomato sauce and grilled veg (896kcal)

16.49
- 74 Beefeater Double Stack

Two signature 4oz\* beef burgers, layered with Cheddar cheese (1,191kcal)

17.49

## SIDES

- 74 Seasoned Loaded Chips (V)

With Cheddar cheese sauce and your choice of our '74 sauce (380kcal without sauce)

4.49
- 74 Seasoned Mini Corn on the Cobs (Ve)

(81kcal)

3.49
- Skin-on Chips (Ve)

(277kcal)

3.49
- Triple-cooked Chips (Ve)

(395kcal)

3.49
- Crushed Roasted Potatoes (Ve)

(512kcal)

3.49
- Grilled Flat Mushrooms with Truffle & Porcini Butter (V)

(189kcal)

3.79
- Grilled Veg with Chimichurri<sup>§</sup> (Ve)

Grilled courgettes, asparagus, mixed peppers and red onions (194kcal)

3.79

- Rocket, Parmesan & Tomato Salad

(78kcal)

3.49
- Greek Salad (V)

(182kcal)

3.49
- Chopped House Salad (Ve)

(41kcal)

3.29

## DESSERTS

- Vanilla Ice Cream (V)

With chocolate (297kcal), caramel (299kcal) or raspberry (286kcal) sauce

5.99
- Want to make it vegan? just ask! (Ve)

Choose from chocolate (359kcal) or raspberry (347kcal) sauce
- Fruit Salad (Ve)

(106kcal)

5.49
- Mango & Passionfruit Sundae<sup>§</sup> (V)

(436kcal)

6.99
- Baked New York-Style Banoffee Cheesecake (V)

Served with vanilla ice cream (782kcal)

6.99

## 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 your choice of side

- 8oz\* Fillet

The most lean and tender of all steaks (440kcal)

22.99
- 10oz\* Ribeye

The strong marbling makes this steak full of flavour (615kcal)

20.49
- 8oz\* Sirloin

A great all-rounder, for succulent texture and taste (436kcal)

17.99
- 8oz\* Rump

A matured, flavoursome taste (435kcal)

15.49
- Steak Sampler

A combination of our quality cuts: 4oz\* fillet, 4oz\* sirloin and 4oz\* rump (610kcal)

25.99

### CHOOSE YOUR SIDE

- Skin-on Chips (Ve)

(+277kcal)
- Triple-cooked Chips (Ve)

(+395kcal)
- Chopped House Salad (Ve)

(+42kcal)

### CHOOSE YOUR SAUCE

- Diane Sauce<sup>§</sup>

(+81kcal)
- Chimichurri<sup>§</sup> (Ve)

(+120kcal)
- Crab Hollandaise<sup>§</sup>

(+78kcal)
- Peppercorn Sauce

(+39kcal)
- Truffle & Porcini Butter (V)

(+70kcal)

+0.99

### SURF YOUR TURF

- Two Chargrilled Garlic King Prawns\*\*

(+168kcal)

+3.99
- Four Chargrilled Garlic King Prawns\*\*

(+336kcal)

+5.99

## MAINS

- House Salad (Ve)

Cos lettuce, red peppers, cucumber, mixed fresh tomatoes and sweetcorn (90kcal)

Finished with your choice of dressing: our reduced-calorie Caesar (V) (+110kcal) or French dressing (Ve) (+87kcal)

Topped with your choice of:

Grilled Chicken Breast (+155kcal)

Grilled Halloumi (V) (+352kcal)

14.19
- 8oz\* Sirloin Chimichurri

17.99
- Steak Salad<sup>§</sup>

Served with crushed roasted potatoes, rocket, Parmesan and mixed fresh tomatoes (762kcal)
- Chargrilled Harissa & Red Pepper Salmon\*\*

Served with crushed roasted potatoes and grilled veg (692kcal)

18.79
- Salsa Verde Sea Bass<sup>§\*\*</sup>

Served with crushed roasted potatoes, grilled asparagus, mixed fresh tomatoes and peas (723kcal)

17.79

- Smothered Chicken Melt

Glazed in BBQ sauce topped with oak-smoked bacon and cheese. Served with skin-on chips, a salad garnish and slaw (744kcal)

15.49
- 74 Honey Sriracha Pork Rib Stack<sup>§</sup>

Served with our '74 seasoned skin-on chips, grilled pineapple salsa and slaw (1,206kcal)

23.99
- Chimichurri Vegetable Skewer<sup>§</sup> (Ve)

With skin-on chips, chopped salad and chimichurri sauce (639kcal)

14.99
- 7oz\* Gammon Steak

With a fried egg, pineapple, triple-cooked chips and peas (899kcal)

14.19
- Double up your Gammon Steak

(+327kcal)

+3.49
- Chargrilled Chicken Skewer

With skin-on chips, a Greek salad, harissa red pepper sauce & tzatziki (886kcal)

15.99
- Halloumi Skewer (V)

With skin-on chips, a Greek salad, harissa red pepper sauce & tzatziki (1,124kcal)

15.99

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 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, so 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. ① = 1 of your 5 a day, ② = 2 of your 5 a day. 1 of 5 a day is a minimum of 40g of fruit or vegetables, \*Approximate weight uncooked. \*\*May contain small bones or shell. †Fish, meat and poultry dishes may contain bones. ‡May contain traces of alcohol. 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. Prices are inclusive of VAT.