

# 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.**

## Festive Set Menu

2 COURSES  
ADD A 3<sup>RD</sup> COURSE

### STARTERS

#### Tomato & Basil Soup (V)

Drizzled with balsamic and served with non-gluten-containing bread (341kcal)

#### Chicken Liver & Brandy Pâté<sup>s</sup>

Served with balsamic onion confit and non-gluten-containing bread (contains pork) (313kcal)

#### Smoked Scottish Salmon & Prawn Cocktail\*\*

Served with non-gluten-containing bloomer (404kcal)

### SIDES

#### Grilled Brussels Sprouts Gratin (V)

In a rich and creamy Emmental sauce, finished with Cheddar & mozzarella (279kcal)

#### Pigs in Blankets

Served with a cranberry sauce (221kcal)

#### Loaded Roasties (Ve)

Topped with gravy<sup>s</sup> and cranberry sauce (632kcal)

#### Cauliflower Cheese (V) (284kcal)

### MAINS

#### Turkey Roast

With roast potatoes, honey-glazed parsnips, Brussels sprouts, peas, carrots, stuffing, pig in blanket, red wine gravy<sup>s</sup> and cranberry sauce (1,305kcal)

Go large and add an extra slice for (+66kcal)

#### 8oz\* Sirloin

A great all-rounder, for succulent texture and taste, served with half a roasted tomato, grilled mushroom, triple-cooked chips and rocket (787kcal)

Upgrade to 8oz\* fillet (791kcal)

### DESSERTS

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

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

#### Vanilla Ice Cream (V)

Drizzled with your choice of chocolate (286kcal), caramel (288kcal) or raspberry (276kcal) sauce

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

(Vegan Ice Cream with Raspberry Sauce - 311kcal)

(Vegan Ice Cream with Chocolate Sauce - 321kcal)

#### <sup>74</sup> Chargrilled Vegetable Skewer (Ve)

Seasoned in our '74 BBQ rub. Served with a chopped salad and fries (458kcal)

(calories stated do not include sauces)

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

Drizzled with garlic and parsley. Served with our '74 spicy mayo and your choice of seasoned veggie rice (445kcal), skinny fries (518kcal) or chopped salad (268kcal)

#### <sup>74</sup> Festive Grilled Chicken Burger

Chargrilled chicken breast, cranberry sauce and oak-smoked bacon, topped with a pig in blanket, and served in a non-gluten-containing bun with lettuce, tomatoes, red onion and our '74 burger sauce. Served with skinny fries and house slaw (949kcal)

#### Chocolate Orange Sundae with Matchmakers® (V)

Vanilla ice cream layered with Zingy Orange Matchmakers®, chocolate sauce, and orange-flavoured sauce. Topped with a whip of cream and Matchmakers® (491kcal)

#### Mint Choc Sundae with After Eight® (V)

Vanilla ice cream layered with After Eight® shards, chocolate sauce and mint-flavoured sauce. Topped with a whip of cream and an After Eight® (491kcal)

Swap your dessert for one of our festive cocktails

The Caramel One (1.4 units)

The Mint One (1.4 units)

The Orange One (1.4 units)

## Kids Festive menu

Three courses

### STARTERS

#### Reindeer Food & Dip (V)

A mix of cucumber, carrot and red pepper sticks. Served with a cucumber, mint & yogurt dip (31kcal)

#### Nachos & Dips (V)

Served with a pot of freshly chopped tomatoes and a cucumber, mint & yogurt dip (164kcal)

#### Pigs In Blankets

With ketchup dip (128kcal)

### MAINS

#### Turkey Dinner

With roast potatoes, honey-roast parsnips, pig in blanket, garden peas, carrots and gravy (649kcal)

#### 4oz\* Rump Steak

Served with skinny fries and a choice of two sides (269kcal)

#### Grilled Chicken Breast

Served with skinny fries (187kcal)

### SIDES

#### Veggie Sticks (Ve) (16kcal)

#### Baked Beans (Ve) (41kcal)

#### Peas (Ve) (47kcal)

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

### DESSERTS

#### Santa's Hat Sundae (V)

Two scoops of vanilla ice cream topped with fresh strawberries and a whip of cream (181kcal)

#### Strawberry Smash Sundae (V)

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

#### Fruit Salad (Ve)

A selection of pineapple, oranges, red apple, green apple and red grapes (50kcal)

# MAIN MENU

## STARTERS

### Cheesy Potato Dippers

Served with BBQ sauce (476kcal)

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

### Classic Prawn Cocktail\*\*

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

## MAINS

### Chargrilled 7oz\* Gammon Steak

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

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

### Beefeater Cobb Salad (Ve)

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)

### **74** Baconeater Burger

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 '74 burger sauce, lettuce, tomatoes and red onion. Served with fries and house slaw (1,021kcal)

### **74** Beefeater Double-Stack Burger

Two signature 4oz\* beef burgers, layered with Cheddar cheese in a non-gluten-containing bun with '74 burger sauce, lettuce, tomatoes and red onion. Served with fries and house slaw (1,239kcal)

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

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

### **74** Chargrilled Vegetable Skewer (Ve)

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

## 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**

### 8oz\* Fillet

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

### 10oz\* Ribeye

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

### 8oz\* Sirloin

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

**TRY OUR '74 SAUCES**

See full menu for details. NGCI sauce range excludes BBQ and Honey & Mustard

## SIDES

**Fries (Ve)** (293kcal)

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

**74 Seasoned Mini Corn on the Cobs (Ve)** (81kcal)

**Chopped Salad (Ve)** (42kcal)

## DESSERTS

### Vanilla Ice Cream (V)

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)

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

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

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

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. \*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. Children from 5-10 years old need around 1,800 calories a day. This will vary by age and level of activity, as some children will need less and some will need more. ®Reg. Trademark used in agreement with the Trademark owner. After Eight® is a registered trademark of Société des Produits Nestlé S.A. Matchmakers® is a registered trademark of Société des Produits Nestlé S.A. Ingredients are occasionally substituted or changed, which may affect the calorie information.