# This Valentine's 2 COURSES FOR £18.95

ADD A THIRD FOR JUST £3.00 Available 13th - 15th February

worry, we know there are altergens in our food that we need to tell you about, so please let your server know if you have cific altergy of world like more information about our dishes. Menu descriptions may not list every individual ingredient, ase ask for more information. Ingredients can occasionally be substituted or changed at short notice, so please review the yinformation on the website at the time of your visit and ask your server when you arrive. (V) = suitable for vegetarians. (Ve) able for vegans and vegetarians. Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable ose with MILK or EGG altergies. "Approximate weight uncoked. "May contain small bones or shell. SMU contain traces of ot. Fish meat and poultry dishes may contain bones. The calories provided are based on the average serving size for the whole widdink adtailed on the recenu. where the the recenus the the calories information provided is as accurate serving that the calories information provided is as accurate serving the the calories information provided is as accurate serving the the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving the serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving that the calories information provided is as accurate serving the calories information provided is as accurate serving the cal



# **RECOMMENDED WINES** (see drinks menu for details)

Baron De Villeboerg Brut

NV Champagne (Ve) France | alc I2.0%

Jack Rabbit Pinot Grigio

# Italy | alc II.0%

# STARTERS —

**74 Double-Crunch King Prawns**\*\* Crunchy tortilla-coated King Prawns seasoned with our signature blend of spices. Served with seafood sauce (322kcal)

# Breaded Mushrooms

With BBQ sauce (442kcal)

# **STEAKS**

Served with half a grilled tomato, grilled mushroom, garden peas and your choice of side. Season your steak with our signature '74 rub (+16kcal), just ask!

I. CHOOSE YOUR CUT

# 74 8oz\* Rump

Matured for a flavoursome taste (437kcal)

**74 80z\* Sirloin +2.00** A great all-rounder, for succulent texture and taste (436kcal)

# MAINS

# 74 Steak Sampler +8.00

Tender 4oz<sup>\*</sup> fillet, flavoursome 4oz<sup>\*</sup> rump and a succulent 4oz<sup>\*</sup> sirloin. Served with peppercorn sauce, grilled flat mushroom, grilled tomato, garden peas, beer-battered onion rings<sup>§</sup> and triple-cooked chips (I,I37kcal)

# 74 Baconeater Burger

Our signature 4oz<sup>\*</sup> beef burger, with our '74 bacon relish, oak-smoked bacon, Cheddar cheese, crispy onions and light mayo. Served in a brioche-style bun with lettuce, tomatoes, and red onion, with skin-on chips and house slaw (I,036kcal)

# SIDES

<b>24 Loaded Cheesy Chips (V)</b> Skin-on chips with our signature '74 rub, topped with cheese sauce. '74 smokehou tomato sauce, spring onions and coriand (437kcal)	
74 Seasoned Mini Corn on the Cobs (Ve) (81kcal)	3.29
Beer Battered Onion Rings <sup>§</sup> (280kcal)	4.49
Mac & Cheese (V) (403kcal)	4.49
Skin-on Chips (Ve) (277kcal)	3.49
Triple Cooked Chips (Ve) (395kcal)	3.49
''' Grilled Veg with Asparagus (Ve) (40kcal)	3.29
Chopped Salad (Ve) (42kcal)	3.29

# **Cheesy Potato Dippers**

Topped with mozzarella, Cheddar and spring onion. With BBQ sauce (496kcal) Add Oak-Smoked Bacon +0.99 (+63kcal)

Diamarine Provence Rosé

France | alc I2.5%

Spain | alc I3.5%

Campo Viejo Rioja

Chicken Goujons

Tender pieces of chicken breast coated in seasoned breadcrumbs. Served with BBQ sauce (429kcal)

2. CHOOSE YOUR SIDE

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

Triple Cooked Chips (Ve) (+395kcal)

Chopped House Salad (Ve) (+42kcal)

Upgrade to 74 Loaded Cheesy

Chips (V) +0.99 (+I60kcal)

Loaded Nachos (V)

soured cream (530kcal)

# 3. A LITTLE EXTRA

Peppercorn Sauce +1.99 (+39kcal) Garlic King Prawns\*\* +4.99 (+177kcal)

Stonebaked Garlic Flatbread (V)

Want to make it Vegan? Just ask! (Ve) (372kcal)

Cheddar cheese sauce, homemade chunky

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

guacamole, tomato salsa and reduced-fat

Seasoned with our '74 BBQ rub (410kcal)

Make it cheesy (V) +0.49 (+65kcal)

<sup>7</sup><sup>2</sup>**4 Chargrilled Vegetable Skewer (Ve)** With stonebaked flatbread, chopped salad, skin-on chips and your choice of '74 sauce

(7/Ikcal) (calories stated do not include sauces)

Drizzled with garlic and parsley. Served with grilled vegetables and garlic potatoes (764kcal) Add Garlic Kings Prawns\*\* (+54kcal) +4.99

**Beer-Battered Fish & Chips**<sup>\$\*\*</sup> **(2) +1.00** With triple-cooked chips, tartare sauce, mushy peas (1,005kcal) or garden peas (967kcal)

# DESSERTS

## Lover's Pancake Stack (V)

Buttermilk pancakes, topped with vanilla ice cream, Biscoff® crumb, Biscoff® sauce, Biscoff® biscuit and strawberries (557kcal)

Vanilla Ice Cream Sundae (W) with KitKat® (V) Vanilla ice cream layered with KitKat® crumb and chocolate sauce. Topped with a whip of cream and KitKat® fingers (568kcal)

Vanilla Ice Cream (V) With chocolate (+85kcal), caramel (+87kcal) or raspberry (+75kcal) sauce Want to make it Vegan? Just ask! (Ve) (272kcal) Choose from chocolate (+85kcal) or raspberry (+75kcal) sauce

Adults need around 2,000kcal a day



### Glazed in BBQ sauce, topped with oak-smoked bacon and melted cheese. Served with skin-on chips a salad garni

Smothered Chicken Melt

Served with skin-on chips, a salad garnish and house slaw (73lkcal) Want to make it Vegan? With GARDEN GOURMET<sup>®</sup> Sensational<sup>™</sup> Chicken Style Fillet (Ve) (722kcal)

Butternut Squash, Spinach & Ricotta Lasagne (V) With garlic flatbread and a chopped salad (698kcal)

# Apple & Blackberry Crumble (V)

With either custard (449kcal) or vanilla ice cream (419kcal) Add Vanilla Vegan Ice Cream (Ve) +0.99 (+91kcal)

Triple Chocolate Brownie (V)

With chocolate sauce and vanilla ice cream (620kcal)

# Chocolate Layer Torte (Ve)

Rich chocolate mousse on a chocolate sponge base, topped with freeze-dried raspberries and raspberry sauce (312kcal) Add Vanilla Ice Cream (V) +0.99 (+70kcal) Add Vanilla Vegan Ice Cream (Ve) +0.99 (+91kcal)



Scan the QR code to see our NGCI menu

Valentine's Day

Available I3th - I5th Februar

# 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.

# **RECOMMENDED WINE**

Jack Rabbit Pinot Grigio Italy | alc II.0%

Campo Viejo Rioja Spain | alc |3.5%

# **STARTERS**

**Cheesy Potato Dippers** Served with BBQ sauce (496kcal) Add oak-smoked Bacon? +0.99 (+I05kcal)

## Classic Prawn Cocktail\*\*

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

# STEAKS

Served with half a grilled tomato, grilled mushroom, garden peas and your choice of side. Season your steak with our signature '74 rub (+I6kcal). Just ask!

I. CHOOSE YOUR CUT

# **74** 8oz\* Sirloin +2.00

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

74 8oz\* Rump Matured for a flavoursome taste (437kcal)

## 2. CHOOSE YOUR SIDE

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

Triple Cooked Chips (Ve) (+395kcal)

Chopped House Salad (Ve) (+42kcal)

Upgrade to 74 Loaded Cheesy Chips (V) +0.99 (+160kcal)

# SIDES

Adults need around 2,000kcal a day

## <sup>74</sup> Loaded Cheesy Fries (V)

4 49

Skin-on chips with our signature '74 rub, topped with cheese sauce, '74 smokehouse tomato sauce, spring onions and coriander (437kcal)

Skin-on Chips (Ve) (277kcal)	3.49
<sup>7</sup> Seasoned Mini Corn on the Cobs (Ve) (81kcal)	3.29
Triple-Cooked Chips (Ve) (395kcal)	3.49
74 Grilled Veg with Asparagus (Ve) (40kcal)	3.29
Chopped Salad (Ve) (42kcal)	3.29

**Diamarine Provence Rosé** France | alc I2.5%

Baron De Villeboerg Brut NV Champagne (Ve) France | alc 12.0%

# Loaded Nachos (V)

Cheddar cheese sauce, homemade chunky guacamole, tomato salsa and reduced-fat soured cream (530kcal) Want to make it Vegan? Just ask! (Ve) (528kcal)



### Chargrilled Fillet of Salmon\*\* +2.00

Drizzled with garlic and parsley. Served with grilled vegetables and garlic potatoes (764kcal)

Add Garlic King Prawns\*\* +4.99 (+54kcal)

### Smothered Chicken Melt

Glazed in BBQ sauce topped with oak-smoked bacon and melted cheese. Served with skin-on chips, a salad garnish and house slaw (731kcal)

## 74 Chargrilled Vegetable Skewer (Ve)

Seasoned in our '74 BBQ rub. Served with a chopped salad and skin-on chips (43lkcal) Served with your choice of '74 sauce (calories stated do not include sauces)

### 74 Baconeater Burger

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 lettuce, tomatoes and red onion. Served with skin-on chips and house slaw (978kcal)

# DESSERTS

## Vanilla Ice Cream (V)

With chocolate (296kcal), caramel (298kcal) or raspberry (286kcal) sauce Want to make it Vegan? Just ask! (Ve)

With chocolate (357kcal) or raspberry (347kcal) sauce

### Fruit Salad (Ve)

(I06kcal)

### Cheesecake with Fruit Berries<sup>\*</sup> (V)

Baked New York-style cheesecake, topped with fruit berries.

Served with vanilla ice cream (616kcal)

### be drinkaware.co.uk

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 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 a lacohol. 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 popular dishes. If we do, we'll do our very best to offer you the nearest alternative. Prices are inclusive of VAT. We remind all our guests to drink responsibly. For more information on responsible drinking, visit www.drinkaware.co.uk. Alcohol served to over-l&s only. Proof of age may be required when asked. All % alcohol figures (ABV) are correct at time of printing; however, 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. LUS 5XE. Telephone: 0333 254 1452 or visit www.beefeater.co.uk/contact-us.htmi. **86332/BE/VAL/A** 86332/BE/VAL/ALL

# SET MENU