

# NGCI MENU

## Non-Gluten Containing Ingredients

The meals on this menu are made from ingredients which do not contain gluten or wheat. If you have an allergy or intolerance, please speak to a member of staff before you order your food & drinks. Full allergen information is available at [toast.marstons.co.uk](http://toast.marstons.co.uk) ^Ask if we have a dedicated NGCI fryer.

## GRAZERS 3 Grazers for £10.00 or 5 Grazers for £16.00

**Crispy Potato Skins^** £3.89

Choose from:

Cheddar cheese & crispy bacon **UNDER 450 CALS**

BBQ jackfruit **^V** **UNDER 350 CALS**

**Mexi Nachos** **V** **^** £3.89

Tortilla chips topped with tomato salsa, soured cream, guacamole, jalapeños & melted Cheddar cheese.

### Chicken Wings

Chicken wings coated in your choice of: £3.89

BBQ sauce

Inferno sauce **^****^****^****^****^**

Thai sweet chilli sauce **^**

**Fish 'n' Chip Shop Bites^** **UNDER 350 CALS** £3.89

Fish, peas & potatoes in a crispy cider vinegar NGCI batter, with a tartare sauce dip.

**Thai Chicken Chopsticks** **^****^****^** **UNDER 150 CALS** £3.89

With a chilli, coriander, lime & mint dressing.

**Hunter's Chips^** £3.89

Chips^ topped with crispy bacon, BBQ sauce and melted Cheddar cheese.

## SANDWICHES AND WRAPS

Served on Genius™ bread with a side of chips^.

**House Club** £5.99

Slices of grilled chicken breast, crispy bacon, salad & mayo.

**Chicken, Red Pepper & Guacamole** **UNDER 650 CALS** £6.09

Slices of grilled chicken breast, grilled red pepper & smooth guacamole.

**Red Pepper & Guacamole** **V\*** **UNDER 550 CALS** £5.79

Slices of grilled red pepper & smooth guacamole.

**Steak & Horseradish** £6.79

Pan-fried strips of rump steak, rocket & horseradish.

**Cheese & Onion** **V\*** **UNDER 700 CALS** £5.29

Cheddar cheese & slices of red onion.

Upgrade chips **^V\*** to sweet potato fries **^V\*** for £1

## GRILLS

**Hunter's Chicken** £7.99

Grilled chicken breast topped with bacon, BBQ sauce & melted Cheddar cheese. Served with chips^ & a side salad.

**UNDER 550 CALS** When served without the chips^ & with a larger salad.

**Sweetcure Gammon Steaks** £8.29

Two 5oz sweetcure gammon steaks with a fried free-range egg or pineapple ring. Served with chips^ & garden peas.

**UNDER 600 CALS** When served with pineapple & salad instead of chips^ & peas.

**Rump Steak** £9.79

8oz rump steak with half a grilled tomato, garden peas & chips^.

**UNDER 600 CALS** When served without the chips^ & with a larger salad.

Upgrade chips **^V\*** to sweet potato fries **^V\*** for £1

## MAINS

**Chicken Tikka Masala** **^** £7.99

A spiced tomato & onion flavoured sauce with a hint of coriander. Served with pilau rice, poppadums & mango chutney.

**SIDES** Salad Bowl **V** £1.99  
Chips^ **^V\*** £1.99  
Sweet Potato Fries^ **^V\*** £2.99

## SALADS

A base of crisp mixed leaves, rocket, red onion, slices of tomato, cucumber, carrot ribbons, sprinkled with a crunchy seed mix and drizzled with a chilli, coriander, lime & mint dressing. Top it how you like!

Simply select your topping

### TOPPER

**Grilled Chicken Breast** £8.49

**UNDER 400 CALS**

**Grilled Rump Steak** £8.69

**UNDER 400 CALS**

**Grilled Red Pepper & Mushrooms** **V** £7.79

**UNDER 250 CALS**

**Thai Chicken** £8.69

**Chopsticks** **^****^****^**

**UNDER 300 CALS**

### SALAD EXTRAS

Add the following extras to your salad:

**Crispy Bacon Rasher** £0.50

**UNDER 150 CALS**

**Grilled Halloumi** **V** £1.25

**UNDER 350 CALS**

**Mixed Olives** **V** £1.25

**UNDER 150 CALS**

## DESSERTS

**Sticky Toffee Pudding** **V** £3.89

Rich toffee and date pudding smothered in toffee sauce served warm with Beechdean™ vanilla pod ice cream.

**Chocolate Indulgence Sundae** **V** £4.19

Beechdean™ Belgian chocolate truffle & vanilla pod ice cream finished with rich chocolate sauce. Topped with squirty cream & a Cadbury® chocolate Flake.

**Ice Cream Sundae** **V** **UNDER 300 CALS** £4.19

Vegan vanilla flavour ice cream with strawberry sauce.

**Build your own Ice Cream Sundae** £4.19

Choose three scoops of Beechdean™ ice cream & a sauce: Strawberry, Chocolate or Toffee Fudge.

Topped with squirty cream & a Cadbury® chocolate Flake.

**Vanilla Pod** **V** / **Raspberry Ripple** **V** / **Belgian Chocolate Truffle** **V**

Allergen advice: As we use other foods containing gluten in our kitchens we cannot declare that any of our dishes are gluten or wheat free. \*Please ask if we have a dedicated NGCI fryer. Our allergen information only states allergens if they are an ingredient of a product. We do not include 'May contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns. Full allergen information is available at the bar or visit [toast.marstons.co.uk](http://toast.marstons.co.uk). **V** Suitable for vegetarians or vegetarian option available. **^V\*** We cannot guarantee that our vegetarian dishes have been cooked in dedicated vegetarian fryers. Please ask a member of staff for more information. **V** Suitable for vegetarians & vegans or vegetarian/vegan option available. **^V\*** We cannot guarantee that our vegetarian & vegan dishes have been cooked in dedicated vegan fryers. Please ask a member of staff for more information.

Dishes with chicken or fish may contain bones. 1oz = 28.3g. All weights are approximate prior to cooking. Offers cannot be used in conjunction with any other promotion. Marston's has the right to withdraw promotions at any time including bank holidays. Cadbury is a registered trademark of Mondelez International. (<150kcal) (<250kcal) (<300kcal) (<350kcal) (<400kcal) (<450kcal) (<550kcal) (<600kcal)\* Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces that may be added by the customer. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub.