



### Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>BEEFEATER CORE MENU SPRING SUMMER 2024</b>								
<b>FIND YOUR FLAVOUR &amp; GET SAUCEY</b>								
'74 BBQ SAUCE§ (VE)	149	36	0.4	0.2	7.6	6.1	0.4	0.4
'74 HOT (VE)	54	13	0.0	0.0	2.8	1.8	0.3	0.4
'74 MANGO, PEACH & HABANERO (VE)	147	35	0.0	0.0	8.7	8.5	0.2	0.4
'74 HONEY & MUSTARD (V)	583	139	13.2	0.9	4.5	4.2	0.4	0.3
'74 SMOKEHOUSE TOMATO (VE)	240	57	0.0	0.0	14.0	13.7	0.4	0.4
'74 BACON RELISH	200	48	1.2	0.3	7.5	6.9	1.4	0.2
'74 BURGER (VE)	428	102	9.6	0.7	4.1	2.7	0.2	0.5
'74 SPICY MAYO (VE)	364	87	7.8	0.2	4.1	2.8	0.3	0.3
<b>STARTERS</b>								
74 DOUBLE-CRUNCH CHICKEN WINGS WITHOUT SAUCE	2355	563	33.6	7.9	27.6	0.2	37.1	1.6
CHICKEN GOJONS	1795	429	19.9	2.3	39.4	10.7	22.5	1.8
BREADED MUSHROOMS	1849	442	17.4	2.1	59.3	11.6	9.6	1.2
CHEESY POTATO DIPPERS	2075	496	25.1	10.7	48.0	11.0	19.1	1.4
ADD OAK-SMOKED BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
HALLOUMI FRIES	2017	482	34.1	11.8	24.0	10.9	19.7	2.6
CLASSIC PRAWN COCKTAIL	1528	365	20.3	6.3	27.8	10.3	16.3	1.6
CRISPY CALAMARI	1892	452	31.0	2.0	28.4	3.9	14.5	3.9
STONEBAKED GARLIC FLATBREAD (V)	1715	410	18.4	6.4	52.2	1.1	7.5	1.1
MAKE IT CHEESY ADD	273	65	4.9	3.1	0.5	0.1	4.8	0.3
VEGAN OPTION AVAILABLE (VE)	1557	372	14.5	2.8	51.8	1.0	7.4	1.2
LOADED NACHOS (V)	2221	530	32.6	6.9	47.6	6.0	9.0	2.0
VEGAN OPTION AVAILABLE (VE)	2210	528	31.0	18.6	55.8	2.2	4.3	2.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>MAINS - '74 CHICKEN &amp; RIBS with skin on chips</b>								
<b>MAINS - THE '74 CHICKEN &amp; RIB SHOP - '74 SAUCES</b>								
74 BBQ SAUCE (VE)	149	36	0.4	0.2	7.6	6.1	0.4	0.4
'74 HOT SAUCE (VE)	54	13	0.0	0.0	2.8	1.8	0.3	0.4
'74 MANGO, PEACH & HABANERO SAUCE (VE)	147	35	0.0	0.0	8.7	8.5	0.2	0.4
'74 HONEY & MUSTARD SAUCE (V)	583	139	13.2	0.9	4.5	4.2	0.4	0.3
'74 SMOKEHOUSE TOMATO SAUCE (VE)	240	57	0.0	0.0	14.0	13.7	0.4	0.4
'74 BACON RELISH	200	48	1.2	0.3	7.5	6.9	1.4	0.2
'74 BURGER SAUCE (VE)	428	102	9.6	0.7	4.1	2.7	0.2	0.5
74 SPICY MAYO (VE)	364	87	7.8	0.2	4.1	2.8	0.3	0.3
'74 BEEFEATER COMBO	5734	1370	63.2	16.2	99.2	16.8	96.5	5.9
74 RACK OF PORK RIBS§	4671	1116	54.6	16.7	88.9	25.3	63.6	4.6
74 CHICKEN & RIB COMBO§	3968	948	38.0	10.3	78.4	16.7	68.7	4.7
'74 CHARGILLED HALF CHICKEN	3808	909	38.5	8.2	65.1	6.0	71.9	4.2
ADD HALF A RACK OF TENDER '74 BBQ§ GLAZED PORK RIBS	1419	339	19.3	7.1	13.4	10.5	28.0	1.5
ADD '74 DOUBLE-CRUNCH CHICKEN WINGS	1766	422	25.2	5.9	20.7	0.1	27.8	1.2
<b>MAINS - STEAK</b>								
<b>MAINS STEAK - 1. CHOOSE YOUR CUT</b>								
'74 8OZ* FILLET	3498	835	40.9	9.8	64.5	5.8	55.4	0.7
'74 10OZ* RIBEYE	4226	1009	52.1	15.0	63.2	7.8	71.3	0.8
'74 8OZ* SIRLOIN	3480	831	37.8	7.8	64.4	6.1	61.0	0.5
SEASON YOUR STEAK WITH OUR SIGNATURE '74 RUB	67	16	0.3	0.1	2.8	1.4	0.4	0.5
<b>MAINS STEAK - 2. CHOOSE YOUR SIDE</b>								
SKIN-ON CHIPS (VE)	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
TRIPLE COOKED CHIPS (VE)	1656	395	20.2	1.6	51.0	0.5	4.4	0.3
CHOPPED HOUSE SALAD (VE)	174	42	1.6	0.2	4.6	3.6	1.4	0.2
SWAP TO LOADED CHEESY CHIPS (V)	2662	636	33.9	4.4	73.0	17.4	7.7	2.4
<b>MAINS STEAK - 3. A LITTLE EXTRA</b>								
PEPPERCORN SAUCE	125	30	0.7	0.4	4.1	2.2	1.5	0.7
GARLIC KING PRAWNS**	741	177	13.7	5.9	0.8	0.3	12.7	0.3
FRIED EGG (V)	452	108	8.5	1.8	0.1	0.1	7.9	0.0
'74 SEASONED MINI CORN ON THE COBS (VE)	341	81	1.9	0.3	10.2	3.1	3.5	0.3
BEER-BATTERED ONION RINGS§	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
MAC & CHEESE (V)	1689	403	23.2	14.1	30.6	3.6	17.5	1.2
'74 GRILLED VEG WITH TENDERSTEM® BROCCOLI (VE)	234	56	1.9	0.4	5.2	1.4	3.5	0.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>MAINS STEAK - PREMIUM STEAKS</b>								
74SURF & TURF COMBO	4988	1191	63.0	14.6	77.5	7.2	80.9	2.4
UPGRADE 8OZ* FILLET STEAK	5007	1196	66.2	16.6	77.6	6.8	75.3	3.6
'74 STEAK SAMPLER	4721	1128	52.2	12.7	82.0	9.9	86.3	1.7
<b>MAINS BURGERS SHOWN with fries</b>								
add salad	174	42	1.6	0.2	4.6	3.6	1.4	0.2
'74 BACONEATER	4716	1126	57.4	17.2	102.4	17.8	46.0	3.9
'74 BEEFEATER DOUBLE STACK	5558	1327	73.1	27.0	100.1	17.6	63.6	4.0
'74 DOUBLE-CRUNCH CHICKEN	4851	1159	50.6	7.8	130.9	17.6	41.6	4.7
SWAP TO GRILLED CHICKEN BREAST	3902	932	34.5	6.2	100.2	18.0	51.3	4.5
HALLO-ME (V)	4173	997	46.3	13.5	111.3	25.2	28.5	3.7
PLANT STACK (VE)	4353	1040	51.9	12.9	102.6	13.7	34.4	4.0
<b>ADD A LITTLE EXTRA</b>								
SIGNATURE '74 4OZ* BEEF BURGER	935	223	15.5	7.0	0.1	0.1	20.6	0.4
GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
GARDEN GOURMET® SENSATIONAL™ BURGER (VE)	936	224	15.0	4.3	3.6	1.2	16.3	0.9
HALLOUMI (V)	738	176	13.7	8.8	0.0	0.0	12.3	1.2
'74 BACON RELISH	200	48	1.2	0.3	7.5	6.9	1.4	0.2
OAK-SMOKED BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
CHEDDAR CHEESE SLICE (V)	348	83	7.0	4.3	0.0	0.0	5.1	0.4
FRIED EGG (V)	452	108	8.5	1.8	0.1	0.1	7.9	0.0
GUACAMOLE (V)	246	59	5.6	1.2	0.9	0.4	0.6	0.2
THIS™ ISN'T BACON (VE)	241	58	2.4	0.2	2.0	0.2	6.3	0.7
VIOLIFE SLICE (VE)	240	57	4.6	4.2	4.0	0.0	0.0	0.5
<b>MAINS - GRILLS</b>								
MIXED GRILL	5380	1285	71.0	15.0	77.1	8.3	86.1	5.4
UPGRADE TO 8OZ* RUMP STEAK	6048	1445	77.6	18.0	78.9	8.5	111.3	5.5
UPGRADE TO 8OZ* SIRLOIN STEAK	6049	1445	77.2	17.6	78.9	8.8	111.6	5.5
CHARGRILLED 7OZ* GAMMON STEAK	3764	899	52.4	5.2	62.7	9.2	44.8	4.6
DOUBLE UP YOUR GAMMON STEAK add	1368	327	23.3	1.8	0.1	0.1	29.2	4.4
CHARGRILLED FILLET OF SALMON**	3241	774	52.0	18.4	30.2	6.9	45.3	0.7
ADD GARLIC KING PRAWNS	226	54	0.2	0.1	0.4	0.2	12.6	0.3
74 CHARGRILLED VEGETABLE SKEWER WITHOUT SAUCE	3359	802	27.3	4.7	116.8	8.1	17.4	2.5

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>MAINS - SALADS</b>								
BEEFEATER COBB SALAD (V)	583	139	3.4	0.4	18.8	11.0	5.8	0.5
ADD CAESAR DRESSING	462	110	10.6	1.2	2.7	0.8	1.1	0.4
ADD FRENCH DRESSING	366	87	7.2	0.7	5.4	4.2	0.1	0.5
ADD HONEY MUSTARD	777	186	17.6	1.2	6.0	5.6	0.6	0.4
GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
GARDEN GOURMET® SENSATIONAL™ CHICKEN STYLE FILLET (VE)	764	183	12.1	0.9	3.9	1.1	12.0	0.5
GRILLED HALLOUMI (V)	1476	352	27.4	17.6	0.1	0.1	24.6	2.4
<b>MAINS - CLASSICS</b>								
BEER-BATTERED FISH & CHIPS WITH PEAS	4051	967	52.6	5.5	82.9	6.0	43.2	1.5
BEER-BATTERED FISH & CHIPS WITH MUSHY	4209	1005	52.7	5.5	89.4	4.7	45.5	1.9
SMOTHERED CHICKEN MELT	3439	821	33.6	9.2	73.5	15.9	53.0	4.0
SMOTHERED NO CHICKEN MELT (VE)	3404	813	39.8	8.1	83.1	17.3	24.8	3.3
BEEF & ALE PIE§	4723	1128	56.3	16.2	124.0	9.9	30.0	2.7
BEEF LASAGNE	3187	761	37.9	16.3	70.8	15.7	31.3	3.8
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE (V)	2923	698	24.6	10.4	88.0	20.9	26.1	2.7
<b>SIDES</b>								
74 LOADED CHEESY CHIPS (V)	2662	636	33.9	4.4	73.0	17.4	7.7	2.4
74 SEASONED MINI CORN ON THE COBS (VE)	341	81	1.9	0.3	10.2	3.1	3.5	0.3
BEER-BATTERED ONION RINGS§	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
MAC & CHEESE (V)	1689	403	23.2	14.1	30.6	3.6	17.5	1.2
SKIN-ON CHIPS (VE)	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
TRIPLE COOKED CHIPS (VE)	1656	395	20.2	1.6	51.0	0.5	4.4	0.3
74 GRILLED VEG WITH TENDERSTEM® BROCCOLI (VE)	234	56	1.9	0.4	5.2	1.4	3.5	0.2
CHOPPED SALAD (VE)	174	42	1.6	0.2	4.6	3.6	1.4	0.2
<b>DESSERTS</b>								
BISCOFF® SUNDAE (V)	2550	609	36.7	14.3	60.7	42.0	8.0	0.6
VEGAN OPTION AVAILABLE (VE)	2619	626	33.9	14.6	76.7	33.8	2.7	0.6
VANILLA ICE CREAM SUNDAE WITH KITKAT® (V)	2379	568	25.5	15.9	74.3	63.5	9.1	0.3
CHEESECAKE WITH CADBURY® CRUNCHIE (V)	3084	737	38.5	16.9	86.5	68.0	10.6	0.6

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
VANILLA ICE CREAM (V)	884	211	9.7	6.3	24.8	22.3	5.3	0.1
ADD CARAMEL SAUCE	364	87	0.7	0.5	19.5	18.3	0.6	0.2
ADD CHOCOLATE SAUCE	355	85	0.4	0.2	19.8	18.0	0.6	0.1
ADD RASPBERRY SAUCE	315	75	0.2	0.0	18.3	16.2	0.2	0.0
VEGAN OPTION AVAILABLE (VE)	1138	272	11.2	9.6	42.0	25.2	0.4	0.1
ADD CHOCOLATE SAUCE	355	85	0.4	0.2	19.8	18.0	0.6	0.1
ADD RASPBERRY SAUCE	315	75	0.2	0.0	18.3	16.2	0.2	0.0
APPLE & BLACKBERRY CRUMBLE (V)	1547	369	9.3	2.6	66.7	38.3	2.1	0.3
ADD CUSTARD	419	100	2.9	1.6	15.6	11.4	2.9	0.1
ADD ICE CREAM	295	70	3.2	2.1	8.3	7.4	1.8	0.0
ADD VEGAN ICE CREAM	379	91	3.7	3.2	14.0	8.4	0.1	0.0
STICKY TOFFEE PUDDING (V)	2733	653	34.8	15.4	78.4	55.3	5.8	0.5
ADD CUSTARD	419	100	2.9	1.6	15.6	11.4	2.9	0.1
ADD ICE CREAM	295	70	3.2	2.1	8.3	7.4	1.8	0.0
TRIPLE CHOCOLATE BROWNIE (V)	2596	620	23.4	13.4	90.3	72.8	8.6	0.3
CHOCOLATE LAYER TORTE (VE)	1305	312	14.9	8.3	41.7	28.9	1.5	0.4
ADD VANILLA ICE CREAM (V)	295	70	3.2	2.1	8.3	7.4	1.8	0.0
ADD VANILLA VEGAN ICE CREAM (VE)	379	91	3.7	3.2	14.0	8.4	0.1	0.0
MINI TRIPLE CHOCOLATE BROWNIE (V)	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
<b>LUNCH MENU</b>								
<b>STARTERS</b>								
CHICKEN GOUJONS	1795	429	19.9	2.3	39.4	10.7	22.5	1.8
STONEBAKED GARLIC FLATBREAD (V)	1715	410	18.4	6.4	52.2	1.1	7.5	1.1
MAKE IT CHEESY (V)	273	65	4.9	3.1	0.5	0.1	4.8	0.3
VEGAN OPTION AVAILABLE (VE)	1557	372	14.5	2.8	51.8	1.0	7.4	1.2
TOMATO SOUP (V)	946	226	12.6	3.9	23.1	14.1	3.3	1.2
BREADED MUSHROOMS	1849	442	17.4	2.1	59.3	11.6	9.6	1.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>MAINS</b>								
CHARGRILLED 5OZ* GAMMON STEAK	2822	674	37.1	2.9	57.3	3.9	28.2	3.4
ADD FRIED EGG	452	108	8.5	1.8	0.1	0.1	7.9	0.0
ADD PINEAPPLE	91	22	0.0	0.0	5.3	5.3	0.1	0.0
DOUBLE UP YOUR GAMMON STEAK	969	232	16.5	1.2	0.1	0.1	20.7	3.1
SALAD ADD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
'74 CLASSIC BEEF BURGER	3561	851	39.3	10.8	89.4	9.2	31.9	2.1
DOUBLE UP YOUR BURGER	935	223	15.5	7.0	0.1	0.1	20.6	0.4
ADD A CHEESE SLICE (V)	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD OAK-SMOKED BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
CLASSIC PLANT BURGER (VE)	3562	851	38.8	8.0	92.9	10.4	27.5	2.6
DOUBLE UP YOUR BURGER (VE)	936	224	15.0	4.3	3.6	1.2	16.3	0.9
ADD A VIOLIFE SLICE (VE)	240	57	4.6	4.2	4.0	0.0	0.0	0.5
ADD THIS™ ISN'T BACON (VE)	241	58	2.4	0.2	2.0	0.2	6.3	0.7
CHICKEN MAKHANI CURRY	2675	639	20.7	5.1	77.0	23.3	32.4	3.5
ADD A NAAN BREAD (V)	801	191	2.6	0.2	34.8	0.8	6.2	0.8
BEEF LASAGNE	2343	560	28.7	13.1	45.3	15.4	27.6	3.3
ADD GARLIC FLATBREAD (V)	844	202	9.2	3.2	25.5	0.3	3.7	0.4
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE (V)	2079	497	15.4	7.2	62.5	20.6	22.4	2.3
ADD GARLIC FLATBREAD (V)	844	202	9.2	3.2	25.5	0.3	3.7	0.4
8OZ* RUMP	3189	762	33.7	7.8	60.9	4.1	58.0	0.5
UPGRADE TO AN 8OZ* SIRLOIN	3189	762	33.3	7.3	60.8	4.5	58.2	0.5
BEER-BATTERED FISH & CHIP	3909	934	52.7	4.3	75.8	6.2	39.1	1.8
UPGRADE TO HADDOCK	4051	967	52.6	5.5	82.9	6.0	43.2	1.5
BEEFEATER COBB SALAD	583	139	3.4	0.4	18.8	11.0	5.8	0.5
ADD CAESAR DRESSING	462	110	10.6	1.2	2.7	0.8	1.1	0.4
ADD FRENCH DRESSING	366	87	7.2	0.7	5.4	4.2	0.1	0.5
ADD HONEY MUSTARD	777	186	17.6	1.2	6.0	5.6	0.6	0.4
ADD GRILLED CHICKEN	649	155	2.5	0.6	0.1	0.5	32.7	1.1
ADD GRILLED HALLOUMI (V)	1476	352	27.4	17.6	0.1	0.1	24.6	2.4
CHICKEN FLATBREAD SANDWICH	3732	891	29.7	4.0	106.9	3.9	45.4	3.3
ADD a rasher OAK-SMOKED BACON	132	31	2.0	0.6	0.1	0.0	3.2	0.5
STEAK FLATBREAD SANDWICH	3823	913	34.9	6.5	110.2	4.7	38.2	2.3
UPGRADE TO A 4OZ* SIRLOIN	3796	907	34.6	6.3	109.2	3.9	38.1	2.3
SMOTHERED CHICKEN MELT	3323	794	32.3	9.1	70.9	13.4	52.1	3.9
DOUBLE UP YOUR SMOTHERED CHICKEN	4892	1168	46.1	15.6	86.3	23.8	98.9	6.7
STEAK, EGG AND CHIPS	2856	682	30.0	7.2	60.6	4.4	41.2	1.0

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>DESSERTS</b>								
VANILLA ICE CREAM (V)	884	211	9.7	6.3	24.8	22.3	5.3	0.1
ADD CARAMEL SAUCE	364	87	0.7	0.5	19.5	18.3	0.6	0.2
ADD CHOCOLATE SAUCE	355	85	0.4	0.2	19.8	18.0	0.6	0.1
ADD RASPBERRY SAUCE	315	75	0.2	0.0	18.3	16.2	0.2	0.0
VEGAN OPTION AVAILABLE (VE)	1138	272	11.2	9.6	42.0	25.2	0.4	0.1
ADD CHOCOLATE SAUCE	355	85	0.4	0.2	19.8	18.0	0.6	0.1
ADD RASPBERRY SAUCE	315	75	0.2	0.0	18.3	16.2	0.2	0.0
CARAMEL APPLE BETTY (V)	1219	291	10.4	3.6	45.9	23.5	2.7	0.2
ADD CUSTARD	419	100	2.9	1.6	15.6	11.4	2.9	0.1
ADD ICE CREAM	295	70	3.2	2.1	8.3	7.4	1.8	0.0
ADD A WHIP OF CREAM	246	59	5.6	4.0	1.6	1.6	0.5	0.0
ADD POURING CREAM	563	134	14.0	9.2	1.3	1.3	0.8	0.0
WARM CHOCOLATE BROWNIE (V)	2596	620	23.4	13.4	90.3	72.8	8.6	0.3
CHOCOLATE LAYER TORTE (VE)	1305	312	14.9	8.3	41.7	28.9	1.5	0.4
ADD VANILLA ICE CREAM (V)	295	70	3.2	2.1	8.3	7.4	1.8	0.0
ADD VANILLA VEGAN ICE CREAM (VE)	379	91	3.7	3.2	14.0	8.4	0.1	0.0
MINI TRIPLE CHOCOLATE BROWNIE (V)	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
<b>SIDES</b>								
BEER BATTERED ONION RINGS§	586	140	7.5	0.6	15.7	2.1	1.9	0.3
MAC & CHEESE (V)	1689	403	23.2	14.1	30.6	3.6	17.5	1.2
CHOPPED HOUSE SALAD (VE)	174	42	1.6	0.2	4.6	3.6	1.4	0.2
<b>SUNDAY MENU - ROAST WITH THE MOST</b>								
ULTIMATE SUNDAY ROAST	6662	1591	77.6	13.4	103.7	23.4	111.5	4.9
ROAST SIRLOIN OF BEEF	5279	1261	66.1	12.3	103.4	23.1	54.8	2.9
ADD AN EXTRA SLICE OF BEEF TO ANY ROAST	421	101	6.4	2.8	0.0	0.0	10.8	0.3
RUMP OF LAMB	5235	1250	54.8	7.6	103.6	23.3	77.6	3.0
ADD AN EXTRA SLICE OF LAMB TO ANY ROAST	317	76	2.0	1.0	0.1	0.1	14.3	0.2
HALF A ROAST CHICKEN	5925	1415	69.2	9.6	103.6	23.3	86.3	4.5
NO-CHICKEN ROAST (V)	4781	1142	59.1	4.8	107.3	24.2	34.4	2.9
VEGAN OPTION AVAILABLE	3601	860	48.1	3.7	71.2	16.4	26.3	2.3
<b>SUNDAY MENU SIDES - A BIT ON THE SIDE?</b>								
CAULIFLOWER CHEESE (V)	1122	268	19.0	12.5	14.1	5.9	9.4	1.5
PIGS IN BLANKETS	1172	280	19.1	6.5	8.4	1.6	18.1	2.0
YORKSHIRE PUDDING per portion	505	121	3.5	0.4	15.4	0.9	6.4	0.3
GRAVY per portion	102	24	0.1	0.0	5.4	1.2	0.4	0.8
ROAST POTATOES per portion	890	213	14.1	1.0	18.4	0.5	1.9	0.1
<b>KIDS</b>								
KID'S BEEF SIRLOIN	2085	498	24.5	4.3	43.2	7.7	22.4	0.7
KID'S ROAST CHICKEN	1988	475	19.3	1.8	43.3	8.0	28.0	1.0



Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>KIDS MENU</b>								
<b>STARTERS</b>								
BAKED GARLIC & PARSLEY FLATBREAD (V)	844	202	9.2	3.2	25.5	0.3	3.7	0.4
TORTILLA CHIPS (V)	693	165	6.6	1.0	21.4	2.9	4.1	0.3
VEGAN OPTION AVAILABLE, JUST ASK	629	150	6.4	0.9	20.0	1.5	2.1	0.2
VEGGIE STICKS (V)	129	31	0.4	0.0	3.8	3.7	2.6	0.1
<b>MAINS</b>								
10-VEG TOMATO PASTA	985	235	3.8	0.5	40.8	6.8	7.5	0.6
PORK SAUSAGES, MASH & GRAVY	1439	344	19.8	7.5	23.9	4.4	16.3	1.6
GARDEN GOURMET® SENSATIONAL™ SAUSAGE & MASH (V)	1170	279	13.0	6.1	23.3	2.5	13.8	1.7
OVEN BAKED POPPIN' CHICKEN	1473	352	15.4	2.4	39.2	0.6	13.1	0.9
OVEN BAKED FISH BITES	2108	504	21.9	2.3	55.9	2.1	19.7	1.3
GRILLED CHICKEN BREAST	1204	287	9.5	1.6	30.1	0.7	19.2	1.1
BEEF BURGER	2442	583	26.5	9.2	54.9	2.0	28.5	1.1
SPAGHETTI BOLOGNESE	1204	288	6.5	2.5	40.0	6.8	15.4	0.3
MARGHERITA PIZZA (V)	1576	377	10.8	4.8	54.0	2.6	14.4	1.4
RUMP STEAK	1547	370	14.9	4.4	31.8	0.7	28.0	0.6
MAC & CHEESE (V)	1130	270	7.3	4.0	38.8	3.5	10.4	0.7
<b>PICK TWO YUMMY SIDES</b>								
BAKED BEANS (VE)	174	41	0.1	0.0	6.7	2.7	2.5	0.3
PEAS (VE)	197	47	0.4	0.1	6.3	3.3	3.1	0.0
2 MINI CORN ON THE COBS (VE)	200	48	1.1	0.2	5.7	1.5	2.2	0.0
VEGGIE STICKS (VE)	65	16	0.2	0.0	2.4	2.3	0.6	0.0
<b>DESSERTS</b>								
STRAWBERRY SMASH SUNDAE (V)	523	125	6.9	4.7	13.3	10.7	2.3	0.1
FRUIT SALAD (VE)	209	50	0.1	0.0	10.8	10.8	0.6	0.0
VANILLA ICE CREAM (V)	778	186	8.1	5.5	24.0	15.3	3.6	0.2
PANCAKES WITH BANANA & CHOCOLATEY SAUCE (V)	1057	252	6.2	2.6	44.2	28.1	4.1	0.4
CHOCOLATE BROWNIE (V)	1339	320	13.1	7.7	44.2	34.2	4.6	0.2
STRAWBERRY FROZEN YOGHURT (V)	538	129	4.9	3.4	18.1	10.8	2.7	0.1
<b>EVENING SET MENU</b>								
<b>EVENING SET STARTERS</b>								
CHICKEN GOUJONS	1795	429	19.9	2.3	39.4	10.7	22.5	1.8
74 DOUBLE-CRUNCH CHICKEN WINGS WITHOUT SAUCE	2355	563	33.6	7.9	27.6	0.2	37.1	1.6
UPGRADE TO 8 WINGS	2355	563	33.6	7.9	27.6	0.2	37.1	1.6

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
STONEBAKED GARLIC FLATBREAD (V)	1715	410	18.4	6.4	52.2	1.1	7.5	1.1
MAKE IT CHEESY (V)	273	65	4.9	3.1	0.5	0.1	4.8	0.3
VEGAN OPTION AVAILABLE (VE)	1557	372	14.5	2.8	51.8	1.0	7.4	1.2
CHEESY POTATO DIPPERS	2075	496	25.1	10.7	48.0	11.0	19.1	1.4
ADD OAK-SMOKED BACON	132	31	2.0	0.6	0.1	0.0	3.2	0.5
TOMATO SOUP (V)	946	226	12.6	3.9	23.1	14.1	3.3	1.2
CRISPY CALAMARI†	1892	452	31.0	2.0	28.4	3.9	14.5	3.9
BREADED MUSHROOMS	1849	442	17.4	2.1	59.3	11.6	9.6	1.2
<b>EVENING SET MAINS</b>								
SMOTHERED CHICKEN MELT	3439	821	33.6	9.2	73.5	15.9	53.0	4.0
SMOTHERED NO CHICKEN MELT (VE)	3404	813	39.8	8.1	83.1	17.3	24.8	3.3
SALAD ADD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
MINUS BUN	743	177	2.7	1.0	31.9	4.5	5.7	0.5
'74 BACONEATER BURGER	4716	1126	57.4	17.2	102.4	17.8	46.0	3.9
PLANT STACK BURGER (VE)	3610	862	49.3	11.9	70.7	9.3	28.7	3.5
BEER-BATTERED FISH & CHIPS & mushy peas	4209	1005	52.7	5.5	89.4	4.7	45.5	1.9
BEER-BATTERED FISH & CHIPS & peas	4051	967	52.6	5.5	82.9	6.0	43.2	1.5
BEEF LASAGNE	3187	761	37.9	16.3	70.8	15.7	31.3	3.8
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE (V)	2923	698	24.6	10.4	88.0	20.9	26.1	2.7
CHICKEN MAKHANI CURRY	2675	639	20.7	5.1	77.0	23.3	32.4	3.5
ADD A NAAN BREAD	801	191	2.6	0.2	34.8	0.8	6.2	0.8
74 BEEFEATER COMBO without sauce	5734	1370	63.2	16.2	99.2	16.8	96.5	5.9
ADD HALF A RACK OF '74 BBQ§ GLAZED PORK RIBS	1419	339	19.3	7.1	13.4	10.5	28.0	1.5
ADD '74 DOUBLE-CRUNCH CHICKEN WINGS	1766	422	25.2	5.9	20.7	0.1	27.8	1.2
8OZ* SIRLOIN	3480	831	37.8	7.8	64.4	6.1	61.0	0.5
ADD SIGNATURE RUB	67	16	0.3	0.1	2.8	1.4	0.4	0.5
BEEFEATER COBB SALAD	583	139	3.4	0.4	18.8	11.0	5.8	0.5
ADD CAESAR DRESSING	462	110	10.6	1.2	2.7	0.8	1.1	0.4
ADD FRENCH DRESSING	366	87	7.2	0.7	5.4	4.2	0.1	0.5
ADD HONEY MUSTARD	777	186	17.6	1.2	6.0	5.6	0.6	0.4
GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
GARDEN GOURMET® SENSATIONAL™ CHICKEN STYLE FILLET (VE)	764	183	12.1	0.9	3.9	1.1	12.0	0.5
GRILLED HALLOUMI (V)	1476	352	27.4	17.6	0.1	0.1	24.6	2.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>EVENING SET DESSERTS</b>								
VANILLA ICE CREAM (V)	884	211	9.7	6.3	24.8	22.3	5.3	0.1
ADD CARAMEL SAUCE	364	87	0.7	0.5	19.5	18.3	0.6	0.2
ADD CHOCOLATE SAUCE	355	85	0.4	0.2	19.8	18.0	0.6	0.1
ADD RASPBERRY SAUCE	315	75	0.2	0.0	18.3	16.2	0.2	0.0
VEGAN OPTION AVAILABLE (VE)	1138	272	11.2	9.6	42.0	25.2	0.4	0.1
ADD CHOCOLATE SAUCE	355	85	0.4	0.2	19.8	18.0	0.6	0.1
ADD RASPBERRY SAUCE	315	75	0.2	0.0	18.3	16.2	0.2	0.0
CARAMEL APPLE BETTY (V)	1219	291	10.4	3.6	45.9	23.5	2.7	0.2
ADD CUSTARD	419	100	2.9	1.6	15.6	11.4	2.9	0.1
ADD ICE CREAM	295	70	3.2	2.1	8.3	7.4	1.8	0.0
ADD A WHIP OF CREAM	246	59	5.6	4.0	1.6	1.6	0.5	0.0
ADD POURING CREAM	563	134	14.0	9.2	1.3	1.3	0.8	0.0
TRIPLE CHOCOLATE BROWNIE (V)	2596	620	23.4	13.4	90.3	72.8	8.6	0.3
BISCOFF® SUNDAE (V)	2550	609	36.7	14.3	60.7	42.0	8.0	0.6
VEGAN OPTION AVAILABLE (VE)	2619	626	33.9	14.6	76.7	43.8	2.7	0.6
<b>EVENING SET SIDES</b>								
BEER-BATTERED ONION RINGS§	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
CHOPPED HOUSE SALAD (VE)	174	42	1.6	0.2	4.6	3.6	1.4	0.2
MAC & CHEESE (V)	1689	403	23.2	14.1	30.6	3.6	17.5	1.2

## Starters

### BREADED MUSHROOMS

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

### CHICKEN GOUJONS

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

### DOUBLE CRUNCH CHICKEN WINGS

Contains: Cereals containing Gluten (Barley, Wheat), Mustard

May Contains: No major allergens

### GARLIC FLATBREAD STRIPS - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

### HALLOUMI FRIES

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

### NACHOS - V

Contains: Milk

May Contains: No major allergens

### POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

### PRAWN COCKTAIL

Contains: Cereals containing Gluten (Barley, Wheat), Crustaceans, Egg, Milk, Mustard

May Contain: Soya, Sulphite

### SALT & PEPPER CALAMARI

Contains: Cereals containing Gluten (Wheat), Molluscs

May Contains: No major allergens

### VEGAN FLATBREAD STRIPS - VE V

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

### VEGAN NACHOS - VE V

Contains: No major allergens

May Contains: No major allergens

## Evening Set Starters

### BREADED MUSHROOMS

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

### CHICKEN GOUJONS

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

### DOUBLE CRUNCH CHICKEN WING

Contains: Cereals containing Gluten (Barley, Wheat), Mustard

May Contains: No major allergens

### GARLIC FLATBREAD STRIPS - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

### POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

### SALT & PEPPER CALAMARI

Contains: Cereals containing Gluten (Wheat), Molluscs

May Contains: No major allergens

### TOMATO SOUP - V

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk

**VEGAN FLATBREAD STRIPS - VE V**

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

## Evening Set Mains

**74 BACONEATER BURGER**

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard

May Contain: Sesame

**74 BEEFEATER COMBO**

Contains: Cereals containing Gluten (Barley, Wheat), Mustard

May Contains: No major allergens

**8OZ SIRLOIN**

Contains: No major allergens

May Contains: No major allergens

**BATTERED FISH AND CHIPS**

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard

May Contains: No major allergens

**BEEF LASAGNE**

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

**CHICKEN MAKHANI CURRY**

Contains: Milk

May Contain: Other Cereals containing (Wheat), Peanut, Sesame, Tree Nuts (Almond, Cashew)

**COBB SALAD - V**

Contains: Cereals containing Gluten (Wheat), Mustard, Sulphite

May Contain: Milk

**PLANT BURGER - VE V**

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya

May Contain: Other Cereals containing (Wheat), Celery, Egg, Mustard, Sesame

**SMOTHERED CHICKEN MELT**

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

**SMOTHERED NO CHICKEN - VE V**

Contains: Cereals containing Gluten (Wheat), Mustard, Soya, Sulphite

May Contain: Other Cereals containing (Wheat)

**VEG LASAGNE - V**

Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

## Evening Set Desserts

**CARAMEL APPLE CRUMBLE - V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Egg, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

**LOTUS BISCUIT SUNDAE - V**

Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Milk, Soya

May Contain: Soya

**LOTUS BISCUIT VEGAN SUNDAE - VE V**

Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Soya

May Contain: Soya

**TRIPLE CHOCOLATE BROWNIE - V**

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

**VANILLA ICE CREAM & SAUCE - V**

Contains: Milk, Soya

May Contains: No major allergens

**VEGAN ICE CREAM & SAUCE - VE V**

Contains: Soya

May Contains: No major allergens

## Evening Set Sides

**BEER BATTERED ONION RINGS**

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

**MAC & CHEESE - V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

**SIDE SALAD - VE V**

Contains: Mustard, Sulphite

May Contains: No major allergens

## Kids Starters

**KIDS GARLIC FLATBREAD - V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

**KIDS TORTILLA CHIPS - V**

Contains: Milk

May Contains: No major allergens

**KIDS TORTILLA CHIPS - VE V**

Contains: No major allergens

May Contains: No major allergens

**KIDS VEGGIE STICKS - V**

Contains: Milk

May Contains: No major allergens

## Kids Mains

**KIDS BURGER AND CHIPS**

Contains: Cereals containing Gluten (Wheat), Egg

May Contain: Milk

**KIDS CHICKEN BREAST**

Contains: No major allergens

May Contains: No major allergens

**KIDS FISH BITES AND CHIPS**

Contains: Cereals containing Gluten (Wheat), Fish

May Contains: No major allergens

**KIDS MAC AND CHEESE - V**

Contains: Cereals containing Gluten (Wheat), Milk, Mustard

May Contains: No major allergens

**KIDS MARGHERITA PIZZA - V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

**KIDS POPPIN CHICKEN AND CHIPS**

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

**KIDS PORK SAUSAGES**

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

**KIDS SPAGHETTI BOLOGNESE**

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

**KIDS STEAK AND CHIPS**

Contains: No major allergens

May Contains: No major allergens

**KIDS TOMATO PASTA - VE V**

Contains: Cereals containing Gluten (Wheat), Celery

May Contains: No major allergens

**KIDS VEGGIE SAUSAG AND MASH - V**

Contains: Soya

May Contains: No major allergens

# Kids Desserts

## KIDS CHOCOLATE BROWNIE - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

## KIDS ETON MESS SUNDAE - V

Contains: Egg, Milk

May Contain: Tree Nuts (Hazelnut)

## KIDS FRUIT SALAD - VE V

Contains: No major allergens

May Contains: No major allergens

## KIDS ICE CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

## KIDS PANCAKES - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

## KIDS STRAWBERRY FROZEN YOGHURT - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: Tree Nuts (Hazelnut)

# Mains

## 10OZ RIBEYE

Contains: No major allergens

May Contains: No major allergens

## 74 BACONEATER BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard

May Contain: Sesame

## 74 BEEFEATER COMBO

Contains: Cereals containing Gluten (Barley, Wheat), Mustard

May Contains: No major allergens

## 74 BEEFEATER STACK BURGER

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard

May Contain: Sesame

## 74 CHICKEN & RIBS

Contains: Cereals containing Gluten (Barley), Mustard

May Contains: No major allergens

## 74 DOUBLE CRUNCH CHICKEN BURGER

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Mustard

May Contain: Sesame

## 74 HALF ROAST CHICKEN COMBO

Contains: Cereals containing Gluten (Barley), Mustard

May Contains: No major allergens

## 74 RACK OF RIBS

Contains: Cereals containing Gluten (Barley), Mustard

May Contains: No major allergens

## 8OZ FILLET

Contains: No major allergens

May Contains: No major allergens

## 8OZ RUMP

Contains: No major allergens

May Contains: No major allergens

## 8OZ SIRLOIN

Contains: No major allergens

May Contains: No major allergens

## BATTERED FISH AND CHIPS

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard

May Contains: No major allergens

## BEEF AND ALE PIE

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk

May Contains: No major allergens

## BEEF LASAGNE

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

## CHARGRILLED 7OZ GAMMON STEAK

Contains: Egg

May Contains: No major allergens

## COBB SALAD - V

Contains: Cereals containing Gluten (Wheat), Mustard, Sulphite

May Contain: Milk

## GRILLED SALMON

Contains: Fish, Milk

May Contains: No major allergens

## HALLO ME BURGER - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard

May Contain: Sesame

## MIXED GRILL

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Sulphite

May Contain: Other Cereals containing (Oats, Rye)

## PLANT BURGER - VE V

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya

May Contain: Other Cereals containing (Wheat), Celery, Egg, Mustard, Sesame

## SMOTHERED CHICKEN MELT

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

## SMOTHERED NO CHICKEN - VE V

Contains: Cereals containing Gluten (Wheat), Mustard, Soya, Sulphite

May Contain: Other Cereals containing (Wheat)

## STEAK SAMPLER

Contains: Cereals containing Gluten (Barley, Wheat), Celery, Milk

May Contain: Other Cereals containing (Oats, Rye)

## SURF & TURF COMBO

Contains: Cereals containing Gluten (Wheat), Crustaceans, Milk, Molluscs

May Contains: No major allergens

## VEG LASAGNE - V

Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

## VEG SKEWER - VE V

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Sulphite

May Contains: No major allergens

## Sauces

### 74 BACON JAM

Contains: No major allergens

May Contains: No major allergens

### 74 BBQ SAUCE - VE V

Contains: Cereals containing Gluten (Barley), Mustard

May Contains: No major allergens

### 74 BURGER SAUCE - VE V

Contains: Mustard

May Contains: No major allergens

### 74 HONEY & MUSTARD SAUCE - V

Contains: Cereals containing Gluten (Wheat), Mustard

May Contains: No major allergens

### 74 HOT SAUCE - VE V

Contains: No major allergens

May Contains: No major allergens



**74 MANGO HABANERO SAUCE - VE V**

Contains: No major allergens

May Contains: No major allergens

**74 SMOKEHOUSE TOMATO SAUCE - VE V**

Contains: No major allergens

May Contains: No major allergens

**74 SPICY MAYO - VE V**

Contains: No major allergens

May Contains: No major allergens

## Sides

**BEER BATTERED ONION RINGS**

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

**FRIED EGG - V**

Contains: Egg

May Contains: No major allergens

**GARLIC PRAWNS**

Contains: Crustaceans, Milk

May Contains: No major allergens

**GRILLED VEGETABLES - VE V**

Contains: No major allergens

May Contains: No major allergens

**LOADED CHEESY CHIPS - V**

Contains: Milk

May Contains: No major allergens

**MAC & CHEESE - V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

**MINI CORN ON THE COBS - VE V**

Contains: No major allergens

May Contains: No major allergens

**PEPPERCORN SAUCE**

Contains: Celery, Milk

May Contains: No major allergens

**SIDE SALAD - VE V**

Contains: Mustard, Sulphite

May Contains: No major allergens

**SKIN ON CHIPS - VE V**

Contains: No major allergens

May Contains: No major allergens

**TRIPLE COOKED CHIPS - VE V**

Contains: No major allergens

May Contains: No major allergens

## Desserts

**APPLE AND BLACKBERRY CRUMBLE - VE V**

Contains: Cereals containing Gluten (Oats), Milk

May Contain: Other Cereals containing (Wheat), Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

**CRUNCHIE CHEESECAKE - V**

Contains: Egg, Milk

May Contain: Other Cereals containing (Wheat), Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

**KITKAT SUNDAE - V**

Contains: Cereals containing Gluten (Wheat), Milk, Soya

May Contain: Tree Nuts (Almond, Hazelnut, Walnut)

**LOTUS BISCUIT SUNDAE - V**

Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Milk, Soya

May Contain: Soya

**LOTUS BISCUIT VEGAN SUNDAE - VE V**

Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Soya

May Contain: Soya

**MINI BROWNIE & HOT DRINK - V**

*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya*

*May Contains: No major allergens*

**STICKY TOFFEE PUDDING - V**

*Contains: Cereals containing Gluten (Wheat), Egg, Milk*

*May Contain: Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

**TRIPLE CHOCOLATE BROWNIE - V**

*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya*

*May Contains: No major allergens*

**VANILLA ICE CREAM & SAUCE - V**

*Contains: Milk, Soya*

*May Contains: No major allergens*

**VEGAN CHOCOLATE LAYER TORTE - VE V**

*Contains: Cereals containing Gluten (Wheat)*

*May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

**VEGAN ICE CREAM & SAUCE - VE V**

*Contains: Soya*

*May Contains: No major allergens*

## Daytime Starters

**BREADED MUSHROOMS**

*Contains: Cereals containing Gluten (Wheat)*

*May Contains: No major allergens*

**CHICKEN GOUJONS**

*Contains: Cereals containing Gluten (Wheat)*

*May Contains: No major allergens*

**GARLIC FLATBREAD STRIPS - V**

*Contains: Cereals containing Gluten (Wheat), Milk*

*May Contains: No major allergens*

**TOMATO SOUP - V**

*Contains: Cereals containing Gluten (Wheat)*

*May Contain: Milk*

**VEGAN FLATBREAD STRIPS - VE V**

*Contains: Cereals containing Gluten (Wheat)*

*May Contains: No major allergens*

## Daytime Mains

**8OZ RUMP VALUE - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**BATTERED FISH AND CHIPS**

*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard*

*May Contains: No major allergens*

**BEEF LASAGNE**

*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite*

*May Contains: No major allergens*

**CHICKEN MAKHANI CURRY**

*Contains: Milk*

*May Contain: Other Cereals containing (Wheat), Peanut, Sesame, Tree Nuts (Almond, Cashew)*

**CHICKEN SANDWICH**

*Contains: Cereals containing Gluten (Wheat), Egg, Mustard*

*May Contains: No major allergens*

**CLASSIC BURGER**

*Contains: Cereals containing Gluten (Wheat), Mustard*

*May Contain: Sesame*

**COBB SALAD - V**

*Contains: Cereals containing Gluten (Wheat), Mustard, Sulphite*

*May Contain: Milk*

### GAMMON STEAK VALUE

Contains: No major allergens

May Contains: No major allergens

### SMOTHERED CHICKEN MELT

Contains: Egg, Milk, Mustard

May Contains: No major allergens

### SMOTHERED CHICKEN MELT

Contains: Egg, Milk, Mustard

May Contains: No major allergens

### STEAK EGG AND CHIPS

Contains: Egg

May Contains: No major allergens

### STEAK SANDWICH

Contains: Cereals containing Gluten (Wheat), Egg, Mustard

May Contains: No major allergens

### STEAK SANDWICH 4OZ SIRLOIN

Contains: Cereals containing Gluten (Wheat), Egg, Mustard

May Contains: No major allergens

### VEG LASAGNE -

Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

### VEGAN BURGER -

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya

May Contain: Celery, Egg, Mustard, Sesame

## Daytime Desserts

### CARAMEL APPLE CRUMBLE -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Egg, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

### MINI BROWNIE & HOT DRINK -

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

### VANILLA ICE CREAM & SAUCE -

Contains: Milk, Soya

May Contains: No major allergens

### VEGAN CHOCOLATE LAYER TORTE -

Contains: Cereals containing Gluten (Wheat)

May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

### VEGAN ICE CREAM & SAUCE -

Contains: Soya

May Contains: No major allergens

### WARM CHOCOLATE BROWNIE -

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

## Daytime Sides

### 4 ONION RINGS -

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

### MAC & CHEESE -

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

### SIDE SALAD -

Contains: Mustard, Sulphite

May Contains: No major allergens

## Guest Choice

<b>AMERICANO - VE V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>AMERICANO WHITE - V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>CAPPUCCINO - V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>ESPRESSO - VE V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>FLAT WHITE - V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>HOT CHOCOLATE - V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Ice Cream - V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>LATTE - V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Mushy Peas - VE V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Peas - VE V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Pineapple Ring - VE V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Pollock</b>	
<i>Contains: Fish</i>	<i>May Contains: No major allergens</i>
<b>Rump 4oz</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>8oz Fillet</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Bacon Jam 74</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Baked Beans - VE V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Burger Sauce 74 - VE V</b>	
<i>Contains: Mustard</i>	<i>May Contains: No major allergens</i>
<b>Caesar Dressing - V</b>	
<i>Contains: Egg, Milk, Mustard</i>	<i>May Contains: No major allergens</i>
<b>Chicken Breast</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Chips Premium - VE V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Chopped Salad Side - VE V</b>	
<i>Contains: Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
<b>Custard - V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Double Crunch Chicken</b>	
<i>Contains: Cereals containing Gluten (Wheat)</i>	<i>May Contains: No major allergens</i>

<b>French Dressing -</b> <b>VE</b> <b>V</b>	
<i>Contains: Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
<b>Fried Egg -</b> <b>V</b>	
<i>Contains: Egg</i>	<i>May Contains: No major allergens</i>
<b>Halloumi -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Honey &amp; Mustard 74 Sauce -</b> <b>V</b>	
<i>Contains: Cereals containing Gluten (Wheat), Mustard</i>	<i>May Contains: No major allergens</i>
<b>Honey &amp; Mustard 74 Sauce -</b> <b>V</b>	
<i>Contains: Cereals containing Gluten (Wheat), Mustard</i>	<i>May Contains: No major allergens</i>
<b>House Chopped Salad -</b> <b>VE</b> <b>V</b>	
<i>Contains: Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
<b>Ice Cream Vanilla -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Kids Mashed Potato -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Kids Peas -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Kids Sweetcorn -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Loaded Cheesy Chips NEW -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>MIXED SIDE SALAD -</b> <b>VE</b> <b>V</b>	
<i>Contains: Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
<b>Mango Habanero 74 Sauce -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>No Topping -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Signature BBQ Sauce -</b> <b>VE</b> <b>V</b>	
<i>Contains: Cereals containing Gluten (Barley), Mustard</i>	<i>May Contains: No major allergens</i>
<b>Signature Hot Sauce -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Skin on Chips -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Skin on Chips -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Smokehouse Tomato 74 Sauce -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Soured Cream -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Spicy Mayo 74 Sauce -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Vegan Bun -</b> <b>VE</b> <b>V</b>	
<i>Contains: Cereals containing Gluten (Wheat)</i>	<i>May Contain: Sesame</i>
<b>Vegan Chicken Breast -</b> <b>VE</b> <b>V</b>	
<i>Contains: Cereals containing Gluten (Wheat), Soya</i>	<i>May Contains: No major allergens</i>

<b>Vegetable Batons -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>8oz Rump</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>8oz Sirloin</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>8oz Sirloin</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Aerosol Cream -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Caramel Sauce New -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Chocolate Sauce New -</b> <b>VE</b> <b>V</b>	
<i>Contains: Soya</i>	<i>May Contains: No major allergens</i>
<b>Haddock</b>	
<i>Contains: Fish</i>	<i>May Contains: No major allergens</i>
<b>Raspberry Sauce New -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>TEA -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Vegan Ice Cream -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Whipping Cream -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>

## Upgrade

<b>1 Scoop Vegan Ice Cream -</b> <b>VE</b> <b>V</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>5oz Boomerang Gammon</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>7oz Gammon</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Bacon Jam '74 Glaze</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Cheddar &amp; Mozzarella Mix -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Cheese Slice -</b> <b>V</b>	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
<b>Chicken Breast</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Chicken Breast</b>	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
<b>Crunch Chicken Wings</b>	
<i>Contains: Cereals containing Gluten (Wheat)</i>	<i>May Contains: No major allergens</i>
<b>Double Crunch Chicken</b>	
<i>Contains: Cereals containing Gluten (Wheat)</i>	<i>May Contains: No major allergens</i>

**Fried Egg - V**

*Contains: Egg*

*May Contains: No major allergens*

**GARLIC PRAWNS NO GARLIC BUTTER**

*Contains: Crustaceans*

*May Contains: No major allergens*

**Garden Gourmet Burger - VE V**

*Contains: Cereals containing Gluten (Barley), Soya*

*May Contain: Celery, Egg, Mustard, Sesame*

**Garlic Flatbread BE - V**

*Contains: Cereals containing Gluten (Wheat), Milk*

*May Contains: No major allergens*

**Guacamole - V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Halloumi - V**

*Contains: Milk*

*May Contains: No major allergens*

**Halloumi for Burger - V**

*Contains: Milk*

*May Contains: No major allergens*

**Ice Cream Vanilla - V**

*Contains: Milk*

*May Contains: No major allergens*

**Naan Bread - VE V**

*Contains: Cereals containing Gluten (Wheat)*

*May Contains: No major allergens*

**Rack of Ribs NEW**

*Contains: Cereals containing Gluten (Barley), Mustard*

*May Contains: No major allergens*

**Rub for Steaks - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Signature Beef Burger**

*Contains: No major allergens*

*May Contains: No major allergens*

**Streaky Bacon**

*Contains: No major allergens*

*May Contains: No major allergens*

**Streaky Bacon Chopped**

*Contains: No major allergens*

*May Contains: No major allergens*

**Vegan Bacon - VE V**

*Contains: Soya*

*May Contain: Other Cereals containing (Wheat)*

**Vegan Cheese - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

## Mains Roasts

### BEEF SIRLOIN SUNDAY ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

### HALF CHICKEN SUNDAY ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

### LAMB SUNDAY ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

### NON CHICKEN ROAST - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

### SHARER SUNDAY ROAST - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

### ULTIMATE SUNDAY ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

### VEGAN NON CHICKEN ROAST - VE V

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

## Sides

### CAULIFLOWER CHEESE - V

Contains: Milk

May Contains: No major allergens

### PIGS IN BLANKETS

Contains: Sulphite

May Contains: No major allergens

### ROAST UNLIMITED - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

### VEG ROAST UNLIMITED - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

## Guest Choice

### Beef Sirloin Joint

Contains: No major allergens

May Contains: No major allergens

### Half Roast Chicken

Contains: No major allergens

May Contains: No major allergens

### Lamb Rump Roast

Contains: No major allergens

May Contains: No major allergens

## Upgrade

### Beef Sirloin Joint

Contains: No major allergens

May Contains: No major allergens



## **Lamb Rump Roast**

*Contains: No major allergens*

*May Contains: No major allergens*