



### 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 GOUJONS  | 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             | 43.8       | 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

|  |   |
|--|---|
| <b>NACHOS - V</b>                                |   |
| <i>Contains: Milk</i>                            | <i>May Contains: No major allergens</i> |
| <b>POTATO DIPPERS - V</b>                        |   |
| <i>Contains: Milk</i>                            | <i>May Contains: No major allergens</i> |
| <b>PRAWN COCKTAIL</b>                            |   |
| <i>Contains: Crustaceans, Egg, Milk, Mustard</i> | <i>May Contain: Sulphite</i>            |
| <b>VEGAN NACHOS - VE V</b>                       |   |
| <i>Contains: No major allergens</i>              | <i>May Contains: No major allergens</i> |

## Mains

|   |   |
|---|---|
| <b>10OZ RIBEYE</b>                            |   |
| <i>Contains: No major allergens</i>           | <i>May Contains: No major allergens</i> |
| <b>74 BACONEATER BURGER</b>                   |   |
| <i>Contains: Egg, Milk, Mustard</i>           | <i>May Contains: No major allergens</i> |
| <b>74 BEEFEATER STACK</b>                     |   |
| <i>Contains: Egg, Milk, Mustard</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>8OZ SIRLOIN</b>                            |   |
| <i>Contains: No major allergens</i>           | <i>May Contains: No major allergens</i> |
| <b>CHARGILLED 7OZ GAMMON STEAK</b>            |   |
| <i>Contains: Egg</i>                          | <i>May Contains: No major allergens</i> |
| <b>COBB SALAD - VE V</b>                      |   |
| <i>Contains: Mustard, Sulphite</i>            | <i>May Contains: No major allergens</i> |
| <b>GRILLED SALMON</b>                         |   |
| <i>Contains: Fish, Milk</i>                   | <i>May Contains: No major allergens</i> |
| <b>GRILLED VEG SKEWER - VE V</b>              |   |
| <i>Contains: Mustard, Sulphite</i>            | <i>May Contains: No major allergens</i> |
| <b>HALLOUMI BURGER - V</b>                    |   |
| <i>Contains: Egg, Milk, Mustard</i>           | <i>May Contains: No major allergens</i> |
| <b>SMOTHERED CHICKEN MELT</b>                 |   |
| <i>Contains: Egg, Milk, Mustard, Sulphite</i> | <i>May Contains: No major allergens</i> |

## Desserts

|                                     |  |
|-------------------------------------|--|
| <b>CHEESECAKE WITH BERRIES - V</b>  |  |
| <i>Contains: Egg, Milk</i>          | <i>May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)</i> |
| <b>FRUIT SALAD - VE V</b>           |  |
| <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i>                                    |

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|   |   |
|---|---|
| <b>VANILLA ICE CREAM &amp; SAUCE - V</b>  |   |
| <i>Contains: Milk, Soya</i>               | <i>May Contains: No major allergens</i> |
| <b>VEGAN ICE CREAM &amp; SAUCE - VE V</b> |   |
| <i>Contains: Soya</i>                     | <i>May Contains: No major allergens</i> |


## Sides

|                                     |   |
|-------------------------------------|---|
| <b>GRILLED VEGETABLES - VE V</b>    |   |
| <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>LOADED CHEESY CHIPS - V</b>      |   |
| <i>Contains: Milk</i>               | <i>May Contains: No major allergens</i> |
| <b>MINI CORN ON THE COBS - VE V</b> |   |
| <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>SIDE SALAD - VE V</b>            |   |
| <i>Contains: Mustard, Sulphite</i>  | <i>May Contains: No major allergens</i> |
| <b>Skin on Chips - VE V</b>         |   |
| <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>TRIPLE COOKED CHIPS - VE V</b>   |   |
| <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |

## Daytime Menu

|  |                                     |   |
|--|-------------------------------------|---|
| <b>8OZ RUMP VALUE -</b>                  | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>CHICKEN MAKHANI CURRY</b>   | <i>Contains: Milk</i>               | <i>May Contains: No major allergens</i> |
| <b>CLASSIC BURGER</b>  | <i>Contains: Egg, Mustard</i>       | <i>May Contains: No major allergens</i> |
| <b>COBB SALAD -</b>                    | <i>Contains: Mustard, Sulphite</i>  | <i>May Contains: No major allergens</i> |
| <b>GAMMON STEAK VALUE</b>  | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>TOMATO SOUP -</b>    | <i>Contains: Egg</i>                | <i>May Contains: No major allergens</i> |
| <b>VANILLA ICE CREAM &amp; SAUCE -</b>    | <i>Contains: Milk, Soya</i>         | <i>May Contains: No major allergens</i> |
| <b>VEGAN ICE CREAM &amp; SAUCE -</b>   | <i>Contains: Soya</i>               | <i>May Contains: No major allergens</i> |







## Roasts

|   |                                     |   |
|---|-------------------------------------|---|
| <b>BEEF SIRLOIN ROAST</b>   | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>CAULIFLOWER CHEESE -</b>  | <i>Contains: Milk</i>               | <i>May Contains: No major allergens</i> |
| <b>HALF CHICKEN SUNDAY ROAST</b>  | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |


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|                          |                                     |   |
|--------------------------|-------------------------------------|---|
| <b>LAMB SUNDAY ROAST</b> | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>PIGS IN BLANKETS</b>  | <i>Contains: Sulphite</i>           | <i>May Contains: No major allergens</i> |

## KIDS

|   |                                     |  |
|---|-------------------------------------|--|
| <b>KIDS CHICKEN BREAST</b>  | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i>  |
| <b>KIDS ETON MESS SUNDAE -</b>   | <i>Contains: Egg, Milk</i>          | <i>May Contain: Tree Nuts (Hazelnut)</i> |
| <b>KIDS FRUIT SALAD -</b>   | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i>  |
| <b>KIDS ICE CREAM -</b>    | <i>Contains: Milk, Soya</i>         | <i>May Contains: No major allergens</i>  |
| <b>KIDS STEAK AND CHIPS</b>   | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i>  |
| <b>KIDS TORTILLA CHIPS -</b>   | <i>Contains: Milk</i>               | <i>May Contains: No major allergens</i>  |
| <b>KIDS VEGGIE STICKS -</b>    | <i>Contains: Milk</i>               | <i>May Contains: No major allergens</i>  |
| <b>Kids Peas -</b>          | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i>  |
| <b>Kids Sweetcorn -</b>     | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i>  |
| <b>Vegetable Batons -</b>   | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i>  |

## Guest Choice

|  |                                     |   |
|--|-------------------------------------|---|
| <b>Pineapple Ring -</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 -</b>       | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>Burger Sauce 74 -</b>   | <i>Contains: Mustard</i>            | <i>May Contains: No major allergens</i> |
| <b>Caesar Dressing -</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 -</b>     | <i>Contains: No major allergens</i> | <i>May Contains: No major allergens</i> |
| <b>French Dressing -</b>   |                                     |   |

Contains: Mustard, Sulphite

May Contains: No major allergens

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|  |                                  |
|--|----------------------------------|
| <b>Fried Egg - V</b><br>Contains: Egg                                    | May Contains: No major allergens |
| <b>Halloumi - V</b><br>Contains: Milk                                    | May Contains: No major allergens |
| <b>Kids Mashed Potato - V</b><br>Contains: Milk                          | May Contains: No major allergens |
| <b>Kids Peas - VE V</b><br>Contains: No major allergens                  | May Contains: No major allergens |
| <b>Kids Sweetcorn - VE V</b><br>Contains: No major allergens             | May Contains: No major allergens |
| <b>Loaded Cheesy Chips NEW - V</b><br>Contains: Milk                     | May Contains: No major allergens |
| <b>MIXED SIDE SALAD - VE V</b><br>Contains: Mustard, Sulphite            | May Contains: No major allergens |
| <b>Mango Habanero 74 Sauce - VE V</b><br>Contains: No major allergens    | May Contains: No major allergens |
| <b>No Topping - VE V</b><br>Contains: No major allergens                 | May Contains: No major allergens |
| <b>Signature Hot Sauce - VE V</b><br>Contains: No major allergens        | May Contains: No major allergens |
| <b>Skin on Chips - VE V</b><br>Contains: No major allergens              | May Contains: No major allergens |
| <b>Skin on Chips - VE V</b><br>Contains: No major allergens              | May Contains: No major allergens |
| <b>Smokehouse Tomato 74 Sauce - VE V</b><br>Contains: No major allergens | May Contains: No major allergens |
| <b>Spicy Mayo 74 Sauce - VE V</b><br>Contains: No major allergens        | May Contains: No major allergens |
| <b>Vegetable Batons - VE V</b><br>Contains: No major allergens           | May Contains: No major allergens |
| <b>8oz Rump</b><br>Contains: No major allergens                          | May Contains: No major allergens |
| <b>8oz Sirloin</b><br>Contains: No major allergens                       | May Contains: No major allergens |
| <b>Caramel Sauce New - V</b><br>Contains: Milk                           | May Contains: No major allergens |
| <b>Chocolate Sauce New - VE V</b><br>Contains: Soya                      | May Contains: No major allergens |
| <b>Raspberry Sauce New - VE V</b><br>Contains: No major allergens        | May Contains: No major allergens |

## Upgrade

|   |                                  |
|---|----------------------------------|
| <b>5oz Boomerang Gammon</b><br>Contains: No major allergens | May Contains: No major allergens |
| <b>7oz Gammon</b><br>Contains: No major allergens           | May Contains: No major allergens |

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|  |                                  |
|--|----------------------------------|
| <b>Bacon Jam '74 Glaze</b><br>Contains: No major allergens     | May Contains: No major allergens |
| <b>Beef Sirloin Joint</b><br>Contains: No major allergens      | May Contains: No major allergens |
| <b>Cheese Slice - V</b><br>Contains: Milk                      | May Contains: No major allergens |
| <b>Chicken Breast</b><br>Contains: No major allergens          | May Contains: No major allergens |
| <b>Fried Egg - V</b><br>Contains: Egg                          | May Contains: No major allergens |
| <b>GARLIC PRAWNS NO GARLIC BUTTER</b><br>Contains: Crustaceans | May Contains: No major allergens |
| <b>Guacamole - V</b><br>Contains: No major allergens           | May Contains: No major allergens |
| <b>Guacamole - V</b>   |                                  |

*Contains: Mustard, Sulphite*

*May Contains: No major allergens*

**Halloumi for Burger - V**

*Contains: Milk*

*May Contains: No major allergens*

**Lamb Rump Roast**

*Contains: No major allergens*

*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*

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