



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)
BEEFEATER NON GLUTEN CONTAINING INGREDIENTS SPRING SUMMER 2024 MENU								
NGCI SAUCES								
'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 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
NGCI STARTERS								
CHEESY POTATO DIPPERS	2075	496	25.1	10.7	48.0	11.0	19.1	1.4
ADD OAK-SMOKED BACON	438	105	6.7	2.1	0.4	0.1	10.8	1.5
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
CLASSIC PRAWN COCKTAIL	1542	368	21.9	6.4	25.5	9.6	15.3	1.8
NGCI MAINS STEAKS								
'74 8OZ* FILLET	3565	851	41.2	9.8	67.3	7.2	55.8	1.2
'74 10OZ* RIBEYE	4293	1025	52.4	15.1	66.0	9.2	71.7	1.3
'74 8OZ* SIRLOIN	3547	847	38.0	7.8	67.2	7.5	61.3	1.1
NGCI SIDES								
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

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
NGCI MAINS								
CHARGRILLED FILLET OF SALMON**	3241	774	52.0	18.4	30.2	6.9	45.3	0.7
UPGRADE GARLIC PRAWNS add	340	81	0.3	0.1	0.6	0.2	19.0	0.5
SMOTHERED CHICKEN	3439	821	33.6	9.2	73.5	15.9	53.0	4.0
'74 CHARGRILLED VEGETABLE SKEWER (VE) no sauce	2185	522	22.4	4.2	66.1	7.7	10.1	1.7
CHARGRILLED 7OZ* GAMMON STEAK	3764	899	52.4	5.2	62.7	9.2	44.8	4.6
DOUBLE UP YOUR GAMMON STEAK	1368	327	23.3	1.8	0.1	0.1	29.2	4.4
BEEFEATER COBB SALAD	408	98	2.3	0.3	12.2	10.4	4.7	0.2
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
GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
GRILLED HALLOUMI (V)	1476	352	27.4	17.6	0.1	0.1	24.6	2.4
'74 BACONEATER BURGER	4477	1069	55.1	16.3	92.9	15.7	43.8	4.0
'74 BEEFEATER STACK BURGER	5364	1281	73.7	26.2	86.5	10.2	61.7	3.7
ADD BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
HALLO-ME BURGER (V)	4128	986	47.2	13.0	105.4	23.9	27.0	3.9
NGCI SIDES								
'74 LOADED CHEESY FRIES (V)	2211	528	21.9	3.6	73.0	17.4	7.7	2.4
SKIN ON CHIPS	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
'74 SEASONED MINI CORN ON THE COBS (VE)	341	81	1.9	0.3	10.2	3.1	3.5	0.3
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
NGCI DESSERTS								
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 ICE CREAM (VE)	1138	272	11.2	9.6	42.0	25.2	0.4	0.1
ADD CHOCOLATE	355	85	0.4	0.2	19.8	18.0	0.6	0.1
ADD RASPBERRY	315	75	0.2	0.0	18.3	16.2	0.2	0.0
FRUIT SALAD (VE)	444	106	0.2	0.0	22.8	22.8	1.4	0.0
CHEESECAKE WITH FRUIT BERRIES (V)	2579	616	35.3	14.7	64.3	48.4	9.9	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
NGCI SUNDAY ROAST								
ROAST SIRLOIN OF BEEF§	4774	1140	62.6	12.0	88.1	22.2	48.5	2.6
ADD AN EXTRA SLICE OF BEEF TO ANY ROAST	421	101	6.4	2.8	0.0	0.0	10.8	0.3
HALF ROAST CHICKEN§	5420	1295	65.8	9.2	88.3	22.4	80.0	4.2
RUMP OF LAMB§	4731	1130	51.3	7.2	88.3	22.4	71.2	2.7
ADD AN EXTRA SLICE OF LAMB TO ANY ROAST	317	76	2.0	1.0	0.1	0.1	14.3	0.2
NGCI SUNDAY ROAST SIDES								
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
NGCI DAYTIME								
TOMATO SOUP (VE)	1245	297	14.0	4.0	34.9	14.2	4.9	1.5
8OZ* RUMP	3189	762	33.7	7.8	60.9	4.1	58.0	0.5
SUPPLEMENT WITH TRIPLE CHIPS								
UPGRADE TO AN 8OZ* SIRLOIN	3189	762	33.3	7.3	60.8	4.5	58.2	0.5
CHARGILLED 5OZ* GAMMON STEAK	2625	627	36.7	2.8	51.1	0.6	25.1	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	969	232	16.5	1.2	0.1	0.1	20.7	3.1
CLASSIC BURGER	3517	840	40.2	10.2	83.4	7.9	30.4	2.3
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
BEEFEATER COBB SALAD	408	98	2.3	0.3	12.2	10.4	4.7	0.2
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 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 MAKHANI CURRY	2235	534	20.4	5.1	54.6	7.6	29.8	2.3
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

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
NGCI KIDS								
VEGGIE STICKS & DIP (V)	129	31	0.4	0.0	3.8	3.7	2.6	0.1
NACHOS & DIPS (V)	693	165	6.6	1.0	21.4	2.9	4.1	0.3
CHICKEN BREAST WITH CHIPS	1204	287	9.5	1.6	30.1	0.7	19.2	1.1
CHICKEN BREAST WITH MASH	783	187	5.0	2.6	15.7	1.2	18.7	1.1
RUMP STEAK	1547	370	14.9	4.4	31.8	0.7	28.0	0.6
VEGGIE STICKS (VE)	65	16	0.2	0.0	2.4	2.3	0.6	0.0
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
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 DAIRY ICE CREAM (V)	580	139	7.2	4.9	15.1	11.1	2.8	0.1

Starters

NACHOS -

Contains: Milk

May Contains: No major allergens

POTATO DIPPERS -

Contains: Milk

May Contains: No major allergens

PRAWN COCKTAIL

Contains: Crustaceans, Egg, Milk, Mustard

May Contain: Sulphite

VEGAN NACHOS -

Contains: No major allergens

May Contains: No major allergens

Mains

10OZ RIBEYE

Contains: No major allergens

May Contains: No major allergens

74 BACONEATER BURGER

Contains: Egg, Milk, Mustard

May Contains: No major allergens

74 BEEFEATER STACK

Contains: Egg, Milk, Mustard

May Contains: No major allergens

8OZ FILLET

Contains: No major allergens

May Contains: No major allergens

8OZ SIRLOIN

Contains: No major allergens

May Contains: No major allergens

CHARGRILLED 7OZ GAMMON STEAK

Contains: Egg

May Contains: No major allergens

COBB SALAD -

Contains: Mustard, Sulphite

May Contains: No major allergens

GRILLED SALMON

Contains: Fish, Milk

May Contains: No major allergens

GRILLED VEG SKEWER -

Contains: Mustard, Sulphite

May Contains: No major allergens

HALLOUMI BURGER -

Contains: Egg, Milk, Mustard

May Contains: No major allergens

SMOTHERED CHICKEN MELT

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

Desserts

CHEESECAKE WITH BERRIES -

Contains: Egg, Milk

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

FRUIT SALAD -

Contains: No major allergens

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

Sides

GRILLED VEGETABLES - VE V

Contains: No major allergens

May Contains: No major allergens

LOADED CHEESY CHIPS - V

Contains: Milk

May Contains: No major allergens

MINI CORN ON THE COBS - VE V

Contains: No major allergens

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

Daytime Menu

8OZ RUMP VALUE - VE V

Contains: No major allergens

May Contains: No major allergens

CHICKEN MAKHANI CURRY

Contains: Milk

May Contains: No major allergens

CLASSIC BURGER

Contains: Egg, Mustard

May Contains: No major allergens

COBB SALAD - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

GAMMON STEAK VALUE

Contains: No major allergens

May Contains: No major allergens

TOMATO SOUP - V

Contains: Egg

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

Roasts

BEEF SIRLOIN ROAST

Contains: No major allergens

May Contains: No major allergens

CAULIFLOWER CHEESE - V

Contains: Milk

May Contains: No major allergens

HALF CHICKEN SUNDAY ROAST

Contains: No major allergens

May Contains: No major allergens

LAMB SUNDAY ROAST

Contains: No major allergens

May Contains: No major allergens

PIGS IN BLANKETS

Contains: Sulphite

May Contains: No major allergens

KIDS

KIDS CHICKEN BREAST

Contains: No major allergens

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: Milk, Soya

May Contains: No major allergens

KIDS STEAK AND CHIPS

Contains: No major allergens

May Contains: No major allergens

KIDS TORTILLA CHIPS - V

Contains: Milk

May Contains: No major allergens

KIDS VEGGIE STICKS - V

Contains: Milk

May Contains: No major allergens

Kids Peas - VE V

Contains: No major allergens

May Contains: No major allergens

Kids Sweetcorn - VE V

Contains: No major allergens

May Contains: No major allergens

Vegetable Batons - VE V

Contains: No major allergens

May Contains: No major allergens

Guest Choice

Pineapple Ring - VE V

Contains: No major allergens

May Contains: No major allergens

Bacon Jam 74

Contains: No major allergens

May Contains: No major allergens

Baked Beans - VE V

Contains: No major allergens

May Contains: No major allergens

Burger Sauce 74 - VE V

Contains: Mustard

May Contains: No major allergens

Caesar Dressing - V

Contains: Egg, Milk, Mustard

May Contains: No major allergens

Chicken Breast

Contains: No major allergens

May Contains: No major allergens

Chips Premium - VE V

Contains: No major allergens

May Contains: No major allergens

French Dressing - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

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

Upgrade

5oz Boomerang Gammon	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
7oz Gammon	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>

Bacon Jam '74 Glaze

Contains: No major allergens

May Contains: No major allergens

Beef Sirloin Joint

Contains: No major allergens

May Contains: No major allergens

Cheese Slice - V

Contains: Milk

May Contains: No major allergens

Chicken Breast

Contains: No major allergens

May Contains: No major allergens

Fried Egg - V

Contains: Egg

May Contains: No major allergens

GARLIC PRAWNS NO GARLIC BUTTER

Contains: Crustaceans

May Contains: No major allergens

Guacamole - V

Contains: No major allergens

May Contains: No major allergens

Guacamole - V

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