

# No-Gluten Containing Ingredients Menu

ALL OF OUR NO-GLUTEN DISHES ARE MADE USING NO-GLUTEN CONTAINING INGREDIENTS.  
PLEASE MAKE A TEAM MEMBER AWARE IF YOU ARE ORDERING FROM THIS MENU.  
PLEASE REFER TO OUR MAIN MENU FOR DISH PRICES.

## Brunch

WORK HARD. BRUNCH HARDER. EVERY DAY FROM 10AM UNTIL 12 NOON

### EGGS ON TOAST (V)

Served on no-gluten containing bread (273 kcal),  
with your choice of poached (154 kcal), scrambled  
(498 kcal) or fried free-range eggs (280 kcal)

### BACON + EGG SANDWICH

Bacon, fried free-range eggs,  
no-gluten containing bread (666 kcal)

### BUBBLE + SQUEAK

Poached free-range egg, tomato, smashed avocado,  
red onion, smoky Hollandaise sauce

### CHOOSE FROM:

5oz\* RUMP STEAK (1061 kcal)

SMOKED SCOTTISH SALMON† (1063 kcal)

AYRSHIRE DRY-CURED BACON (1061 kcal)

FIELD MUSHROOMS (V) (899 kcal)

## Lite Bites & Mains

### CHICKEN & BACON SANDWICH

No-gluten containing bread, Ayrshire Dry-cured bacon,  
mayo, rocket, Pico de Gallo (355 kcal)

### 8OZ\* SIRLOIN

Served with cherry tomatoes & watercress (566 kcal),  
with your choice of jacket potato (252 kcal) or mash  
(364 kcal) and your choice of sauce, peppercorn (52 kcal),  
Béarnaise (184 kcal) or beef dripping gravy (66 kcal)

### ROAST HALF CHICKEN

Dressed salad, chipuffalo sauce (372 kcal) and your  
choice of jacket potato (252 kcal) or mash (364 kcal)

### 8OZ\* GRILLED GAMMON STEAK

With garden peas (480 kcal), free range fried eggs  
(280 kcal) or pineapple (51 kcal) and your choice of  
jacket potato (252 kcal) or mash (364 kcal)

### ROASTED VEG BOWL (V)

Roasted carrot, beetroot, butternut squash,  
watercress, seeds, natural yoghurt,  
Ezme dressing, lime (230 kcal)

### BOOST YOUR BOWL:

SALMON† (168 kcal)

MANGO + LIME CHICKEN THIGH (96 kcal)

## Sides

SEASONAL VEG (V) (167 kcal)

DRESSED GARDEN SALAD (V) (45 kcal)

NO-GLUTEN CONTAINING BREAD AND BUTTER (V) (254 kcal)

## Desserts

### VANILLA CHEESECAKE (V)

Raspberry coulis, raspberries + clotted cream ice cream (715 kcal)

GOOD NEWS, we'll donate 20p to Macmillan Cancer Support for every cheesecake you generous people enjoy

CLOTTED CREAM ICE CREAM (V) (475 kcal)

VEGAN ICE CREAM (VE) (338 kcal)

Adults need around 2000 kcal a day

**TERMS AND CONDITIONS** You can review our allergen information if you download the Greene King app, or visit our website at [www.greeneking.co.uk](http://www.greeneking.co.uk)  
Full allergen information on the ingredients in the food we serve is available on request - please speak to a team member. (V) Suitable for Vegetarians. (Ve) Suitable for Vegans.  
Whilst we take care to preserve the integrity of our vegetarian & vegan products, we must advise that these are handled in a multi-kitchen environment. † Fish, poultry and shellfish  
dishes may contain bones and/or shell. \*All stated weights are approximate before cooking. Our menu descriptions do not list all ingredients. Some dishes may contain alcohol  
which may not be listed on the menu. Please advise the team of any dietary requirements before ordering. All of our dishes are prepared in kitchens where nuts and gluten are  
present as well as other allergens; therefore we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination.