

# Main NGCI MENU

The meals on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens, so we cannot guarantee our dishes are 100% gluten-free. Please ensure you make your server aware when ordering from this menu.

## STARTERS

<b>Tomato Soup</b> ♡ Served with non-gluten-containing bread (291kcal) <b>Vegan option available just ask!</b> (199kcal) ♡	<b>4.89</b>	<b>Loaded Nachos</b> ♡ With nacho cheese sauce, tomato salsa & reduced-fat soured cream (471kcal) <b>Vegan option available, just ask!</b> (527kcal) ♡	<b>6.29</b>
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## MAINS

<b>8oz* Rump</b> British & Irish rump steak served with grilled tomato, peas, skin-on chips or mixed salad (653kcal with chips or 418kcal with salad)	<b>13.89</b>	<b>7oz* Gammon Steak</b> With skin-on chips, peas, grilled tomato (661kcal) & your choice of two fried eggs (+216kcal), two grilled pineapple rings (+44kcal) or one of each (+130kcal)	<b>11.69</b>
<b>8oz* Sirloin</b> British & Irish sirloin steak served with grilled tomato, peas, skin-on chips or mixed salad (653kcal with chips or 418kcal with salad)	<b>15.39</b>	<b>Burrito Bowl</b> Smoky chipotle & lime rice with tortilla chips, cherry tomatoes, shredded lettuce, reduced-fat soured cream, tomato salsa & coriander (668kcal) <b>Choose from:</b> BBQ seasoned 4oz* Rump (+166kcal) BBQ seasoned Chicken Breast (+161kcal)	<b>10.29</b>
<b>Smothered Chicken</b> Topped with bacon, cheese & smoky BBQ sauce. Served with skin-on chips, coleslaw & a salad garnish (738kcal) Add an extra smothered chicken for 3.49 (+325kcal)	<b>11.79</b>	<b>Cobb Salad</b> ♡ Shredded lettuce, red pepper, cucumber, cherry tomatoes & sweetcorn (101kcal) <b>Add your choice of dressing:</b> French Dressing ♡ (+66kcal) Reduced-Calorie Caesar Dressing ♡ (+83kcal) Add Chargrilled Chicken for 2.49 (+155kcal)	<b>7.29</b>
<b>Chicken Tikka Curry</b> Served with rice (534kcal)	<b>11.59</b>		
<b>Bombay Hash</b> ♡ Sweet potato & red pepper hash with a masala ketchup, served with rice (607kcal)	<b>11.39</b>		

## BURGERS

All our burgers are served in a non-gluten-containing brioche bun with skin-on chips & coleslaw, unless otherwise stated. Swap your bun for a fresh mixed salad (-125kcal)

<b>Big Stack Burger</b> Two 1/4lb* steak burgers, Cheddar, gherkin, red onion, lettuce & burger sauce (1,231kcal)	<b>13.99</b>	<b>BURGER UPGRADES</b> 1/4lb* Steak Burger (+214kcal) 2 Streaky Bacon Rashers (+63kcal) Cheese Slice ♡ (+83kcal)	<b>1.99</b> <b>99p</b> <b>49p</b>
<b>Cheese &amp; Bacon Burger</b> A 1/4lb* steak burger with red onion, lettuce, tomato & burger sauce (957kcal)	<b>11.49</b>		

## SIDES

<b>Mixed Side Salad</b> ♡ (42kcal)	<b>3.09</b>	<b>Coleslaw</b> ♡ (154kcal)	<b>1.89</b>
<b>Skin-on Chips</b> ♡ (277kcal)	<b>2.99</b>		

## DESSERTS

<b>Ice Cream Sundae with Cadbury® Dairy Milk Caramel Nibbles</b> ♡ With chocolate & caramel sauces & a chocolate flake (509kcal)	<b>5.99</b>	<b>Banoffee Cheesecake</b> ♡ Topped with banana, caramel sauce & crumbled chocolate flake. Served with vanilla ice cream (782kcal)	<b>6.19</b>
<b>Rhubarb &amp; Custard Sundae</b> ♡ With vanilla ice cream & crushed meringue (459kcal)	<b>5.99</b>	<b>Fruit Salad</b> ♡ (106kcal)	<b>5.19</b>

Adults need around 2,000kcal a day.

Don't worry, we know there are allergens in our food that we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Menu descriptions may not list every individual ingredient, so please ask for more information. Ingredients can occasionally be substituted or changed at short notice, so please review the allergy information on the website at the time of your visit and ask your server when you arrive. The calories provided are based on the average serving size for the whole dish as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information \*Approx weight uncooked. \*May contain fruit stones ♡ Suitable for vegetarians ♡ Suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Fish, meat, and poultry dishes may contain bones/shell. Cadbury® is a registered trademark of Mondelez International used under licence. All subject to availability. All our Kids' dishes meet our children's nutrition criteria. 1 of your 5 a day, 2 of your 5 a day. 1 of 5 a day is a minimum of 40g of fruit or vegetables, or 150ml pure juice. Calorie information on an average serving for each dish is provided to help you make an informed choice. Children between 5-10 years old need around 1,800kcal a day, this will vary by age and some children will need less, and some will need more. Full nutrition information is available on our website. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions excluded from charity donation.



# Kids' NGCI MENU

## 2-COURSE MEAL DEAL

**Pick a starter and a main**  
Small Tums £4.99  
Big Yums £5.99

### Scrummy STARTERS

#### Tortilla Chips 🍷

Served with a cucumber, yoghurt & mint dip & diced tomatoes (165kcal)

**Vegan option available, just ask!** 🍷 (150kcal)

#### Veggie Sticks 🍷 1

Served with a cucumber, yoghurt & mint dip (31kcal)



### Small TUMS

2 courses  
£4.99

#### Grilled Chicken Breast

Served with skin-on chips (235kcal)

### Big YUMS

2 courses  
£5.99

#### Grilled Chicken Breast Burger

Served in a non-gluten-containing burger bun with skin-on chips (412kcal)

#### Beef Burger

Served in a non-gluten-containing burger bun with skin-on chips (549kcal)

Swap your Skin-on Chips 🍷 (158kcal) for Mash 🍷 (110kcal) or Mini Jacket Potatoes 🍷 (155kcal)

### ADD TWO yummy sides

#### 2 Mini Corn On The Cobs 🍷 1 (48kcal)

#### Baked Beans 🍷 1 (41kcal)

#### Peas 🍷 1 (47kcal)

#### Mini Salad 🍷 1 (28kcal)

### Perfect PUDDINGS

Add for  
£1.49

#### Berry Blast Sundae 🍷

Frozen strawberry yoghurt, mixed berries, a whip of cream & sprinkles (125kcal)

#### Vanilla Ice Cream 🍷

Topped with a crumbled chocolate flake (146kcal)

#### Fruit Salad 🍷 2 (50kcal)

#### Pip Organic Ice Lolly 🍷

Choose from Rainbow Fruity (18kcal) or Berry (16kcal)

We care about all our guests, especially our youngest ones. It's why we've designed our kids' menu with the help of our clever nutritionist



#### The Important Stuff

- 100% responsibly-sourced fish
- 100% chicken breast
- 100% UK and Irish beef
- No genetically-modified ingredients

#### We promise:

- To provide carefully controlled levels of calories, fat, saturates, sugar & salt
- To meet the nutritional needs of children
- To include 2 of their 5-a-day in all our main meals

- To offer yummy vegetarian options
- To never use artificial colours or flavours
- To offer a range of no-added-sugar drinks

# Sunday ROAST NGCI

SEE MAIN MENU FOR PRICING

Tuck in to the best roast in town. Choose from our three succulent meats... or why not have all 3? (1,055kcal)

Served every Sunday 12-6pm.

#### Beef

Sourced from British & Irish farms (1,125kcal)

#### Turkey

Succulent & tender (982kcal)

#### Gammon

Roasted until golden (1,059kcal)

Served with crispy roast potatoes, gravy & a selection of vegetables, unless otherwise stated.

## Kids' ROAST NGCI

Choose from our 3 delicious meats:

**Beef** (585kcal)

**Turkey** (489kcal)

**Gammon** (540kcal)

Served with crispy roast potatoes, gravy & a selection of vegetables.

SEE MAIN MENU FOR PRICING