

# 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>Loaded Potato Dippers</b> With cheese & bacon. Served with reduced-fat soured cream (428kcal)	<b>5.39</b>
<b>Classic Prawn Cocktail**</b> Served with non-gluten-containing bloomer bread (368kcal)	<b>6.19</b>
<b>Tomato Soup ♥</b> Served with non-gluten-containing bloomer bread (297kcal)	<b>4.49</b>

<b>Loaded Nachos ♥</b> With nacho cheese, red chillies, tomato salsa & reduced-fat soured cream (471kcal)	<b>6.29</b>
⚡ Add chipotle beef chilli for 2.39 (+129kcal)	
♥ Go Vegan, swap cheese for Violife slice (527kcal)	6.29



## MAINS

<b>8oz* Rump</b> British & Irish rump steak served with grilled tomato, peas, skin-on chips or mixed salad (744kcal for chips or 418kcal for salad)	<b>13.49</b>
<b>8oz* Sirloin</b> British & Irish sirloin steak served with grilled tomato, peas, skin-on chips or mixed salad (744kcal for chips or 418kcal for salad)	<b>15.09</b>

<b>Smothered Chicken</b> Topped with bacon, cheese & smoky BBQ sauce. Served with skin-on chips, coleslaw & a salad garnish (821kcal)	<b>11.59</b>
⚡ Upgrade to double-smothered chicken for 3.49 (+312kcal)	



<b>Chicken Tikka Curry</b> Served with white rice (534kcal)	<b>11.29</b>
<b>7oz* Gammon Steak</b> With skin-on chips, peas, grilled tomato (751kcal) & your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal) or one of each (+130kcal)	<b>11.39</b>

<b>Fresh Mixed Salad ♥</b> A mix of cos lettuce, cherry tomatoes, red peppers, cucumber & sweetcorn (98kcal)	<b>6.79</b>
⚡ Add a grilled chicken breast for 2.49 (+155kcal)	
⚡ Add your choice of dressing: French Dressing ♥ (+66kcal) Marie Rose Dressing ♥ (+98kcal)	

## 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, lettuce, gherkin, red onion & burger sauce (1,322kcal)	<b>13.29</b>
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<b>Cheese &amp; Bacon Burger</b> A 1/4lb* steak burger with tomato, lettuce, red onion & burger sauce (1,047kcal)	<b>11.29</b>
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<b>NEW Spicy Grilled Chicken Burger</b> Grilled chicken breast with tomato, lettuce, red onion & spicy mayo (900kcal)	<b>13.29</b>
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## BURGER UPGRADES

⚡ 1/4lb* steak burger (214kcal)	<b>1.99</b>
⚡ streaky bacon x2 (63kcal)	<b>99p</b>
⚡ cheese slice ♥ (83kcal)	<b>49p</b>

## SIDES

<b>Mixed Side Salad ♥</b> (42kcal)	<b>2.99</b>
<b>Skin-on Chips ♥</b> (368kcal)	<b>2.99</b>
<b>Coleslaw ♥</b> (154kcal)	<b>1.79</b>
<b>Chipotle Beef Chilli Topped Chips</b> Topped with cheese sauce, chipotle beef chilli & reduced-fat soured cream (493kcal)	<b>4.99</b>
Go large for 2.00 (987kcal)	

## DESSERTS

<b>Ice Cream Sundae with Cadbury® Dairy Milk Caramel Nibbles ♥</b> Cadbury® Dairy Milk Caramel Nibbles, chocolate & caramel sauces and a chocolate flake (509kcal)	<b>5.79</b>
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<b>NEW Mixed Berries Cheesecake* ♥</b> Baked New York-style cheesecake, topped with mixed berries. Served with vanilla ice cream (613kcal)	<b>5.79</b>
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<b>Fruit Salad ♥</b> (106kcal)	<b>5.99</b>
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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, 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 ♥ 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. 1 of your 5 a day, 2 of your 5 a day. \*\*Fish, meat and poultry dishes may contain bones/shell. Full nutrition information is available on our website. Cadbury® is a registered trademark of Mondelez International used under licence. All subject to availability.

# Kids' NGCI MENU

## 3-COURSE MEAL DEAL 6.49

Pick a starter, main and pudding or enjoy any main on its own for 4.99



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 & 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

## STARTERS \_\_\_\_ 99p

### Tortilla Chips ♥

Served with cucumber, yoghurt & mint dip & diced tomatoes (163kcal)

♥ Vegan option available, just ask

### Veggie Sticks ♥ ①

Served with a cucumber, yoghurt & mint dip (28kcal)

## MAINS \_\_\_\_ 4.99

Swap your skin-on Chips ♥ (210kcal) for mash ♥ (110kcal) Just ask!

### 4oz' Rump Steak

Served with skin-on chips (370kcal)

### Grilled Chicken Breast

Served with skin-on chips (287kcal)

## DESSERTS \_\_\_\_ 1.49

### Strawberry Smash Sundae ♥

Frozen strawberry yoghurt with meringue, fresh strawberries & a whip of cream (125kcal)

### Vanilla Ice Cream ♥

Topped with a crumbled chocolate flake (139kcal)

### Fruit Salad ♥ ② (50kcal)

## ADD TWO YUMMY SIDES \_\_\_\_

### 2 Mini Corn

On The Cobs ♥ ① (48kcal)

Baked Beans ♥ ① (41kcal)

Peas ♥ ① (47kcal)

Veggie Sticks ♥ ① (16kcal)

We've teamed up with Pennies, the digital charity box, to help support our partner GOSH Charity. Just press 'yes' when you pay by card to donate 25p

Every penny you give goes to charity: 95% to Great Ormond Street Hospital Children's Charity (registered charity no. 1160024) and 5% to Pennies (registered charity no. 1122489).



# Sunday ROAST NGCI

Served every Sunday 12-6pm\*

ONLY  
£10.99

Choose from our 3 succulent meats. Can't decide? Why not have all 3?

### Beef

Sourced from British & Irish farms (1,162kcal)

④ Go LARGE for an extra 1.50 (+175kcal)

### Turkey

Succulent & tender (1,019kcal)

④ Go LARGE for an extra 1.50 (+127kcal)

### Gammon

Roasted until golden (1,096kcal)

④ Go LARGE for an extra 1.50 (+153kcal)

All our roasts are served with crispy roast potatoes, stuffing, a selection of vegetables & gravy, unless otherwise stated.

# Kids' ROAST NGCI

ONLY  
£5.99

Choose from our 3 delicious meats:

**Beef** (612kcal)

**Turkey** (516kcal)

**Gammon** (567kcal)

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