

No gluten-containing ingredients 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 CANNOT GUARANTEE 100% FREE FROM. PLEASE MAKE A TEAM MEMBER AWARE WHEN ORDERING FROM THE NGCI MENU.

BREAKFAST served until 12pm

FULL BREAKFAST

Four rashers of bacon, two fried eggs, two golden hash browns, button mushrooms, a juicy grilled tomato, baked beans, toasted Genius® bread and a tea served with milk on the side. 1038 kcal
Swap to Americano with milk +3 kcal

EGGS BENNY

Two poached eggs, grilled bacon and Hollandaise sauce on a lightly toasted Genius® bread roll. 802 kcal

CAPRESE EGGS BENNY (V)

Two poached eggs, grilled halloumi, fresh tomatoes and Hollandaise sauce on a lightly toasted Genius® bread roll. 845 kcal

SMASHED AVOCADO (V)

Crushed avocado, slow-roasted tomatoes and a poached egg on lightly toasted Genius® bread. 630 kcal

Breakfast extras

BACON 82 kcal
BAKED BEANS (VG) 78 kcal
FRIED EGG (V) 104 kcal
MUSHROOMS (VG) 51 kcal
POACHED EGG (V) 100 kcal
SCRAMBLED EGG (V) 306 kcal
TOMATO (VG) 18 kcal
HASH BROWN (VG) 169 kcal

TO Share

CHEESY TOPPED NACHOS (V)

Crunchy tortilla chips topped with nacho cheese sauce and grated cheese, guacamole, tomato salsa, sour cream, sweet red pepper drops and fiery jalapeños.

Perfect to share with 2/3 of your faves. 1296 kcal

Add a topper:

Slow-cooked smoky BBQ beef. +298 kcal

Spicy BBQ pork 'nduja [en-doo-ya]. +397 kcal

SMOKY SOYA TOPPED NACHOS (VG)

Crunchy tortilla chips topped with smoky soya sloppy joe, mild Sheese®, guacamole, tomato salsa, vegan mayo, red pepper & sesame houmous, sweet red pepper drops and fiery jalapeños.

Perfect to share with 2/3 of your faves. 1515 kcal

SMALL Plates

MINI MEZE (VG-M)

Mixed olives and red pepper & sesame houmous served with Genius® bread. 447 kcal

ON THE SIDE

SIDE SALAD (VG)

Quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 191 kcal

BURGERS

All of our burgers are served in a Genius® bread roll with burger sauce, ketchup, lettuce, chopped pickle and onion with topped nachos.

CHICKEN, CHEESE & BACON

Chicken breast topped with a melted burger cheese slice and streaky bacon. 1351 kcal

CHEESY BACON & BEEF

Succulent beef burger topped with a melted burger cheese slice and streaky bacon. 1465 kcal

Our burger cheese slice is processed.

Adults need around 2000 kcal a day.

Top your burger

CHEESE SLICE (V) +41 kcal
STREAKY BACON +37 kcal
SLOW-COOKED BBQ BEEF +149 kcal
SMOKY SOYA SLOPPY JOE (VG) +117 kcal
FRIED EGG (V) +104 kcal
JALAPEÑOS (VG) +3 kcal
MUSHROOMS (VG) +26 kcal
HALLOUMI (V) +200 kcal

MAINS



Dishes with this symbol are under 600 calories

SMOTHERED CHICKEN

Tender chicken breast topped with streaky bacon, melted cheese and sticky BBQ sauce, served with topped nachos, peas and grilled tomato. 995 kcal

10oz SIRLOIN STEAK

A wonderfully flavoursome cut, served with topped nachos, juicy grilled tomato, sautéed mushrooms and a side of peppercorn sauce†. 1179 kcal



THAI RED CURRY (VG)

Aromatic coconut curry with cauliflower, green beans, sugar snap peas and peppers, garnished with pomegranate seeds and served with basmati rice. 486 kcal
Swap to quinoa -6 kcal

Why not add a topper?

Grilled seabass fillets +151 kcal

Grilled chicken +184 kcal

KATSU CURRY

Tender chicken breast with katsu curry sauce, garnished with pomegranate seeds and served with basmati rice. 724 kcal
Swap to quinoa -6 kcal

Fresh salads

GRILLED SEABASS

Flaky grilled seabass fillets on a bed of quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 608 kcal



CHICKEN & PROSCIUTTO

Grilled chicken and crispy prosciutto on a bed of quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 546 kcal



OUR MIXED HOUSE (VG)

Quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 381 kcal

SUBS & WRAPS

Available until 4pm

All of our sandwich range are served in a Genius® bread roll with topped nachos.

BBQ CHICKEN

Tender chicken breast topped with melted cheese and streaky bacon and smothered in sticky BBQ sauce. 1103 kcal

RED PEPPER HOUMOUS & AVO (V)

Red pepper & sesame houmous, avocado, slow-roasted tomatoes and olives. 1045 kcal

HALLOUMI & AVO (V)

Grilled halloumi with avocado, red peppers, tomato, iceberg lettuce and red pepper mayo. 1037 kcal

Lunchtime was made for catch ups!

SOMETHING Sweet

Mini treats

WARM BROWNIE BITES (V)

With rich Belgian chocolate sauce and strawberries. 337 kcal

CARAMELISED BISCUIT BITES (VG-M)

Caramelised biscuit mousse layered on a biscuit base, with rich Belgian chocolate sauce and a scattering of biscuit pieces. 409 kcal

MILLIONAIRES' SUNDAE SHOTS (V)

Bite-size pieces of millionaires' shortbread combined with sumptuous salted caramel sauce, vanilla ice cream, double cream and rich Belgian chocolate sauce. 414 kcal

Adults need around 2000 kcal a day.

(V) Suitable for vegetarians. (VG) Suitable for vegans. (VG-M) Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. (V-M) Made with veggie ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Ingredients are based on standard product formulations, variations may occur. Calories/nutritional values stated are subject to change.

Do you have any allergies?

Please inform staff of any allergies before placing your order, even if you have eaten a dish before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food and drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks. **While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination. There is significant risk of cross-contamination in our deep fat fryers.**

All vegan cheese used in our dishes is non-dairy. Fish and poultry dishes may contain bones. All weights are approximate uncooked.

