

# No Gluten-Containing Ingredients Menu



Full allergen information is available on request from our team. Our menus do not list all ingredients. 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 100% free from; therefore, these meals are not suitable for people with coeliac disease. Please make a team member aware when ordering from the NGCI menu. See our main menu for prices

## Bar Bites

**Olives VG** 305 kcal

## Starters

### Soup of the Day V

With chives and seeded bread & butter.

*Ask a team member for today's soup and calorie information.*

### Stilton® & Peppercorn Mushrooms

Toasted seeded bread topped with grilled flat mushrooms in a Stilton® and peppercorn sauce. 478 kcal

### Honey-Glazed Ham Hock & Mustard Terrine

With lightly toasted seeded bread, rocket leaves and piccalilli. 255 kcal

### Baked Beetroot Falafel V

With red pepper and sesame houmous, lightly toasted seeded bread and a hot maple sauce. 439 kcal

## Sides

**Seasonal Veg V** 323 kcal

**Dressed Side Salad VG** 19 kcal

## Mains

### Baked Cod Loin

With hasselback potatoes, cabbage, peas, a white wine, lemon & dill sauce and capers, finished with truffle-infused oil. 789 kcal

### Lamb Shank

In a red wine & mint gravy, served with buttery chive mashed potato and broccoli. 996 kcal

### Chicken & Bacon Salad

Dressed mixed leaves, tomato, red onion, cucumber, radish, slow-roasted tomatoes and avocado and a mayo dip. 631 kcal

## Sharers Recommended for two or more.

### Cheesy Nachos V

With mozzarella, cheese sauce, jalapeños, tomato & chilli sauce, guacamole and sour cream. 1164 kcal

### Nachos Sharer VG

With Sheese® sauce, jalapeños, tomato & chilli sauce, guacamole and vegan mayo. 1377 kcal

## Desserts

### Crumble of the Day\* V

Today's flavour of classic crumble with a jug of custard.

*Ask a team member for today's crumble and calorie information.*

**VG** Make it vegan by switching to non-dairy custard.

### Lemon & Berry Cheezecake VG

A biscuit base topped with a lemon filling and summer fruit compote, served with raspberry coulis and a strawberry garnish.

366 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. Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

**Do you have any allergies?** Do you have any allergies? Please inform staff of any allergens before placing your order even if you have ordered the dish/drink before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food & drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks. Whilst 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. \*Contains oats.allergies before placing your order so that every precaution may be taken in the kitchen to prevent cross-contamination. We cannot guarantee that any dishes are free from nut traces.

Fish and poultry dishes may contain bones and/or shell. All weights are approximate uncooked. Ingredients are based on standard product formulations; variations may occur, and calories stated (excluding drinks options) are subject to change. All products and offers are subject to availability. Management reserves the right to refuse custom and/or withdraw/change offers (without notice) at any time. Prices are in pounds sterling and include VAT, at the current rate. At Stonegate Group, all tips earned by our hard-working team members, from delivering great customer service, are retained by them. If a service charge is added to the bill, this is entirely discretionary and is paid to those team members providing the service. Stonegate Group, 3 Monkspath Hall Road, Solihull, West Midlands B90 4SJ.

We're part of a small batch  
of hand-picked locals

