

The meals on this menu are made with ingredients which do not contain gluten or wheat. If you have an allergy or intolerance, please speak to a member of the team before you order your food & drinks. ‡Please ask if we have a dedicated NGCI fryer. Need any more information? Please ask a member of the team. Adults need around 2000 kcal a day.

NGCI MENU

GRAZERS

PADRÓN PEPPERS (VE)
Charred Padrón peppers with smoked paprika sea salt 118kcal

MASALA CORN RIBS (VE)*
Crunchy corn ribs seasoned with a masala rub, topped with coconut yogurt, red chilli, micro coriander 186kcal

SHARERS

SPICY NACHOS (V)
Spicy tortilla chips layered with Mozzarella, sour cream, spicy salsa and guacamole 1489kcal **Serves 2**

CHILLI PULLED BEEF NACHOS
Chilli pulled beef with spicy tortilla chips layered with Mozzarella, sour cream, spicy salsa and guacamole 1687kcal **Serves 3**

BRUNCH

Availability varies by location, please ask a member of the team before ordering.

BAKED SHAKSHUKA BREAKFAST‡
Smoked streaky bacon, spinach and baked free-range egg in a spicy tomato and chickpea sauce. Served with toasted sourdough 481kcal

VEGGIE BREAKFAST (V)*‡
Grilled Halloumi, smashed avocado, fried free-range egg, flat mushroom, slow roast plum tomato, hash brown‡, baked beans and toasted Genius™ bread 1131kcal

BRUNCH BURGER‡
Two 3oz beef burger patties with double Monterey Jack cheese, smoked streaky bacon and a fried free-range egg, topped with a hash brown‡ piled high in a toasted non-gluten containing bun. Served with skinny fries‡ and a side of pickled rainbow slaw 1642kcal

AVOCADO ON TOAST (V)
Smashed avocado, beetroot houmous, harissa-roasted chickpeas, poached free-range egg and chilli flakes on toasted Genius™ bread 521kcal

SIDES

SEASONED SKINNY FRIES (VE)*‡
379kcal

SWEET POTATO FRIES (VE)*‡
366kcal

CHUNKY CHIPS (VE)*‡
401kcal

HOUSE ROCKET & BALSAMIC SALAD (VE)*‡
47kcal

PERFECT FOR LUNCH

CLUB SANDWICH

Chargrilled Cajun-marinated chicken breast, smoked streaky bacon, guacamole, beef tomato, little gem lettuce, garlic mayo and seasoned skinny fries‡. Served on Genius™ bread 1279kcal

BURGERS

Our burgers are piled high in a toasted non-gluten containing bun and come with seasoned skinny fries‡ and pickled rainbow slaw.

CHEESE
Two 3oz beef burger patties with double Monterey Jack cheese, little gem lettuce, beef tomato and burger sauce 1314kcal

Add smoked streaky bacon for £2
1320kcal

PLANT-BASED (VE)*
Revolutionary plant based **future @ farm™** burger with little gem lettuce, beef tomato and vegan burger sauce 1099kcal

Upgrade your Skinny Fries (VE)*‡
384kcal **to Sweet Potato Fries (VE)*‡**
for £1.50 373kcal

SOMETHING NEW

Naked version! Remove your bun and swap your fries with side salad for a lighter option

MAINS

CHARGRILLED CHICKEN, BACON & AVOCADO SALAD
Chargrilled chicken breast, crispy smoked streaky bacon, avocado, Gran Moravia cheese and little gem lettuce with a herby ranch dressing 720kcal

GREEN BUDDHA BOWL (VE)
Spinach and rocket salad with sliced avocado, harissa-roasted chickpeas, beetroot houmous, tomato and cucumber salsa, pickled rainbow slaw and coconut yogurt dressing 620kcal

8OZ SIRLOIN STEAK
Chargrilled British sirloin steak, chunky chips‡, slow-roasted plum tomato and a garlic roasted flat mushroom. Served with peppercorn sauce 1023kcal

Sirloin steak is not available on Sundays

THAI-STYLE GREEN VEGETABLE CURRY (VE)
Aubergine, cauliflower, edamame beans, baby sweetcorn, spinach and bamboo shoots in a coconut and lemongrass sauce. Served with steamed basmati & wild rice and coconut yogurt 846kcal

ROAST

ROAST RUMP OF BEEF
Roast potatoes, honey-roasted root veg, sticky red cabbage, charred broccoli and home-made gravy. Served pink unless requested otherwise 980kcal
Roast beef is only available on Sundays

DESSERTS

SALTED CARAMEL CHOCOLATE BROWNIE (V)
Goey chocolate & salted caramel brownie with vanilla pod ice cream and salted caramel sauce 830kcal

STICKY TOFFEE PUDDING (V)
Rich sponge, warm toffee sauce and vanilla pod ice cream 743kcal

STRAWBERRY & PROSECCO LOLLIPOP (V)†
Prosecco-infused vanilla ice cream dipped in white chocolate and topped with strawberries, meringue pieces and red berry coulis 356kcal

Allergen advice: Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. Our allergen information only states allergens if they are an ingredient of a product.

We do not include 'may contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns.

Full allergen information is available on our website. (V) Suitable for vegetarians or vegetarian option available. (VE) Suitable for vegetarians & vegans or vegetarian/vegan option available. (V)*/(VE)* We cannot guarantee that our vegetarian/vegan dishes have been cooked in dedicated vegetarian/vegan fryers. Please ask a member of staff for more information.

Calorie counts are for guidance only and are based on the complete dish/drink as listed on the menu, excluding any additional seasoning or sauces that may be added by the guest. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular bar. We regret that we cannot guarantee that our fish/chicken/pork/beef dishes do not contain bones. Where we state a weight, it's a raw weight and 1oz equals approximately 28 grams. †This product contains alcohol. If you are lucky enough to look under 25, a member of our team will ask for ID. PJJULYNGCI