

LET'S GET STARTED

From 3.59

ORDER ON THE APP



- NACHOS** Tortilla chips loaded with melted cheese, nacho cheese sauce, tomato salsa, guacamole, sour cream and jalapeños (812 kcal)
Vegan option available (598 kcal)
- HALLOUMI FRIES** Served with sweet chilli sauce on the side (436 kcal)
- TACOS** Tortilla wraps filled with mixed salad leaves, mayo and spring onion (195 kcal)
Choose your topping
HALLOUMI FRIES (247 kcal)
CRISPY CHICKEN STRIPS (278 kcal)

SHARE THE LOVE

THE ULTIMATE FEAST!
6 crispy chicken strips, 6 chicken wings, 2 corn on the cob, 4 onion rings*, garlic ciabatta and a side of our absolutely stacked nachos, served with BBQ sauce on the side (2376 kcal, serves 2)

10.79

THE SUPREME SHARER!
2 chicken skewers coated in a smoky tikka rub, boneless chicken wings and halloumi fries. Served with tater tots, a flatbread, beef burnt ends in BBQ sauce and nacho cheese sauce for dipping (1905 kcal, serves 2)

14.29



FLATBREADS

From 8.29

Our flatbreads are topped with mayo, mixed salad leaves and your choice of sauce.

- Choose your topping**

 - FLAME-GRILLED 4oz* STEAK** (691 kcal) **8.99**
 - SOUTHERN-FRIED CHICKEN SKEWER** (841 kcal) **8.29**
 - FLAME-GRILLED SPICED LAMB KOFTA** (792 kcal) **8.49**
 - HALLOUMI FRIES** (834 kcal) **8.29**
- Choose your sauce**

 - BBQ** (90 kcal)
 - SWEET CHILLI** (82 kcal)
 - KOREAN BBQ** (112 kcal)
 - JERK** (63 kcal)
 - YOGHURT & MINT** (218 kcal)

EYES ON THE SIDES

- FRIES** (446 kcal) **2.49**
- CHIPS** (408 kcal) **2.49**
- CHEESY CHIPS** (508 kcal) **2.99**
- OUR DRESSED SIDE SALAD** (26 kcal) **2.29**
- BAKED BEANS IN BBQ SAUCE** (127 kcal) **2.29**
- TATER TOTS** (285 kcal) **2.49**
- ONION RINGS*** (387 kcal) **2.99**
- MAC 'N' CHEESE** (367 kcal) **2.29**
- CORN ON THE COB** (391 kcal) **2.29**
- COLESLAW** (184 kcal) **2.49**
- GARLIC CIABATTA** (365 kcal) **2.19**
- GARLIC CIABATTA WITH CHEESE** (465 kcal) **3.29**
- BREAD & BUTTER** (490 kcal) **2.29**
- FLATBREAD** (192 kcal) **1.49**

EXTRA DIPS

- BBQ** (72 kcal)
- SWEET CHILLI** (98 kcal)
- TIKKA** (155 kcal)
- KOREAN BBQ** (90 kcal)
- JERK** (63 kcal)
- YOGHURT & MINT** (174 kcal)
- MILLIONAIRE'S MAYO** (231 kcal)
- BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE** (22 kcal)

50p Each



OUR FAMOUS FLAMING GRILL



8oz* RUMP 8.99 | 8oz* SIRLOIN 10.99 All day Monday to Wednesday

All our skillets come out sizzling on a bed of fried onions. If you'd prefer a plate please ask when ordering!

STEAK SKILLETS

Our steaks are 28-day matured, seasoned and cooked to your liking on our famous flame-grill. All served with chips, peas and grilled tomato.

8oz* RUMP STEAK (872 kcal)	11.99	8oz* SIRLOIN STEAK (916 kcal)	14.29	9oz* RIBEYE STEAK (1052 kcal)	14.79
Add a topper					
BEEF BURNT ENDS IN BBQ SAUCE (179 kcal)	2.49	PEPPERCORN (42 kcal)	1.69	ONION RINGS* (387 kcal)	2.19
2 FREE RANGE FRIED EGGS (256 kcal)	99p	BEEF-DIPPING GRAVY (53 kcal)	1.69	TATER TOTS (285 kcal)	2.49
		BIG BBQ DIP (144 kcal)	1.00	MAC 'N' CHEESE (367 kcal)	3.29
				CORN ON THE COB (391 kcal)	2.29
				COLESLAW (184 kcal)	1.49

SIGNATURE SKILLETS

- MIXED GRILL** 13.79
4oz* rump steak, gammon, chicken fillet and pork sausage with a free range fried egg and onion rings*. Served with chips, peas and grilled tomato (1326 kcal)
- XL MIXED GRILL** 16.79
8oz* rump steak, 7oz* gammon, chicken fillet and pork sausage with a free range fried egg and onion rings*. Served with chips, peas and grilled tomato (1576 kcal)
- KOREAN BBQ BEEF RIB** 14.99
7 hour slow-cooked rib of beef on the bone topped with Korean BBQ sauce. Served with chips, corn on the cob and coleslaw (1629 kcal)
- TIKKA TANDOORI** 15.49
2 flame-grilled tandoori chicken thighs, 4 chicken wings coated in a smoky tikka rub, an onion bhaji and smoky tikka tater tots. Served with mixed salad leaves, yoghurt & mint dressing and a tikka sauce on the side (1349 kcal)
- JERK CHICKEN SIZZLER** 10.99
By SEASONED™ Datties Soul Food Academy 2 chicken fillets coated in Datties Soul Food™ jerk sauce and topped with a grilled pineapple ring. Served with spicy rice, corn on the cob and coleslaw (748 kcal)



SIGNATURE DISHES

- JERK CHICKEN STEW** 10.99
By SEASONED™ Datties Soul Food Academy Traditional Jamaican-style stewed chicken served with spicy rice and flatbread (653 kcal)
- FULL RACK OF RIBS** 16.99
Full rack of BBQ-glazed pork ribs. Served with fries, corn on the cob and coleslaw (2096 kcal)
- CHICKEN & RIB COMBO** 16.69
Half a flame-grilled roast chicken and half a rack of BBQ-glazed pork ribs. Served with fries, onion rings*, corn on the cob and coleslaw (1887 kcal)
- FLAMING BBQ MEAT SHARER** 24.99
Half a flame-grilled roast chicken, half a rack of BBQ-glazed pork ribs and 7 hour slow-cooked rib of beef on the bone topped with BBQ sauce. Served with mac 'n' cheese, a large portion of fries, 2 corn on the cob, 2 onion rings*, coleslaw and baked beans in BBQ sauce (4586 kcal, serves 2)

GO LIGHTER! Swap your chips (408 kcal) or fries (446 kcal) for our dressed side salad (26 kcal)

Adults need around 2000 kcal a day

THE BURGER JOINT

From 8.79



BOGOF BURGERS Buy one get one free on any classic burger All day Thursday

Our burgers are stacked in a lightly toasted brioche bun with iceberg lettuce, red onion and mayo. Served with fries and onion rings*

CLASSIC BURGERS

- FLAME-GRILLED CHEESE**
Flame-grilled beef burger topped with cheese (1067 kcal) **8.79**
- FLAME-GRILLED CHEESE & BACON**
Flame-grilled beef burger topped with smoked streaky bacon and cheese (1129 kcal) **9.49**
- SOUTHERN-FRIED CHICKEN** (1232 kcal) **9.49**
- ALL AMERICAN CHICKEN** 9.79
Southern-fried chicken fillet topped with smoked streaky bacon and cheese (1333 kcal)
- FALAFEL BURGER** 9.29
Chickpea & spinach falafel burger topped with tomato salsa. Served in a poppy seed bun with guacamole, iceberg lettuce and red onion. With fries and onion rings* (1045 kcal)

SIGNATURE BURGERS

- THE K-BBQ BANGER** 11.79
2 southern-fried chicken fillets tossed in Korean BBQ sauce and topped with sweet chilli sauce (1754 kcal)
- THE MILLIONAIRE** 12.29
Flame-grilled beef burger and southern-fried chicken fillet topped with smoked streaky bacon, cheese and millionaire's mayo (1699 kcal)
- THE CHEESY BBQ STACK** 11.79
2 flame-grilled beef burgers topped with smoked streaky bacon, beef burnt ends in BBQ sauce, cheese and 2 onion rings* (1544 kcal)
- THE PHILLY THRILL** 12.49
Flame-grilled beef burger topped with a sliced 4oz* rump steak and nacho cheese sauce (1254 kcal)

STACK YOUR BURGER

- FLAME-GRILLED BEEF PATTY** (197 kcal)
- SOUTHERN-FRIED CHICKEN BURGER** (401 kcal)
- FALAFEL BURGER** (193 kcal)
- SMOKED STREAKY BACON** (123 kcal)
- CHEESE** (39 kcal)

ADD A LITTLE EXTRA

- ONION RINGS*** (387 kcal) 2.19
- MAC 'N' CHEESE** (367 kcal) 3.29
- COLESLAW** (184 kcal) 1.49

CHICK 'N' MIX

11.29

- 1 CHOOSE 2 OPTIONS**

 - 8 BONELESS WINGS** (481 kcal)
 - 6 WINGS** (426 kcal)
 - 6 CRISPY STRIPS** (417 kcal)
 - SOUTHERN-FRIED SKEWER** (377 kcal)
 - 2 FILLETS** (232 kcal)
 - ROASTED SKEWER** (165 kcal)
 - 10 NUGGETS** (534 kcal)
 - 2 FLAME-GRILLED TANDOORI THIGHS** (286 kcal)
- 2 CHOOSE 2 SIDES**

 - FRIES** (446 kcal)
 - CHIPS** (408 kcal)
 - TATER TOTS** (285 kcal)
 - ONION RINGS*** (516 kcal)
 - BAKED BEANS IN BBQ SAUCE** (127 kcal)
 - MAC 'N' CHEESE** (367 kcal)
 - OUR DRESSED SIDE SALAD** (26 kcal)
 - CORN ON THE COB** (196 kcal)
 - COLESLAW** (184 kcal)
 - COLESLAW** (184 kcal)
 - GARLIC CIABATTA** (183 kcal)
- 3 CHOOSE YOUR SAUCE**

 - BBQ** (90 kcal)
 - SWEET CHILLI** (82 kcal)
 - TIKKA** (155 kcal)
 - KOREAN BBQ** (112 kcal)
 - JERK** (63 kcal)
 - BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE** (37 kcal)
- ADD EXTRA CHICKEN FOR 4.69**
- ADD AN EXTRA SIDE FOR 2.29**

GO LIGHTER! Swap your chips (408 kcal) or fries (446 kcal) for our dressed side salad (26 kcal)



CAN'T BEAT THE CLASSICS

From
8.79



2 MAINS FOR 13.49

All day
Monday to Friday

MAC 'N' CHEESE

With garlic ciabatta and our dressed side salad (941 kcal)

ALL DAY BREAKFAST

2 rashers of bacon, 2 pork sausages, 2 free range fried eggs, tater tots, grilled tomato and baked beans (1067 kcal)

STEAK & ALE PIE

Slow-cooked British beef in Ruddles Ale gravy, encased in shortcrust pastry. Served with peas and gravy (1024 kcal) and your choice of chips (408 kcal) or mash (230 kcal)

MUSHROOM, GARLIC & CHEESE BAKE

A shortcrust pastry with a mushroom, onion & garlic filling, topped with cheese. Served with chips, peas and gravy (1147 kcal)

8.79

MUSHROOM & GARLIC BAKE

A shortcrust pastry with a mushroom, onion & garlic filling. Served with chips, peas and gravy (1047 kcal)

9.29

HAND-BATTERED FISH†

Served with chips (963 kcal) and your choice of peas (57 kcal) or mushy peas (73 kcal)

10.79

ADD BREAD & BUTTER (490 kcal) 1.49

WHOLETAIL SCAMPI ▲†

Served with chips (886 kcal) and your choice of peas (57 kcal) or mushy peas (73 kcal)

8.79

ADD BREAD & BUTTER (490 kcal) 1.49

8.79

7oz* GAMMON SKILLET

Flame-grilled 7oz* gammon on our sizzling skillet with fried onions. Served with chips, peas, grilled tomato (808 kcal) and your choice of a free range fried egg (128 kcal) or pineapple ring (63 kcal)

9.99

HUNTER'S CHICKEN SKILLET

Chicken fillets topped with smoked streaky bacon, melted cheese and BBQ sauce on our sizzling skillet with fried onions. Served with chips and peas (1167 kcal)

10.99

BEEF LASAGNE

Minced beef in Italian red wine layered between pasta sheets. Served with garlic ciabatta and our dressed side salad (702 kcal)

9.99

GO LIGHTER! Swap your chips (408 kcal) or fries (446 kcal) for our dressed side salad (26 kcal)

SUNDAY ROASTS

From
8.49

Served all day Sunday

Served with roasties, seasonal veg, sage & onion stuffing, Yorkshire pud and gravy.

UPGRADE TO BEEF-DIPPING GRAVY (53 kcal) 50p

TRADITIONAL BEEF (761 kcal)

8.99

TRADITIONAL TURKEY (753 kcal)

8.99

LOW & SLOW BEEF RIB

7 hour slow-cooked rib of beef on the bone (1530 kcal)

12.49

MUSHROOM, GARLIC & CHEESE BAKE

A shortcrust pastry with a mushroom, onion & garlic filling, topped with cheese (1263 kcal)

8.49

MUSHROOM & GARLIC BAKE

A shortcrust pastry with a mushroom, onion & garlic filling. Served with roasties, seasonal veg, sage & onion stuffing and gravy (972 kcal)

8.49

ADD A LITTLE EXTRA

ROASTIES (242 kcal)

1.99

SEASONAL VEG (140 kcal)

1.50

PIGS IN BLANKETS (329 kcal)

3.59

YORKSHIRE PUD (115 kcal)

79p



Ask about our Kids' Sunday Roasts

TIME FOR DESSERTS

From
4.49



BISCOFF® CHEESECAKE
Crushed caramelised Biscoff® biscuits topped with a vanilla cheesecake filling, Biscoff® spread and Biscoff® crumb. Served with vanilla flavour ice cream (622 kcal)

5.49

APPLE PIE

Apple pie served warm (330 kcal) with your choice of vanilla flavour ice cream (97 kcal) or custard (120 kcal)

5.29

Vegan option available (443 kcal)

When you buy these desserts, we will donate 20p on your behalf to Macmillan Cancer Support**

MACMILLAN CANCER SUPPORT

CHOCOLATE TRIO BAR

A buttery, shortbread biscuit base topped with a layer of caramel, a caramel mousse, and finished with a milk chocolate ganache. Served with vanilla flavour ice cream, chocolate flavour sauce and drizzled with toffee flavour sauce (593 kcal)

5.79

CHOCOLATE FUDGE CAKE

Served warm and topped with chocolate flavour sauce (604 kcal). With your choice of vanilla flavour (97 kcal) or chocolate flavour ice cream (113 kcal)

5.29

EPIC CHOCTASTIC SUNDAE

Chocolate and vanilla flavour ice creams topped with squirty cream and piled high with Maltesers®, chocolate honeycomb pieces and Mars® chunks, chocolate flavour sauce and crispy wafers (752 kcal)

5.79

STICKY TOFFEE PUDDING CHEESECAKE

Served with toffee flavour sauce and vanilla flavour ice cream (564 kcal)

5.49

KEY LIME PIE

Cocoa biscuit base topped with a zesty lime cheesecake filling and mojito-flavoured glaze (408 kcal). Served with either vanilla flavour ice cream (97 kcal) or squirty cream (59 kcal)

5.79

VEGAN ICE CREAM

3 scoops of vegan vanilla flavour ice cream topped with strawberry flavour sauce (465 kcal)

4.49



BELGIAN WAFFLES

Served with squirty cream and chocolate flavour sauce (702 kcal)

5.99

Choose your topping

GOOEY CHOCOLATE CARAMEL

Mars® chunks, chocolate and vanilla flavour ice creams and dulce de leche sauce (410 kcal)

BLACK FOREST CRUNCH

Black cherry compote, chocolate flavour ice cream and crushed meringue (339 kcal)

HOT DRINKS

CUP OF TEA (0 kcal)

AMERICANO (2 kcal)

POT OF TEA (0 kcal)

LATTE (201 kcal)

ESPRESSO (2 kcal)

CAPPUCCINO (188 kcal)

DOUBLE ESPRESSO (4 kcal)

MOCHA (180 kcal)

HOT CHOCOLATE (210 kcal)

ORDER
ON THE APP



VIEW OUR NO-GLUTEN CONTAINING INGREDIENTS MENU HERE



Adults need around 2000 kcal a day All tips are paid in full to our team members

You can view our allergen information if you download our app, or visit our website at greeneaking-pubs.co.uk/flaming-grill/allergens

Terms & Conditions: Please advise the team of any dietary requirements before ordering. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Suitable for vegetarians. Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptors do not include all ingredients. Some dishes may contain alcohol which is not listed on the menu. Fish, poultry and shellfish dishes may contain bones and/or shell. Scampi may contain one or more tall per piece. *All stated weights are approximate before cooking. Metric equivalent 16oz = 1lb = 454g. Sizzling skillet dishes come without fried onions when served on a plate. Onion rings are made from chopped and reformed onions. Full nutrition information is available on our website. Calorie counts are correct at time of print. 2 Mains for £13.49 - Available all day Monday to Friday on Can't Beat The Classics dishes. BOGOF Burgers - Buy one get one free is available all day Thursday on all burgers excluding Signature Burgers. Steak Deal - Available all day Monday to Wednesday. 8oz* Rump for £8.99, 8oz* Sirloin for £10.99. Sunday dishes are available all day Sunday. Alcohol for over 18s only - proof of ID may be requested. Products & offers are subject to availability at the price point advertised. Deal discounts will be applied to the cheapest qualifying items in your order. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. Photography is for guidance only. We reserve the right to remove any of our food deals on all UK Bank Holidays, Christmas Eve & New Year's Eve. Please ask a member of the team before placing your order on these days if you have any queries. *Maltesers is a registered trademark and Mars Bar®. Trademark of Mars® Incorporated and its affiliates. Biscoff® is a registered trademark. For every Biscoff Cheesecake or Apple Pie sold, 20p plus VAT will be paid to Macmillan Cancer Support** a registered charity in England & Wales (261017), in Scotland (SC039907) and in the Isle of Man (604). Also operating in Northern Ireland. **Paid to Macmillan Cancer Support Trading Limited a wholly owned subsidiary of Macmillan Cancer Support to which it gives all of its taxable profits. Manager's decision is final. Promoter: Greene King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

FLAMING GRILL

— PUBS —

ORDER
ON THE APP



STEAK
FROM
8.99

ALL DAY MONDAY
TO WEDNESDAY

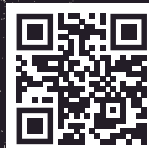
BOGOF
BURGERS

ALL DAY THURSDAY

2 MAINS
FOR
13.49

ALL DAY MONDAY
TO FRIDAY

GK10632/70537



V VEGETARIAN **Ve** VEGAN **🍏** 1 OF YOUR 5 A DAY **†**MAY CONTAIN BONES AND/OR SHELL

STARTERS

GARLIC CIABATTA **V**
(183 kcal/1.2g sugar/0.50g salt)

99p

VEGGIE DIP STICKS **Ve** **🍏**
Carrot and cucumber sticks
with a tomato dip
(49 kcal/6.3g sugar/0.30g salt)

99p

BUILD YOUR MEAL

**Your choice of a main & 2 veggies,
or a main, 1 veggie & 1 side**

LITTLE APPETITES 3.49

4 CHICKEN NUGGETS†
(218 kcal/0.2g sugar/0.67g salt)

4 VEGGIE NUGGETS **V**
(190 kcal/1.9g sugar/0.86g salt)

2 PORK SAUSAGES
With gravy
(243 kcal/2.7g sugar/2.05g salt)

2 QUORN™ SAUSAGES **Ve**
With gravy
(244 kcal/2.0g sugar/2.55g salt)

BEEF BURGER
A 2oz* beef burger in a
bun with mayo and lettuce
(316 kcal/3.0g sugar/0.87g salt)

ROAST CHICKEN FILLET
(116 kcal/1.4g sugar/0.42g salt)

TOMATO PASTA **Ve**
Rigatoni pasta in an
Italian-style tomato sauce
(229 kcal/3.3g sugar/0.53g salt)

BIG APPETITES 4.99

6 CHICKEN NUGGETS†
(326 kcal/0.2g sugar/1.01g salt)

6 VEGGIE NUGGETS **V**
(286 kcal/2.9g sugar/1.30g salt)

3 PORK SAUSAGES
With gravy
(354 kcal/4.1g sugar/2.56g salt)

3 QUORN™ SAUSAGES **Ve**
With gravy
(355 kcal/3.0g sugar/3.31g salt)

DOUBLE BEEF BURGER
2 2oz* beef burgers in a
bun with mayo and lettuce
(470 kcal/3.0g sugar/1.18g salt)

ADD A CHEESE SLICE 30p
(39 kcal/0.4g sugar/0.40g salt)

4oz* RUMP STEAK
With fried onions
(163 kcal/1.8g sugar/0.16g salt)

VEGGIES

CORN ON THE COB **Ve** **🍏**
(110 kcal/7.1g sugar/0.01g salt)

BAKED BEANS **Ve**
(73 kcal/5.1g sugar/0.68g salt)

GARDEN PEAS **Ve** **🍏**
(57 kcal/5.6g sugar/0.00g salt)

VEGGIE STICKS **Ve** **🍏**
(27 kcal/4.0g sugar/0.05g salt)

**OUR DRESSED
SIDE SALAD** **Ve** **🍏**
(13 kcal/0.7g sugar/0.09g salt)

SIDES

SUNSHINE VEG RICE **V** **🍏**
(142 kcal/2.3g sugar/0.14g salt)

MASH **V**
(144 kcal/2.5g sugar/0.63g salt)

CHIPS **Ve**
(204 kcal/0.0g sugar/0.10g salt)

GARLIC CIABATTA **V**
(183 kcal/1.2g sugar/0.50g salt)

MINI JACKET POTATO **Ve**
(93 kcal/3.3g sugar/0.15g salt)



DESSERTS

BROWNIE SKEWERS

Fudge brownie pieces skewered with strawberries. Served with chocolate flavour sauce for dipping
(198 kcal/26.6g sugar/0.05g salt)

CHOCOLATE MANIA SUNDAE

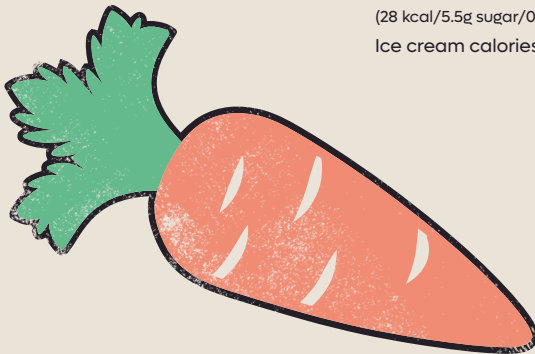
2 scoops of chocolate flavour ice cream topped with squirty cream, chocolate flavour sauce, Maltesers® and a Cadbury® Flake
(455 kcal/53.4g sugar/0.21g salt)

GOOEY CHOCOLATE BROWNIE

Served warm with a scoop of vanilla flavour ice cream and chocolate flavour sauce
(397 kcal/47.6g sugar/0.12g salt)

FRUIT SALAD

Peach, pear and strawberry pieces
(96 kcal/20.6g sugar/0.00g salt)



1.99

ICE CREAM

1 SCOOP 99p - 2 SCOOPS 1.49

Choose your ice cream

VANILLA FLAVOUR

(97 kcal/13.6g sugar/0.02g salt)

VEGAN VANILLA FLAVOUR

(113 kcal/9.1g sugar/0.02g salt)

CHOCOLATE FLAVOUR

(113 kcal/14.3g sugar/0.08g salt)

1.99

LEMON SORBET

(85 kcal/16.8g sugar/0.00g salt)

FROZEN STRAWBERRY FLAVOUR YOGHURT

(88 kcal/15.2g sugar/0.05g salt)

99p

Choose your sauce

STRAWBERRY FLAVOUR SAUCE

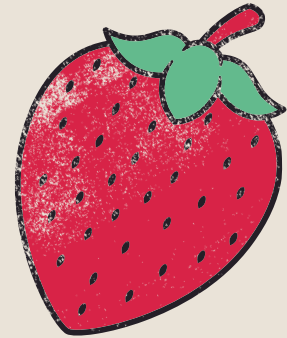
(32 kcal/7.5g sugar/0.00g salt)

CHOCOLATE FLAVOUR SAUCE

(28 kcal/5.5g sugar/0.00g salt)

Ice cream calories shown per scoop

ORDER
ON THE APP



DRINKS

GLASS OF MILK (134 kcal)

CAPRI-SUN 

Orange (8 kcal)

Blackcurrant (8 kcal)






FRUIT SHOOT NO ADDED SUGAR 

Apple & Blackcurrant (11 kcal)

Orange (17 kcal)

**Ask a member of the team
for our full selection**

You can view our allergen information if you download the Greene King app, or visit our website at greeneking-pubs.co.uk/flaming-grill/allergens

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All tips are paid in full to our team members



GAME CHANGING BEER FOOD



THE SUPREME SHARER! 14.29

2 chicken skewers coated in a smoky tikka rub, boneless chicken wings and halloumi fries. Served with tater tots, a flatbread, beef burnt ends in BBQ sauce and nacho cheese sauce for dipping (1905 kcal, serves 2)

THE ULTIMATE FEAST! 10.79

6 crispy chicken strips, 6 chicken wings, 2 corn on the cob, 4 onion rings, garlic ciabatta and a side of our absolutely stacked nachos, served with BBQ sauce on the side (2376 kcal, serves 2)

WING IT

Choose your chicken wings

8 WINGS (569 kcal)	5.79
16 WINGS (1137 kcal)	8.79
8 BONELESS WINGS (481 kcal)	5.79
16 BONELESS WINGS (961 kcal)	8.79

Choose your sauce

BBQ (90 kcal)
SWEET CHILLI (82 kcal)
TIKKA (155 kcal)
KOREAN BBQ (112 kcal)
JERK (63 kcal)
BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE (37 kcal)



FLAME-GRILLED CHEESE & BACON BURGER

CRISPY CHICKEN STRIPS 5.39

Chicken strips in a Louisiana-style coating served with BBQ sauce on the side (489 kcal)

FLAME-GRILLED CHEESE & BACON BURGER 9.49

Stacked in a lightly toasted brioche bun with iceberg lettuce, red onion and mayo. Served with fries and onion rings* (1129 kcal)

ALL AMERICAN CHICKEN BURGER 9.79

Southern-fried chicken fillet topped with smoked streaky bacon and cheese. Stacked in a lightly toasted brioche bun with iceberg lettuce, red onion and mayo. Served with fries and onion rings* (1333 kcal)



10% OFF DRINKS*

DOWNLOAD THE GREENE KING SPORT APP



Adults need around 2000 kcal a day

Terms & Conditions: *See Main Menu for details. You can view our allergen information if you download our app, or visit our website at greeneking-pubs.co.uk/flaming-grill/allergens. We cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. For full allergen terms & conditions, please refer to our Main Menu. *10% off the Greene King Sport App drinks range is available one hour before, during and one hour after each fixture/event listed in the fixtures section of the app. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

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NO-GLUTEN CONTAINING INGREDIENTS MENU

**ORDER
ON THE APP**



Dishes on this menu are made with ingredients that do not intentionally contain gluten.

However, due to the risk of cross-contamination from a range of ingredients within our kitchens, traces of gluten may be present.

Please ensure a member of the team is aware you are ordering from our No-Gluten Containing Ingredients Menu

**LET'S GET
STARTED**



NACHOS

Tortilla chips loaded with melted cheese, nacho cheese sauce, tomato salsa, guacamole, sour cream and jalapeños (812 kcal)

Vegan option available  (598 kcal)

5.39

FLAME-GRILLED LAMB KOFTAS

Spiced lamb koftas with mixed salad leaves, spring onion and served with yoghurt & mint dip on the side (396 kcal)

5.29

OUR FAMOUS FLAMING GRILL

8oz* RUMP 8.99 | 8oz* SIRLOIN 10.99 **All day Monday to Wednesday**

All our skillets come out sizzling on a bed of fried onions. If you'd prefer a plate please ask when ordering*

STEAK SKILLET

Our steaks are 28-day-matured, seasoned and cooked to your liking on our famous flame-grill. All served with a buttered jacket potato, peas and grilled tomato.

8oz* RUMP STEAK (745 kcal)

11.99

8oz* SIRLOIN STEAK (789 kcal)

14.29

9oz* RIBEYE STEAK (925 kcal)

14.79

Add a topper

**BEEF BURNT ENDS IN
BBQ SAUCE** (179 kcal)

2.49

**2 FREE RANGE
FRIED EGGS** (256 kcal)

99p

Add a sauce

PEPPERCORN (42 kcal)

1.69

**BEEF-DIPPING
GRAVY** (53 kcal)

1.69

BIG BBQ DIP (144 kcal)

1.00

Add extra sides

**BAKED BEANS IN
BBQ SAUCE** (127 kcal)

2.29

CORN ON THE COB (391 kcal)

2.29

COLESLAW (184 kcal)

1.49

MAINS

JERK CHICKEN SIZZLER

10.99

By **SEASONED™ Datties Soul Food Academy**
2 chicken fillets coated in Datties Soul Food™
jerk sauce and topped with a grilled
pineapple ring. Served with spicy rice, corn
on the cob and coleslaw (748 kcal)

JERK CHICKEN STEW

10.99

By **SEASONED™ Datties Soul Food Academy**
Traditional Jamaican-style stewed chicken
served with spicy rice and seeded bread
(603 kcal)

JACKET POTATO

4.29

A buttered jacket potato served
with our dressed side salad and
corn on the cob (416 kcal)

Choose your topping

BAKED BEANS  (73 kcal)

CHEESE  (167 kcal)

COLESLAW  (92 kcal)

ADD AN EXTRA TOPPING FOR 50p

Vegan option available  (402 kcal)

Adults need around 2000 kcal a day

CHICK 'N' MIX

11.29

ORDER
ON THE APP



1 CHOOSE 2 OPTIONS

2 FILLETS (232 kcal)
ROASTED SKEWER (165 kcal)

ADD EXTRA CHICKEN FOR 4.69

2 CHOOSE 2 SIDES

BUTTERED JACKET POTATO (281 kcal)
BAKED BEANS IN BBQ SAUCE (127 kcal)
OUR DRESSED SIDE SALAD (26 kcal)
CORN ON THE COB (196 kcal)
COLESLAW (184 kcal)

ADD AN EXTRA SIDE FOR 2.29

3 CHOOSE YOUR SAUCE

BBQ (90 kcal)
SWEET CHILLI (82 kcal)
TIKKA (155 kcal)
JERK (63 kcal)
BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE (37 kcal)



CAN'T BEAT THE CLASSICS

From
9.99

2 MAINS FOR 13.49

All day
Monday to Friday

HUNTER'S CHICKEN SKILLET

Chicken fillets topped with smoked streaky bacon, melted cheese and BBQ sauce on our sizzling skillet with fried onions. Served with a buttered jacket potato and peas (978 kcal)

10.99

7oz* GAMMON SKILLET

Flame-grilled 7oz* gammon on our sizzling skillet with fried onions. Served with a buttered jacket potato, peas, grilled tomato (681 kcal) and your choice of a free range fried egg (128 kcal) or pineapple ring (63 kcal)

9.99

EYES ON THE SIDES

BAKED BEANS IN BBQ SAUCE (127 kcal)

OUR DRESSED SIDE SALAD (26 kcal)

CORN ON THE COB (391 kcal)

COLESLAW (184 kcal)

SEEDED BREAD & BUTTER (229 kcal)

2.29

EXTRA DIPS

2.29

BBQ (72 kcal)

2.29

SWEET CHILLI (98 kcal)

1.49

TIKKA (155 kcal)

1.49

JERK (63 kcal)

YOGURT & MINT (174 kcal)

MILLIONAIRE'S MAYO (231 kcal)

BULL'S-EYE CAROLINA REAPER® EXTRA HOT SAUCE (22 kcal)



50p
Each

TIME FOR DESSERTS

From
4.49

ICE CREAM

Your choice of 3 scoops of vanilla flavour (292 kcal) or chocolate flavour (338 kcal) ice cream topped with strawberry flavoured sauce (126 kcal)

4.49

VEGAN ICE CREAM

3 scoops of vegan vanilla flavour ice cream topped with strawberry flavour sauce (465 kcal)

4.49

Adults need around 2000 kcal a day

You can view our allergen information if you download our app, or visit our website at greeneking-pubs.co.uk/flaming-grill/allergens

All tips are paid in full to our team members

Terms & Conditions: Please advise the team of any dietary requirements before ordering. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Suitable for vegetarians. Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptors do not include all ingredients. Some dishes may contain alcohol which is not listed on the menu. Fish, poultry and shellfish dishes may contain bones and/or shell. *All stated weights are approximate before cooking. Metric equivalent 16oz = 1lb = 454g. †Sizzling skillet dishes come without fried onions when served on a plate. Full nutrition information is available on our website. Calorie counts are correct at time of print. Steak Deal - Available all day Monday to Wednesday; 8oz* Rump for £8.99, 8oz* Sirloin for £10.99. 2 Mains for £13.49 - Available all day Monday to Friday on Can't Beat The Classics dishes. Products & offers are subject to availability at the price point advertised. Deal discounts will be applied to the cheapest qualifying items in your order. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. We reserve the right to remove any of our food deals on all UK Bank Holidays, Christmas Eve & New Year's Eve. Please ask a member of the team before placing your order on these days if you have any queries. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

SENIORS MENU

**ORDER
ON THE APP**



2 COURSES FOR 6.49 All day Monday
to Friday



BREADED GARLIC MUSHROOMS



ALL DAY BREAKFAST



CHOCOLATE FUDGE BROWNIE

UPGRADE TO 3 COURSES FOR 1.50 EXTRA*

UPGRADE TO 3 COURSES FOR 1.50 EXTRA*

ORDER ON THE APP



STARTERS

BREADED GARLIC MUSHROOMS

Served with mayo on the side (373 kcal)

CRISPY CHICKEN STRIPS

Chicken strips in a Louisiana-style coating served with BBQ sauce on the side (280 kcal)

NACHOS

Tortilla chips topped with melted cheese, nacho cheese sauce, tomato salsa, guacamole, sour cream and jalapeños (447 kcal)

MAINS

GAMMON, EGG & CHIPS

Flame-grilled gammon served with a free range fried egg and chips (442 kcal)

HAND-BATTERED FISH*

Served with chips (481 kcal) and your choice of peas (57 kcal) or mushy peas (73 kcal)

SAUSAGE & MASH

2 pork sausages served with mash, peas and gravy (419 kcal)

QUORN™ SAUSAGE & MASH

2 Quorn™ sausages served with mash, peas and gravy (419 kcal)

ALL DAY BREAKFAST

2 rashers of bacon, a pork sausage, a free range fried egg, chips, grilled tomato and baked beans (747 kcal)

DESSERTS


CHOCOLATE FUDGE BROWNIE

Served warm and topped with chocolate flavour sauce (557 kcal). With your choice of vanilla flavour (97 kcal) or chocolate flavour ice cream (113 kcal)

ICE CREAM

Your choice of 3 scoops of vanilla flavour (292 kcal) or chocolate flavour (338 kcal) ice cream with a crispy wafer (8 kcal)

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**Adults need around 2000 kcal a day
All tips are paid in full to our team members**