

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)

10.29

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)

10.79

ADD BREAD & BUTTER

(490 kcal) 1.49

8.79

WHOETAIL SCAMPI

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

9.79

BEEF LASAGNE

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

8.79

ADD BREAD & BUTTER

(490 kcal) 1.49

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-DRIPPING GRAVY (53 kcal) 50p

TRADITIONAL BEEF

(761 kcal)

TRADITIONAL TURKEY

(753 kcal)

LOW & SLOW BEEF RIB

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

MUSHROOM, GARLIC & CHEESE BAKE

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

MUSHROOM & GARLIC BAKE

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

8.99

8.99

12.49

8.49

8.49

8.49

ADD A LITTLE EXTRA

ROASTIES (242 kcal) 1.99

1.99

SEASONAL VEG

(140 kcal) 1.50

3.59

PIGS IN BLANKETS (329 kcal)

79p



Ask about our Kids' Sunday Roasts

TIME FOR DESSERTS

From 4.49

BISCOFF® CHEESECAKE	5.49
Crushed caramelised Biscoff® biscuits topped with a vanilla cheesecake filling, Biscoff® spread and Biscoff® crumb. Served with vanilla flavour ice cream (622 kcal)	
APPLE PIE	5.29
Apple pie served warm (330 kcal) with your choice of vanilla flavour ice cream (97 kcal) or custard (120 kcal)	
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	5.79
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)	

CHOCOLATE FUDGE CAKE	5.29
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)	

EPIC CHOCTASTIC SUNDAE	5.79
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)	

STICKY TOFFEE PUDDING CHEESECAKE	5.49
Served with toffee flavour sauce and vanilla flavour ice cream (564 kcal)	

KEY LIME PIE	5.79
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)	

VEGAN ICE CREAM	4.49
3 scoops of vegan vanilla flavour ice cream topped with strawberry flavour sauce (465 kcal)	

BLACK FOREST CRUNCH	5.99
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)

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flaminggrill



VEGETARIAN 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

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)

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

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)



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DESSERTS

BROWNIE SKEWERS V

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

CHOCOLATE MANIA SUNDAE V

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 V

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

FRUIT SALAD Ve

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 V

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

VEGAN VANILLA FLAVOUR Ve

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

CHOCOLATE FLAVOUR V

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

LEMON SORBET V

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

FROZEN STRAWBERRY FLAVOUR YOGHURT V

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

Choose your sauce

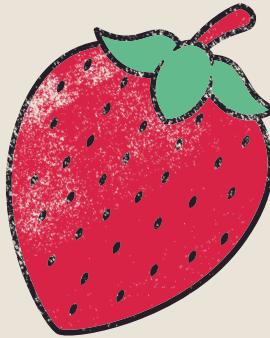
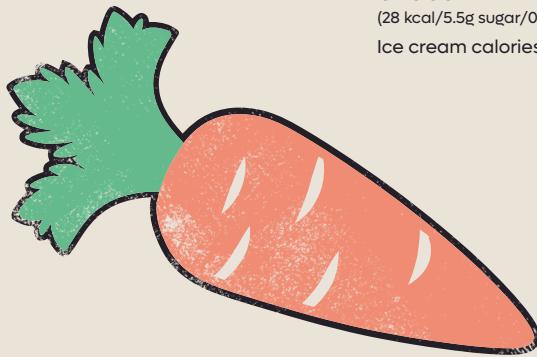
STRAWBERRY FLAVOUR SAUCE Ve

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

CHOCOLATE FLAVOUR SAUCE V

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

Ice cream calories shown per scoop



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**

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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. V Suitable for vegetarians. Ve Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptors do not include all ingredients. 1 of your 5 a day! Look out for the symbol. A portion of fruit or veg for our children's meals is based on 40-60g serving size or 150ml of pure juice. ^tFish, poultry and shellfish dishes may contain bones and/or shell. *All weights are approximate prior to cooking. Metric equivalent 16oz = 1lb = 454g. Full nutrition information is available on our website. Calorie, sugar and salt figures are correct at time of print. Children between 5-10 years old need around 1800 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. This information has been provided to allow you to make an informed choice when dining with us. Products & offers are subject to availability at the price point advertised. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. This menu is available to children aged 12 or under. Cadbury is a registered trademark of Mondelēz International. *Maltesers is a registered trademark, Trademark of Mars® Incorporated and its affiliates. 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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GAME CHANGING BEER FOOD



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

THE ULTIMATE FEAST!

6 crispy chicken strips, 6 chicken wings, 2 corn on the cob, 4 onion rings², garlic ciabatta and a side of our absolutely stacked nachos, served with BBQ sauce on the side (2376 kcal, serves 2)

10.79

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)



BONELESS CHICKEN WINGS

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)

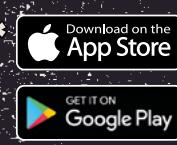
ALL AMERICAN CHICKEN BURGER 9.79

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.

ENJOY
RESPONSIBLY
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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 SKILETS

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-DРИPPING
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



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)

2.29 TIKKA (155 kcal)

1.49 JERK (63 kcal)

1.49 YOGURT & MINT (174 kcal)

1.49 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

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SENIORS MENU

ORDER
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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[°]

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STARTERS

MAINS

DESSERTS

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)

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)

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)

NACHOS

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

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

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