

NON-GLUTEN MENU



L: LIGHTER | R: REGULAR | K: KING SIZE

STARTERS

STICKS 'N' WINGS ^R£5.95 ^K£8.95

Fresh rotisserie chicken wings and drumsticks, rubbed with poultry 'magic' seasoning and finished on the chargrill

PRAWN COCKTAIL £5.25

Cold water prawns, Marie Rose sauce and NG bread

FARMHOUSE PÂTÉ £5.15

Chicken liver & pork pâté flavoured with cider, red wine, garlic and herbs, with a red onion & balsamic chutney and NG bread

HOME-MADE SOUP OF THE DAY (V) £4.50

with NG bread and butter

GRILLED SWEET CHILLI HALLOUMI SKEWERS (V) £5.25

with a salad garnish

STEAKS & RIBS

OFF THE GRILL

All our beef steaks are aged for a minimum of 28 days, with a slow roasted tomato, button mushrooms and garden peas
Choose from chips OR jacket potato

5^{OZ} RUMP STEAK £8.35

10^{OZ} RUMP STEAK £11.95

8^{OZ} SIRLOIN STEAK £12.95

BRITISH CURED GAMMON STEAK ^R£8.45 ^K£10.45

with a fried free-range egg and grilled pineapple

CHARGRILLED PORK RIBS ^R£10.45 ^K£14.95

Coated in a sticky BBQ sauce, with chips and house slaw

TASTY ADDITIONS

ADD CREAMY PEPPERCORN, BÉARNAISE, OR MUSHROOM & STILTON TOPPINGS

£1.75 EACH

HOUSE SLAW £1.50

OUR CLASSICS

CHICKEN DELHI TIKKA MASALA £9.95

Pulled rotisserie chicken, peppers and onions in an authentic Delhi tikka masala sauce.

Served with white rice, mango chutney and poppadum

HUNTER'S CHICKEN £10.45

Chicken breast and smoked streaky bacon, topped with BBQ sauce and melted cheese with house slaw & chips

NIBBLES

2 FOR £5.25 | 3 FOR £7.75 | 4 FOR £10

PORK CRACKLING £2.75

with red onion & balsamic chutney

GARLIC MARINATED MIXED OLIVES (V) £2.95

MIXED WARM BREADS (V) £3.15

with olive oil & balsamic vinegar

NUT BOWL (V) £2.95

Ask for options

ROTISSERIE

FRESH ROTISSERIE CHICKEN ^L£8.25 ^R£10.45

rubbed with poultry 'magic' seasoning and finished on the chargrill

WHOLE ROTISSERIE CHICKEN £19.95

For two to share

CHICKEN & STEAK COMBO £11.95

¼ fresh rotisserie chicken and chargrilled 5^{OZ} rump

With house slaw and chips OR jacket potato

ADD ¼ CHICKEN £3.25 OR 5OZ RUMP STEAK £3.95

SWAP CHIPS TO SWEET POTATO FRIES £0.95

BURGERS

With a non-gluten bun, burger sauce, tomato, red onion, gherkin and cos lettuce, fries and house slaw on the side

CLASSIC BEEF £8.45

COCK & BULL £9.95

Beef with pulled rotisserie chicken in BBQ sauce

CALIFORNIAN £10.95

Beef with smoked streaky bacon, melted Emmental cheese, jalapeños and guacamole

STINKY PETE £10.95

Beef with Stilton cheese, smoked streaky bacon and jalapeños

GRILLED CHICKEN £8.95

Fresh chicken breast

DOUBLE YOUR BURGER

EXTRA BEEF PATTY £3.00

FRESH CHICKEN BREAST £3.75

EXTRA TOPPINGS

£1.25 EACH | 3 FOR £3.50

Add smoked streaky bacon, Cheddar cheese, Emmental cheese, mozzarella cheese, Stilton cheese, guacamole, jalapeños, mushroom

HEALTHIER & VEGETARIAN

SIGNATURE HEALTH KICK SALAD • (V) £6.95

A layered Mediterranean-style salad of tomato, red onion, cucumber, pickled red cabbage, grated carrot, fresh spinach, quinoa, chia and pomegranate seeds. Finished with a pineapple, lemongrass & ginger dressing

ADD A TOPPING

SEABASS FILLETS £4.25

GRILLED CHICKEN BREAST £3.75

GRILLED SWEET CHILLI HALLOUMI SKEWERS (V) £3.50

5^{oz} RUMP STEAK £3.95



•10P DONATION

VEGETABLE PANANG CURRY (VG) £9.45

Cauliflower, mange tout, green beans, pepper & coconut sauce with white rice, poppadum and mango chutney

ADD PULLED ROTISSERIE CHICKEN £2

CHICKEN SKEWER £9.45

Succulent fresh chicken breast, seasoned and char-grilled, with a signature health kick salad garnish

ADD SAVOURY RICE £1.75

SEABASS FILLETS £10.95

with new potatoes, baby spinach, green beans & garden peas

ADD HOLLANDAISE OR CHAMPAGNE

LEMON BUTTER SAUCE £1.75 EACH

A BIT ON THE SIDE?

CHIPS £2.75

SPICE UP YOUR CHIPS £0.25

SKINNY FRIES £2.75

SWEET POTATO FRIES £3.50

SIGNATURE HEALTH KICK SIDE SALAD £2.50

GREEN BEANS, SPINACH & GARDEN PEAS £3.75

HOUSE SLAW £1.50

CAULIFLOWER CHEESE £2.75

CORN ON THE COB £2.50

ADD MELTED CHEDDAR CHEESE
TO YOUR FRIES £1.25

SUNDAY ROASTS

All roasts are freshly prepared and served with roast potatoes, vegetables, and delicious gravy. We'll offer at least one more roast meat every week, please check our specials before ordering! Available on Sundays only.

SUNDAY'S ROTISSERIE CHICKEN

£7.25 R£9.95 K£10.95

SLOW BRAISED LAMB SHANK £14.95

GREAT WITH YOUR ROAST

CAULIFLOWER CHEESE (V) £2.75

PORK CRACKLING £1.50

BOOK A TABLE ON SUNDAYS

FRESH & TRADITIONAL ASK FOR THIS
WEEK'S TASTY SELECTION PRE-
ORDERS ARE WELCOME BOOK ONLINE
NOW CHICKENANDGRILLPUBS.CO.UK

TRADITIONAL SANDWICHES

- WITH FRIES -

- NON-GLUTEN SLICED BREAD -

THE ULTIMATE CLUB £6.95

Pulled rotisserie chicken, smoked streaky bacon, egg, tomato, lettuce & mayo, on toasted bread

CHEDDAR & BRANSTON™ PICKLE (V) £5.50

TUNA MAYONNAISE £6.25

PRAWN & MARIE ROSE SAUCE £6.25

JACKETS

ALL £5.50

BBQ PULLED CHICKEN

CHEESE & BEANS (V)

TUNA MAYONNAISE

PRAWN & MARIE ROSE SAUCE

SWEET TOOTH?

SORBET (VG) £4.75

Blood orange OR green apple with fresh strawberry and mint

TOFFEE & HONEYCOMB CHEESECAKE £4.75

with chocolate sauce and soft whipped ice cream

TRIPLE CHOCOLATE CHERRY SUNDAE (V) £4.75

Red morello cherry compote, triple chocolate brownie and chocolate sauce layered through soft whipped ice cream and whipped cream

TRIPLE CHOCOLATE BROWNIE (V) £4.75

With chocolate sauce and soft whipped ice cream

MANGO, BERRY &

POMEGRANATE SUNDAE (V) £4.75

Fresh mango, pomegranate seeds and forest fruits with crushed meringue layered through soft whipped ice cream and whipped cream

BOWL OF SOFT WHIPPED ICE CREAM (V) £2.99

with chocolate sauce and Cadbury's flake

JELLY & SOFT WHIPPED ICE CREAM £3.25



For every "Signature Health Kick Salad" sold, £0.10 will be paid to Keech Hospice Care – Hertfordshire's children's hospice. Registered Charity No. 1035089. Only 1 in 3 Hertfordshire children get the hospice care they deserve. We want to make sure we reach every single child in Hertfordshire and give them and their families the support they need; at the time they need it most.