



SHARERS

£6 EACH
OR BUY
ANY 6
FOR JUST
£30



HOT CHICKEN WINGS GF

Garlic mayo 1040 Kcal

MOZZARELLA STICKS V

Sweet chilli sauce 1212 Kcal

BBQ CHICKEN WINGS GF

BBQ sauce 600 Kcal

SALT & PEPPER CHICKEN STRIPS

Sweet chilli sauce 1009 Kcal

NEW! CHARGRILLED CHICKEN SKEWERS GF

Sweet chilli sauce 485 Kcal

NEW! HOMESTYLE PERI PERI CHICKEN STRIPS

Garlic mayo 718 Kcal

ANYONE FOR NACHOS?



THE CLASSIC NACHOS V GF £9.00 688 Kcal

Corn tortilla chips topped with nacho cheese sauce, salsa, guacamole, sour cream, spring onions & jalapeños

Add Chilli Con Carne (51 Kcal) GF

OR Red Pepper, Bean & Aubergine Chilli (33 Kcal) V for just £3.00

PLENTY FOR 2 TO SHARE

MBG DIRTY FRIES

ALL DIRTY!

CHEESY FRIES V GF £7.00 433 Kcal

Skinny fries & nacho cheese sauce

'CHEESE FORGIVE ME FRIES'!

£8.00 528 Kcal

Cheesy fries with bacon bits & spring onions

MEXI FRIES GF £9.00 588 Kcal

Skinny fries, nachos cheese sauce, chilli con carne, salsa, spring onions & jalapeños

NEW! 'DIRTY AS CLUCK FRIES' GF

£9.00 861 Kcal

Southern fried chicken, skinny fries, garlic mayo, sriracha & spring onions

NEW! THE BEST BEEF BIRRIA TACOS! £13.50 (525 Kcal)

Crunchy corn tortilla shells filled with homemade beef birria (525 Kcal) Shredded lettuce, sour cream, tomatoes, nachos cheese sauce served with skinny fries (362 Kcal) OR salad & house dressing (51 Kcal) Served with beef birria gravy (42 Kcal)

THE MBG CRUNCHY TACO £12.00

Three crunchy corn tortilla shells filled with Chilli Con Carne (525 Kcal) GF OR Red Pepper, Bean & Aubergine Chilli (471 Kcal) V Shredded lettuce, sour cream, tomatoes, nachos cheese sauce served with skinny fries (362 Kcal) OR salad & house dressing (51 Kcal)



TACO! TACO! TACO BABY!

ADULTS REQUIRE AROUND 2000 Kcal PER DAY

V Vegetarian Option VG Vegan Option GF Dairy Free GF Gluten Free

If you have food allergies please inform the staff and use our 'Food Allergy Alert' cards. Allergen information is also available upon request. Although every care is taken, some of our fish and chicken products may contain small bones. All food and beverage items are served as described on the menu and subject to availability. Any changes may result in price alterations and prices may vary without prior notice. Images are for illustration purposes only.

SALADS



CHICKEN CAESAR SALAD

Grilled chicken fillet, served on a bed of little gem lettuce, parmesan shavings, croutons, Caesar dressing & bacon bits **£11.00** 757 Kcal

TUNA SALAD GF

Tuna & mayo served on a bed of salad leaves, sweet corn, tomatoes, peppers, red onion & boiled egg **£11.00** 400 Kcal

NEW! PERI PERI CHICKEN SALAD

Spicy peri peri chicken strips on a bed of fresh mixed salad and lime dressing **£11.00** 444 Kcal

'JUICY' BURGERS & 'DELICIOUS' SANDWICHES

All our burgers are served with a Brioche bun, lettuce, tomatoes & red onions, skinny fries & Mexican Slaw

GOURMET BEEF BURGERS



THE CLASSIC CHEESE BURGER

6oz British beef burger made by our local butcher. Simple, plain, easy and delicious! **£13.50** 1456 Kcal

NEW! CHILLI CHEESE BURGER

6oz British beef burger topped with chilli con carne, grilled bacon & cheese **£15.50** 1981 Kcal

NEW! MEXICAN BIRRIA NACHOS BURGER

6oz British beef burger topped with birria beef, cheese, nachos, Mexican Slaw & birria gravy on the side **£17.50** 1219 Kcal

CHICKEN BURGERS



THE CLASSIC CHICKEN*GF

Grilled chicken fillet & BBQ sauce **£12.00** 1062 Kcal

*available as GF upon request

SOUTHERN FRIED CHICKEN

A crispy coated chicken fillet & a garlic mayo **£13.00** 1136 Kcal

NEW! PERI PERI BURGER

Chargrilled peri peri chicken fillet & peri peri sauce **£14.00** 1051 Kcal

DOUBLE UP FOR £3.00

ADD EXTRA CHEDDAR CHEESE £1.50 (167 Kcal) ADD EXTRA BACON £2.00 (109 Kcal)

SANDWICHES

SERVED 12PM TILL 3:30PM ONLY

'PHILLY' CHEESE STEAK

Thinly sliced beef, nachos cheese sauce, jalapeños, onions & chives served in a sub roll with skinny fries. **£12.50** 1219 Kcal

NEW! THE CUBANO

Traditional Cuban sandwich. Mojo roast pork, ham, cheese, pickle, mustard, served in a ciabatta roll with skinny fries. **£13.50** 1043 Kcal

Sides

PARMESAN TRUFFLE FRIES £6.00 380 Kcal MEXICAN SLAW £5.00 120 Kcal
 GARLIC BAGUETTE £5.00 636 Kcal SKINNY FRIES £4.50 V GF 362 Kcal
 ONION RINGS £4.50 V 626 Kcal SIDE SALAD & HOUSE DRESSING £5.00 GF VG 51 Kcal

GOOD TO KNOW!

Our house dressing is olive oil & balsamic glaze V GF

Evening Menu

SERVED 4.30PM TILL 9PM ONLY

MAINS

BBQ RACK OF RIBS **GF** £13.00 1427 Kcal

Full rack of Tennessee ribs, served with skinny fries, side salad & house dressing

NEW! SURF & TURF £39.00 1305 Kcal

8oz sirloin steak, grilled lobster tail, garlic butter, skinny fries, house salad & dressing

NEW! CRISPY BELLY PORK MAC 'N' CHEESE £14.00 1330 Kcal

Skinny fries & BBQ sauce

NEW! SWEET & STICKY CRISPY KOREAN CHICKEN £13.00 705 Kcal

Sesame seeds, spring onions, coriander & rice

SIZZLING FAJITAS

Your choice of **Chicken OR Vegetarian** pan-fried with peppers and onions, seasoned with our Fajitas spices and served on a hot cast iron skillet with tortilla wraps, salsa, guacamole, soured cream and mixed cheeses

Chicken - £15.50 926 Kcal **OR Vegetarian - £14.00** 717 Kcal



MEXICAN PARMO £15.00 1833 Kcal

Breaded chicken breast, 3 cheese mix & Bechamel sauce, hot sauce, fresh chillies, salad, garlic mayo & skinny fries

CLASSIC CHICKEN PARMO £14.50 1767 Kcal

Breaded chicken breast, 3 cheese mix & Bechamel sauce, salad & skinny fries

FAVOURITES

AVAILABLE ALL DAY CHICKEN NEW YORKER **GF** £13.00 1082 Kcal

Grilled chicken fillet topped with bacon, Tennessee BBQ sauce and mixed cheeses. Served with skinny fries, side salad & house dressing

100z RIBEYE STEAK £29.00 974 Kcal

Served with skinny fries, onion rings, grilled tomato, mushrooms & peppercorn sauce

DESSERTS

ALL £7.00



CHOCOLATE OREO COOKIE FREAKSHAKES

Chocolate ice cream, chocolate sauce, whipped cream, Oreos, brownies & marshmallows 605 Kcal

THE FLAMINGO FREAKSHAKES

Strawberry ice cream, strawberry sauce, donut, whipped cream, sprinkles & candy floss 686 Kcal

NEW! 'HOT & CRISPY' CHURROS

Choice of sticky toffee sauce or chocolate sauce 686 Kcal



FOR THE KIDS!

BEN & JERRY'S ICE CREAM TUBS

STRAWBERRY CHEESECAKE 178 Kcal

VANILLA 167 Kcal

CHOCOLATE FUDGE BROWNIE 182 Kcal

COOKIE ON COOKIE DOUGH NON DAIRY 248 Kcal

ALL £3.50

CLASSIC COCKTAILS

PORNSTAR MARTINI

Porn Star Martini Mix, Vodka & Prosecco Shot

MOJITO

Bacardi, Soda, Mint & Lime

SEX ON THE BEACH

Vodka, Archers, Orange Juice, Cranberry Juice, Grenadine



ALL £8.00

APEROL SPRITZ

Aperol, Prosecco & Soda

LONG ISLAND ICED TEA

Vodka, Gordon's Gin, Bacardi, Tequila, Cointreau

WOO WOO

Vodka, Archers, Cranberry Juice, Grenadine

DRINKS MENU

HOT DRINKS

Americano 10 Kcal **£3.50**
 Latte 160 Kcal **£3.85**
 Cappuccino 140 Kcal **£3.85**
 Hot Chocolate 135 Kcal **£3.95**
 Tea 2 Kcal **£2.85**
 Decaf Tea 2 Kcal **£2.85**

SOFT DRINKS

Coke Regular **£2.90** 119 Kcal Large **£3.60** 239 Kcal
 Coke Zero / Diet Coke Regular **£2.70** 1 Kcal Large **£3.40** 1.7 Kcal
 Schweppes Lemonade Regular **£2.70** 82 Kcal Large **£3.40** 164 Kcal
 Fanta Regular **£2.70** 82 Kcal Large **£3.40** 164 Kcal
 J20 (various) 275ml **£3.15** 52 Kcal
 Appletiser 275ml **£3.15** 129 Kcal
 Bottled Water (still/sparkling) 330ml **£2.75** 0 Kcal



DRAUGHT

Madri 4.6%
 1/2 Pint **£2.80**
 Pint **£5.60**
 Coors 4%
 1/2 Pint **£2.50**
 Pint **£5.00**
 Carling Black Fruit 4%
 1/2 Pint **£2.70**
 Pint **£5.30**
 Aspall 4.5%
 1/2 Pint **£2.30**
 Pint **£4.60**
 Staropramen 5%
 1/2 Pint **£2.85**
 Pint **£5.70**



WINE & FIZZ

House White
 Bottle 750ml **£16.95** 250ml **£5.95** 125ml **£3.95**
 House Rosé
 Bottle 750ml **£16.95** 250ml **£5.95** 125ml **£3.95**
 House Red
 Bottle 750ml **£16.95** 250ml **£5.95** 125ml **£3.95**
 House Prosecco
 Bottle 750ml **£22.95** Bottle 20cl **£7.45**
 House Champagne
 Bottle **£39.95**



BOTTLES & CANS

Budweiser 4.5% 330ml **£4.45**
 Newcastle Brown Ale 4.7% 550ml **£5.15**
 Desperados 5.9% 330ml **£4.70**
 Corona 4.5% 330ml **£4.45**
 Smirnoff Ice 4% 275ml **£4.45**
 WKD (Various) 4% 275ml **£4.45**



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SPIRITS All standard spirits & mixers are available. Please ask our team members for any recommendations.