

Lunch and a Drink* £5.45

CHOOSE ANY SANDWICH, CIABATTA, WRAP OR JACKET AND A DRINK*



PULLED BBQ CHICKEN CIABATTA

WHY NOT ADD SPIRAL FRIES FOR £1 OR CHIPS FOR 50P?

Ciabattas, Sandwiches and Wrap

CHICKEN CLUB SANDWICH £5.25
Chicken breast with bacon, tomato, lettuce and mayonnaise, served in toasted bread.

CHEESE & TOMATO SANDWICH £5.25

PULLED BBQ CHICKEN CIABATTA £5.35
With melted mozzarella cheese.

CHICKEN, BACON & BBQ MELT CIABATTA £5.25

PULLED BBQ PORK CIABATTA £5.35
With red onion and melted mozzarella cheese.

NEW YORK-STYLE MELT CIABATTA £5.35
Strips of rump steak, topped with hot onion and melted mozzarella cheese.

SOUTHERN-FRIED-STYLE CHICKEN GOUJON WRAP OR CIABATTA £5.25
Tender chicken goujons, cheese and lettuce, with BBQ sauce.

Jackets each £4.55

CHOOSE TWO FILLINGS:
CHEESE; BAKED BEANS; COLESLAW;
PULLED BBQ CHICKEN; PULLED BBQ PORK

2-for-1 Desserts

BELGIAN WAFFLE £4.75
Authentic Belgian waffle, served warm with coulis.

CHOCOLATE FUDGE CAKE £4.75

COOKIE CUP EXPLOSION £4.75
A cookie cup filled with chocolate brownie, marshmallow and chocolate honeycomb.

PEANUT BUTTER BRITTLE BROWNIE £4.75
Served warm.

The above desserts are served with vanilla ice cream.

STICKY TOFFEE PUDDING £4.75
Served with custard.

BAKED VANILLA CHEESECAKE £4.75
With a raspberry coulis.

VANILLA ICE CREAM £3.75

The two desserts must be purchased at the same time; you pay only for the higher-priced one. Excludes cookie pizza.

Cookie Pizza to Share

Giant chocolate-chip cookie, with chocolate brownie chunks, chewy marshmallow and toffee sauce, topped with ice cream and chocolate sauce.

£4.75

Not included in the 2-for-1 dessert offer.



PEANUT BUTTER BRITTLE BROWNIE

Please let us know how we did today

We'd love to hear your feedback: www.loveourpub.co.uk

Food allergies and intolerances: before ordering your food and drinks, please speak to our staff or refer to our website if you want to know about ingredients. There may be a risk of cross-contamination which could affect those with severe allergies. If, for any reason, you're not happy with your visit, please let a team member know. We cannot guarantee that any dishes are free from nut traces. This menu does not list all ingredients, so please ask a team member (before ordering), if you have any particular allergy or requirements. Management reserves the right to refuse custom and to withdraw/change offers (without notice), at any time. Fish and poultry dishes may contain bones. All weights are approximate uncooked. Prices include VAT, at the current rate. We accept all major credit and debit cards, with a valid PIN. All products and offers are subject to availability. Photography is for illustrative purposes only. All offers are available all day, subject to availability and not in conjunction with any other offer. *The two meals must be purchased at the same time, with a £1 surcharge for each cod dish purchased. *Food and drink must be purchased at the same time. Offer applies to all main-menu lunch and burger offers stipulated. Choose one of the following drinks: pint of IPA or alternative cask ale under 4.3% ABV, John Smith's, Guinness, Carlsberg or Strongbow; 175ml glass of house wine (red, white or rosé); 16oz glass of Coca-Cola, Diet Coca-Cola or Schweppes lemonade; 330ml bottle of Strathmore water; 275ml bottle of Grapetiser (Red or White) or Appletiser; regular coffee; pot of tea. If any drink is not available, an alternative will be offered.

= No gluten-containing ingredients used in this dish. = Suitable for vegetarians.

Stonegate Pub Company, Porter Tun House,
500 Capability Green, Luton, LU1 3LS

1STG05017

Enjoy a large wine for 75p extra or a large Coca-Cola for 30p extra.



FRANK'S® RedHot® are registered trading names.



Menu



2 Meals for
£8.45
Choose from 12 dishes



8 Dishes
under 500
Calories



Burger and
a Drink
£6.95

BEER-BATTERED COD, CHIPS AND PEAS

Please let us know how we did today.
We'd love to hear your feedback: www.loveourpub.co.uk

Sharers

NACHOS £6.45
Topped with grated cheese, jalapeños, tomato salsa, guacamole and sour cream.
ADD PULLED BBQ PORK £1.00



THE ULTIMATE COMBO £9.25
Mini nachos with cheese and salsa, southern-fried-style chicken goujons, onion rings, garlic bread, jacket wedges and breaded mushrooms, served with sour cream and BBQ dips.

CHICKEN WINGS
Choose from:
BBQ or Frank's® RedHot® Cayenne pepper sauce.
10 – £3.75 30 – £7.45 50 – £9.45

The Great Combo Planks

Five dishes of delicious pub classics – each with its own dip.

BBQ COMBO PLANK £12.75
BBQ pork ribs, Cumberland sausages, southern-fried-style chicken, chicken wings and pulled-pork-topped fries.

CHICKEN FEAST COMBO PLANK £12.75
Piri-piri chicken wings, southern-fried-style goujons, crispy spicy chicken skewers, BBQ mini chicken skewers and bubble-battered chicken.

CHICKEN FEAST COMBO PLANK

Salads and Lower-Calorie
All under 500 Calories

CHICKEN & BACON SALAD 335 Cal £6.75
Chicken breast and crispy bacon, on a dressed mixed salad.

SALMON SKEWER SALAD 360 Cal £7.75
Two Scottish salmon skewers, grilled and served with a lemon wedge, on a dressed mixed salad.
 PERFECTLY PAIRED WITH SOLSTICE PINOT GRIGIO ROSÉ

HOT MUSHROOM & MOZZARELLA SALAD 285 Cal £6.45
Sliced hot mushrooms, with mozzarella cheese, on a dressed mixed salad.



CHICKEN SKEWER SALAD 400 Cal £6.75
Two chicken breast & pepper skewers, on a dressed mixed salad.

Vegetarian

NACHOS £6.45
Topped with grated cheese, jalapeños, tomato salsa, guacamole and sour cream.

QUARTER POUNDER BURGER Double £7.45 Single £6.45

MEXICAN-STYLE STUFFED PASTA BOATS 475 Cal £6.45
Pasta shells filled with black turtle beans, sweetcorn and cheese, sprinkled with crumbled nachos, smothered in salsa and served with a dressed mixed salad.

MAC 'N' CHEESE £5.95
Macaroni pasta tubes in a rich Cheddar cheese sauce, served with a dressed mixed salad.

HOT MUSHROOM & MOZZARELLA SALAD 285 Cal £6.45
Sliced hot mushrooms, with mozzarella cheese, on a dressed mixed salad.

Extras			
CHIPS	£1.95	BEER-BATTERED ONION RINGS	£2.00
SPIRAL FRIES	£2.50	SIDE SALAD	£1.75
GARLIC BREAD	£1.95	BREAD AND BUTTER	£0.95
GARLIC BREAD WITH CHEESE	£2.25	CURRY SAUCE	£1.25
PULLED BBQ PORK	£2.00	MUSHY PEAS	£0.95
COLESLAW	£0.75	CHICKEN SKEWER	£2.00



SPANISH-STYLE CHICKEN AND GIANT COUSCOUS 473 Cal £6.75
Smoky Spanish-style chicken and chorizo, with giant couscous, peppers in a spicy chipotle sauce and pearl barley, served with a salad garnish.

RUMP STEAK & MUSHROOM SALAD 385 Cal £6.75
Rump steak strips and hot mushrooms, on a dressed mixed salad.
 PERFECTLY PAIRED WITH ETCHART PRIVADO MALBEC, VALLE DE CAFAYATE

MEXICAN-STYLE STUFFED PASTA BOATS 475 Cal £6.45
Pasta shells filled with black turtle beans, sweetcorn and cheese, sprinkled with crumbled nachos, smothered in salsa and served with a dressed mixed salad.

CHICKEN FILLET BURGER 470 Cal £6.45
Chicken fillet in a toasted bun, with lettuce, tomato, red onion and a dressed mixed salad.



SPINACH & MUSHROOM CRUSTLESS QUICHE £6.45
Spinach and mushrooms, with pine nuts and Cheddar cheese, served with a dressed mixed salad and chips.

SAUSAGES AND MASH £5.95
Served with peas and onion gravy.

CHEESE & TOMATO SANDWICH £5.25

JACKETS each £4.55
CHOOSE TWO FILLINGS: CHEESE; COLESLAW; BAKED BEANS

Proper Pub Favourites

2 Meals for £8.45[#]



HAND-BATTERED FISH, CHIPS AND PEAS £6.75
Your choice of peas or mushy peas.

UPGRADE TO OUR AMAZING BEER-BATTERED COD FILLET



BEER-BATTERED COD, CHIPS AND PEAS
From sustainable fisheries.

HAND-MADE BRITISH STEAK & BOMBARDIER ALE PIE £6.75
Encased in shortcrust pastry, served with chips, peas and gravy.

CURRY-LOVER'S PIE £6.75
Chicken in a curry sauce, with potato and vegetables, encased in shortcrust pastry, served with chips, peas and curry sauce.
Competition-winning pie from Ruth, one of our chefs from Newcastle upon Tyne.

GOLD-AWARD-WINNING CUMBERLAND SAUSAGES AND MASH £5.95
British Cumberland pork sausages and mash, served with peas and onion gravy.

SWITCH TO SAUSAGES

CHEDDAR CHEESE & BACON BURGER 6oz £7.45
Served in an authentic burger bun, with salad, mayonnaise, a bowl of chips and a pot of tangy burger relish.

SMOKY BBQ HOT DOG £6.45
Pork & beef hot dog, with BBQ sauce, French's® mustard, crispy onion, chips and coleslaw.

BRITISH WHOLETAIL SCAMPI £6.45
Served with chips, peas and tartare sauce.

BBQ CHICKEN, BACON & CHEESE MELT £6.95
Served with chips, half a grilled tomato and peas.

GRILLED GAMMON STEAK £7.75
Topped with a fried egg and served with chips and peas.

CHICKEN TIKKA MASALA £6.75
Served with rice, naan bread, poppadum and mango chutney.

MAC 'N' CHEESE £5.95
Macaroni pasta tubes in a rich Cheddar cheese sauce, served with a dressed mixed salad.
ADD BACON £1.00

GRILLS

ALL OF OUR BRITISH BEEF STEAKS ARE MATURED FOR 35 DAYS TO DELIVER A FANTASTIC TASTE

8oz BRITISH RUMP STEAK £8.45
Served with chips, half a grilled tomato, peas and beer-battered onion rings.

ADD PEPPERCORN SAUCE £1.25



SMOTHERED 8oz BRITISH RUMP STEAK £9.95
Topped with mushroom, peppercorn sauce and melted cheese, with chips, half a grilled tomato, peas and beer-battered onion rings.

GRILLED 10oz GAMMON STEAK £7.75
Topped with a fried egg and grilled pineapple and served with chips, half a grilled tomato, peas and beer-battered onion rings.

MEGA MIXED GRILL £8.75
A 4oz rump steak, 5oz gammon steak, chicken fillet, Cumberland sausage and fried egg, served with chips, half a grilled tomato and peas.

UPGRADE TO GO-LARGE MIXED GRILL FOR £1.50
Extra sausage, fried egg and beer-battered onion rings.

HALF A ROAST CHICKEN £8.25
Served with Frank's® RedHot® Cayenne pepper sauce, chips, half a grilled tomato, peas and beer-battered onion rings.

WHOLE RACK OF BBQ PORK RIBS £10.25
Served with coleslaw, beer-battered onion rings and chips.



All-Day Breakfast £5.45

Two gold-award-winning sausages, two rashers of bacon, two fried eggs, baked beans, hash browns, mushroom, half a grilled tomato and toast. Vegetarian option available.

Burgers

Our delicious seasoned burgers are served in an authentic burger bun, with salad, mayonnaise, a bowl of chips and a pot of tangy burger relish.

	8oz	6oz	
CLASSIC BEEF BURGER	£7.45	£6.45	
CHEDDAR CHEESE & BACON BURGER	£8.45	£7.45	
PULLED BBQ PORK BEEF BURGER	£8.95	£7.95	



MAC 'N' CHEESE BURGER	£8.45	£7.45
Our classic burger, smothered in macaroni cheese and crispy bacon.		
RECOMMEND PUNK IPA BEER		
DOUBLE BBQ STACK BURGER	£9.45	£8.45
Two beef burgers, topped with bacon and melted cheese, beer-battered onion rings and BBQ sauce.		
RECOMMEND BROOKLYN BEER		
TOWERING INFERNO BURGER	£9.45	£8.45
Topped with southern-fried-style chicken, bacon, beer-battered onion rings and Frank's® RedHot® Cayenne pepper sauce.		
RECOMMEND SIERRA NEVADA BEER		

QUARTER POUNDER BURGER Double £7.45 Single £6.45

CHICKEN FILLET BURGER £7.45
SOUTHERN-FRIED-STYLE CHICKEN BURGER £6.45
BBQ CHICKEN, BACON & CHEESE MELT BURGER £7.45



ADD AN EXTRA 6oz BEEF BURGER	£1.50
8oz BEEF BURGER	£2.00
ADD PULLED BBQ PORK	£2.00
ADD PULLED BBQ CHICKEN	£2.00
ADD CHEESE	£0.95
ADD BACON	£0.95



Burger and a Drink £6.95

Choose one of our classic 6oz beef, southern-fried-style chicken or Quorn burgers, served in an authentic burger bun, with salad, mayonnaise, a bowl of chips, a pot of tangy burger relish and a drink*.



Enjoy a large wine for 75p extra or a large Coca-Cola for 30p extra.