

WELCOME

Here at Beefeater, you'll find freshly grilled food just as it should be. It's what we do best and what we've been doing since 1974. Using the finest ingredients and our expert knowledge, we create delicious food to enjoy with family and friends, whatever the occasion.

So, take a moment to savour the quality of our 100% British and Irish steaks, or our beer-battered fish and chips, or simply enjoy one of your favourites. Now's the time to sit back, relax and enjoy your meal. Everything tastes better from the grill!

Our irresistible '74 dishes showcase the very best of Beefeater. Specially created by our grill masters using the best quality ingredients, unique blends of herbs and spices, and their passion, knowledge and skill for all things from the grill.

TRY OUR '74 SAUCES

'74 BBQ^s (Ve) (36kcal)

'74 HOT  (Ve) (13kcal)

'74 Burger (Ve) (102kcal)

'74 Smokehouse
Tomato (Ve) (57kcal)

'74 Bacon Relish (41kcal)

'74 Honey & Mustard (V) (139kcal)

'74 Mango, Peach
& Habanero  (Ve) (35kcal)

'74 Spicy Mayo  (Ve) (87kcal)

TAKE THE FLAVOUR HOME

'74
HOT SAUCE
OR BBQ SAUCE



STARTERS

'74 Double-Crunch Chicken Wings

Our '74 loaded crunchy tortilla-coated wings seasoned with our signature blend of spices choose from:

Korean-inspired
drizzled with soy, chilli & ginger sauce (638kcal)

**Mango, Peach &
Habanero**
with grilled pineapple salsa (678kcal)

Chicken Goujons

Served with your choice of '74 sauce (370kcal without sauce)

'74 BBQ Seasoned Potato Wedges (Ve)

Served with your choice of '74 sauce (397kcal without sauce)

Loaded Nachos (V)

Cheddar cheese sauce, guacamole, tomato salsa and reduced-fat soured cream. (530kcal)

Want to make it vegan? Just ask! (Ve)
(528kcal)

Garlic Breaded Mushrooms

Served with your choice of '74 sauce (383kcal without sauce)

'74 Double-Crunch King Prawns**

Served with your choice of '74 sauce (221kcal without sauce)

Halloumi Fries

Served with your choice of '74 sauce (423kcal without sauce)

Crispy Calamari†

Served with your choice of '74 sauce (365kcal without sauce)

PIZZETTE

**Freshly baked and loaded
with your choice of:**

**Garlic, Cheddar
Cheese & Mozzarella (V)**
(671kcal)

**Salsa Verde, Fresh
Tomatoes & Parmesan[§]**
(495kcal)

**Harissa Red Pepper
& Feta (V)** (452kcal)



**'74 Double-Crunch
Chicken Wings & Pizzettes**



Halloumi Skewer

Salsa Verde Sea Bass

CHARGRILLS

House Mixed Grill

4oz* rump steak, half a chicken breast, gammon, two pork sausages. With a grilled tomato, two fried eggs, beer-battered onion rings[§], triple-cooked chips and garden peas (1,502kcal)

Upgrade to 8oz* Rump Steak 1,662kcal)

Upgrade to 8oz* Sirloin Steak (1,662kcal)

Harissa & Red Pepper Salmon**

Served with crushed roasted potatoes and grilled veg (692kcal)

7oz* Gammon Steak

With a fried egg, pineapple, triple-cooked chips and peas (899kcal)

Double up your Gammon Steak (+327kcal)

Add our '74 Honey & Mustard Glaze (V) (+139kcal)

Salsa Verde Sea Bass^{§**}

Served with crushed roasted potatoes, grilled asparagus, mixed fresh tomatoes and peas (723kcal)

SKEWERS

All our skewers are served with a freshly baked pizzette and skin-on chips

Chargrilled Chicken Skewer

With a Greek salad, harissa red pepper sauce & tzatziki (1,217kcal)

Halloumi Skewer (V)

With a Greek salad, harissa red pepper sauce & tzatziki (1,359kcal)

Chimichurri Vegetable Skewers[§] (Ve)

With a chopped salad and chimichurri sauce (992kcal)

SALADS

8oz* Sirloin Chimichurri Steak Salad[§]

Served with crushed roasted potatoes, rocket, Parmesan and mixed fresh tomatoes (762kcal)

Mediterranean Salad Bowl (Ve)

With mixed fresh tomatoes, pickled red onion, citrus grains, houmous, grilled veg and rocket (481kcal)

Add Pizzette (Ve) (+370kcal)

Add Chicken Breast (+155kcal)

House Salad (V)

Cos lettuce, red peppers, cucumber, mixed fresh tomatoes, sweetcorn and garlic herb croutons (132kcal).

Finished with your choice of dressing: our '74 Honey & Mustard (V) (+186kcal), reduced-calorie Caesar (V) (+110kcal) or French dressing (Ve) (+87kcal)

Topped with your choice of:

Grilled Chicken Breast (+155kcal)

GARDEN GOURMET® Sensational™ Chicken Style Fillet (Ve) (+170kcal)

Grilled Halloumi (V) (+352kcal)



"7½ Steak Sampler

SIGNATURE STEAKS

All our steaks come from British and Irish farms. Matured for 30 days, they are extra tender and full of flavour.

Served with half a grilled tomato, grilled mushroom, garden peas, your choice of side and steak sauce.

1. CHOOSE YOUR CUT

8oz* Fillet

The most lean and tender of all steaks (440kcal)

10oz* Ribeye

The strong marbling makes this steak full of flavour (615kcal)

8oz* Sirloin

A great all-rounder, for succulent texture and taste (436kcal)

8oz* Rump

A matured, flavoursome taste (435kcal)

Steak Sampler

A combination of our quality cuts:

4oz* fillet, 4oz* sirloin and

4oz* rump (610kcal)

Add Truffle & Porcini Butter (V) (+70kcal)

2. CHOOSE YOUR SIDE

Skin-On Chips (Ve) (+277kcal)

Triple-Cooked Chips (Ve) (+395kcal)

Chopped House Salad (Ve) (+41kcal)

3. CHOOSE YOUR SAUCE

Diane Sauce[§] (+81kcal)

Chimichurri[§] (Ve) (+120kcal)

Crab Hollandaise[§] (+78kcal)

Peppercorn Sauce (+39kcal)

4. SURF YOUR TURF

Two Chargrilled Garlic King Prawns** (+168kcal)

Four Chargrilled Garlic King Prawns** (+336kcal)

**WANT EXTRA?
HAVE A LOOK AT OUR SIDES**

BURGERS

Our signature '74 burger recipe is a mix of short rib, chuck, flank, and bone marrow to help give that rich-tasting, meaty flavour.

All served in a brioche-style bun with lettuce, tomatoes and red onion, with skin-on chips and slaw

'74 Baconeater

Our signature 4oz* beef burger, with our bacon relish, oak-smoked bacon, Cheddar cheese, crispy onions and light mayo (1,028kcal)

'74 Beefeater Double Stack

Two signature 4oz* beef burgers, with BBQ sauce^s, Cheddar cheese and burger sauce (1,236kcal)

'74 Double-Crunch Chicken

Our crunchy tortilla coated chicken breast seasoned with our signature blend of spices, with BBQ sauce^s, oak-smoked bacon and burger sauce (1,068kcal)

Swap to grilled Chicken Breast (841kcal)

Grilled Halloumi & Mushroom (V)

With our smokehouse tomato sauce, grilled veg and burger sauce (906kcal)

Plant Stack (Ve)

GARDEN GOURMET® Sensational™ burger with Violife slice, THIS™ Isn't Bacon, and burger sauce (915kcal)

ADD A LITTLE EXTRA

'74 Signature 4oz* Beef Burger
(+223kcal)

GARDEN GOURMET® Sensational™ Burger (Ve) (+224kcal)

Oak-Smoked Bacon
(+63kcal)

Cheddar Cheese Slice (V)
(+83kcal)

Fried Egg (V)
(+108kcal)

THIS™ Isn't Bacon (Ve)
(+58kcal)

Violife Slice (Ve)
(+57kcal)



CHICKEN & RIBS

All served with our '74
seasoned skin-on chips.

**'74 Honey Sriracha Pork
Rib Stack[§]**
With grilled pineapple salsa and slaw
(1,206kcal)

'74 Rack of Pork Ribs[§]
With corn and your choice of '74 sauce
(1,025kcal without sauce)

'74 Chicken & Rib Combo[§]
With corn and your choice of '74 sauce
(857kcal without sauce)

Add half a rack of tender **'74 BBQ[§]
Glazed Pork Ribs** (+339kcal)

Add **'74 Double-Crunch
Chicken Wings** (+422kcal)



CLASSICS

Panko-Coated Chicken Schnitzel
Topped with salsa verde[§], grated Parmesan
and a fried egg. Served with skin-on chips
and rocket (1,047kcal)

**Chargrilled Smothered
Chicken Melt**
Glazed in your choice of our '74 sauce topped
with oak-smoked bacon and cheese. Served
with skin-on chips, a salad garnish and slaw
(685kcal, calories without sauce)

Want to make it vegan? Just ask!
With GARDEN GOURMET® Sensational™
Chicken Style Fillet, THIS™ Isn't Bacon, Violife
slice (Ve) (653kcal)

Beef & Ale Pie[§]
With triple-cooked chips, garden peas
and a jug of gravy (1,067kcal)

Beef Lasagne
With garlic flatbread and a chopped salad
(634kcal)

**Butternut Squash, Spinach
& Ricotta Lasagne (V)**
With garlic flatbread and a chopped salad
(677kcal)

Beer-Battered Fish & Chips^{§}** 
With triple-cooked chips, tartare sauce, mushy
peas (1,004kcal) or garden peas (966kcal)

SIDES

'74 Seasoned Loaded Chips (V)
With Cheddar cheese sauce and your choice
of our '74 sauce (380kcal without sauce)

Triple-Cooked Chips (Ve)
(395kcal)

Skin-On Chips (Ve)
(277kcal)

**Crushed Roasted Potatoes
(Ve)** (512kcal)

Beer-Battered Onion Rings[§]
(436kcal)

**Grilled Flat Mushrooms
with Truffle & Porcini Butter (V)**

(189kcal)
**Grilled Veg with
Chimichurri[§] (Ve)**
Grilled courgettes, asparagus, mixed
peppers and red onions (194kcal)

**'74 Seasoned Mini Corn
on the Cobs (Ve)** (81kcal)

**Rocket, Parmesan
& Tomato Salad** (78kcal)

Greek Salad (V)
(182kcal)

Chopped House Salad (Ve)
(41kcal)

DESSERTS

Baked New York-Style Banoffee Cheesecake (V)

Served with vanilla ice cream (782kcal)

Mango & Passionfruit Sundae^s (V) (436kcal)

Millionaire's Triple-choc Brownie Sundae (V) (801kcal)

Biscoff® Sundae (V) (609kcal)

Want to make it vegan? Just ask! (Ve)
(626kcal)

Italian Lemon & Raspberry Semifreddo (Ve)

Frozen mousse on a biscuit base (428kcal)

Black Forest Gateau^s (605kcal)

Apple & Blackberry Crumble (V)

Served with either custard (449kcal)
or vanilla ice cream (419kcal)

Want to make it vegan? Just ask! (Ve)
(440kcal)

Sticky Toffee Pudding (V)

Served with custard (624kcal)
or vanilla ice cream (594kcal)

Vanilla Ice Cream (V)

With chocolate (298kcal), caramel (299kcal)
or raspberry (286kcal) sauce

Vegan option available (Ve)

Choose from chocolate (359kcal)
or raspberry (347kcal) sauce



A selection of hot drinks are available. See drinks menu, or ask for details.

We've teamed up with Pennies, the digital charity box, to help support our partner GOSH Charity. Just press 'yes' when you pay by card to donate 25p.

Every penny you give goes to charity: 95% to Great Ormond Street Hospital Children's Charity (registered charity no. 1160024) and 5% to Pennies (registered charity no. 1122489).



Scan the QR code to
see our NGCI menu



Seafood with this mark
comes from an MSC certified
sustainable fishery.
www.msc.org MSC-C-55716

Adults need around 2,000kcal a day

Don't worry, we know there are allergens in our food that we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Menu descriptions may not list every individual ingredient, please ask for more information. Ingredients can occasionally be substituted or changed at short notice, so please review the allergy information on the website at the time of your visit and ask your server when you arrive. "V" = suitable for vegetarians, "Ve" = suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. *Approximate weight uncooked. **May contain small bones or shell. ^sMay contain traces of alcohol. ^tMay contain rings & tentacles. Fish, meat and poultry dishes may contain bones. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. GARDEN GOURMET® - is a registered trademark used in agreement with the trademark owner. Terms & conditions: Images are for illustrative purposes only and finished steak presentation (including grill lines) may vary. This menu is available for a limited time only and is subject to availability. We may occasionally sell out of some of the more popular dishes. If we do, we'll do our very best to offer you the nearest alternative. Prices are inclusive of VAT. We hope we served you up a great experience today. If you choose to leave a gratuity to thank your server, we want you to know that this goes straight to the person serving you today, in full. If you have any comments or suggestions, our staff will be more than happy to receive them. Alternatively, you are welcome to write to us at: Whitbread Group PLC, PO Box 777, Dunstable, Beds. LU5 5XE. Telephone: 0333 234 1452 or visit www.beefeater.co.uk/contact-us.html