



FOOD ALLERGY
OR INTOLERANCE?



If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more.

EVENING

MARKET KITCHEN

welcome to a world of taste

You can now pick and choose your perfect pairings from our self-serve buffet

There's endless choice (and endless roasties) so you can enjoy dinner with us, exactly how you like it. Expect daily changes too – with theme nights, chef's specials and delicious roasts – so every night is a dining delight.

T O S T A R T



B U F F E T C O U N T E R

An array of delicious dishes to suit all taste buds

Dine from our starter buffet counter offering daily changing popular classics, tasty salads, quiche, sliced meats, fish & an array of dressings... you'll be spoilt for choice.

Chef's soup of the day ✓
with toppings, selection of breads

M A I N S



Taste of A S I A

Dishes inspired from around the world

**Crispy breaded chicken
& katsu curry sauce** 407kcal

Tamarind sweet & sour pork
331kcal

**Burmese style lime leaf
& lemongrass curry** ✓ ✓
151kcal

**Thai green king prawn
& vegetable curry** 97kcal

choose your sides

Garlic noodles ✓ 499kcal

Nasi Goreng rice 171kcal

Boiled rice ✓ ✓ 180kcal

Prawn crackers 216kcal

ROAST

Today's choice

Treacle glazed gammon
499kcal
roasted pineapple 25kcal

C H E F ' S S P E C I A L S

**Sweet potato & vegetable
Wellington** ✓ ✓
500kcal

Lincolnshire sausages & red onions
244kcal



F R E S H F I S H of the day

Ask your Host for today's choices

add a sauce of your choice
White wine creamy sauce
193kcal

Chargrilled tomato chutney
34kcal

fish may contain bones

A C C O M P A N I M E N T S

Boiled rice 180kcal / **Garlic bread** 61kcal / **Jacket potatoes** 246kcal / **Gravy** 63kcal
Selection of vegetables and potatoes

P U D D I N G S H O P

An array of after dinner treats

Daily changing selection of tasty cold and hot desserts.

Ice cream

Little Moons pick & mix, delicious ice cream balls wrapped in soft rice dough

For calorie information for all dishes, please refer to the labels on the buffet counter. Alternatively, scan our QR code to find out more.

✓ Suitable for vegetarians ✓ Suitable for vegans

For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering even if you have dined with us before as our food ingredients and specifications can change. Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. MK GUN HOLLEVENING ASIA UPDATE 2023

Adults need around 2,000kcal a day

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