



# MIDDLETONS

STEAKHOUSE & GRILL

## Nibbles

-  **Marinated Mixed Olives** ..... £2.45
-  **Mixed Nuts (N)** ..... £1.50
- Pork Scratchings**..... £2.45
-  **Chilli Bites** ..... £1.95

## Welcome to Middletons

We pride ourselves on delighting our customers by serving delicious meats carefully prepared at our very own butchery in Middleton, Norfolk. Our meats are delivered daily ensuring a delightfully fresh meal each and every time you dine. Our service style is fun and energetic making our restaurants the perfect place for all occasions.

### ★ Our Most Popular Dishes

Spot the star symbol and be reassured that these are our customers' favourite choices. Perhaps you're not sure what to order, so take a chance on one of our classic dishes. We're sure you won't be disappointed!

### Dietary Requirements

(GF) Gluten Free  Vegetarian  Moderately Hot (N) Nuts

If you have any dietary requirements or allergies, please make your waiter aware at the time of ordering. Many of our dishes can be made gluten free, just ask your server for alternatives.

### Service Charges

A discretionary 10% service charge will be added to parties of 8 or more. VAT at prevailing rate.

### Visit Us Again

Did you know there are eight Middletons restaurants?

If you are taking a trip to one of the below locations please pay us a visit, we'd love to welcome you!

-  Chelmsford, CMI IBE
-  Peterborough, PEI IHJ
-  Leicester, LE1 5DB
-  Watford, WD18 0BW
-  King's Lynn, PE32 1RH
-  Colchester, COI 1DZ
-  Norwich, NRI 3JZ
-  Milton Keynes, MK9 2EA

## Starters

- ★ **Sticky BBQ Ribs (GF)**  ..... £5.95  
Half rack of ribs in sticky BBQ sauce, chilli & spring onion garnish
- Chicken Liver Pâté**..... £5.95  
Smooth pâté, onion chutney, bread
- Spicy Chicken Wings**  ..... £5.95  
Deep fried chicken wings, spicy breadcrumbs, sour cream
- Butchers Chipolatas**..... £5.65  
Butchers chipolatas, honey & mustard dressing

## Salads

- Chicken Caesar Salad** .....£10.25  
Baby gem, bacon, soft egg, croutons, parmesan, Caesar dressing

- ★ **Calamari**.....£5.95  
Deep fried breaded squid, garlic mayonnaise
- Prawn Cocktail**..... £6.25  
Prawns, avocado, marie rose dressing, lettuce, bread
- Mussels**..... £5.95  
Mussels, white wine, cream, onion, garlic, lemon, bread
-  **Goats Cheese Salad (GF)**..... £5.45  
Tomatoes, sun blushed tomatoes, goats' cheese, pesto dressing

- Steak & Blue Cheese Salad (GF)**.....£11.25  
Minute steak, blue cheese, red onion, tomato, mixed leaf

-  **Garlic Mushrooms**..... £5.65  
Mushrooms, creamy garlic & herb sauce, bread
- ★  **Brie Wedges**..... £5.95  
Breaded wedges, chilli jam
-  **Veg & Halloumi Skewer (GF)**..... £5.95  
Halloumi, peppers, onion & mushroom, herb marinade
- Middletons Board**.....£16.95  
Smooth pâté, garlic mushrooms, brie wedges, butchers chipolatas, mixed olives, bread

- Salmon Salad (GF)**.....£10.25  
Salmon, mixed leaf, tomato, green beans, new potatoes, house dressing, dill

## Steaks

6oz	8oz	10oz	12oz
<b>Sirloin (GF)...</b> £11.95	£15.95	£19.95	£22.95
<b>Rib-eye (GF)...</b> £12.95	£16.95	£20.25	£23.95
<b>Fillet (GF)...</b> £17.95	£21.95	£26.25	£29.75

All individual steaks come with a roasted tomato, field mushroom & a choice of 1 side. All weights are approximate before cooking.

## Grills

\*to upgrade your steak size, please ask your server

- Classic Mixed Grill** ..... £19.95  
6oz sirloin or rib-eye, lamb cutlet, butcher's chipolatas, gammon, tomato, mushroom, crushed garden peas
- ★ **Middletons Grill**  ..... £19.95  
6oz sirloin or rib-eye, piri piri chicken breast on the bone, sticky BBQ ribs, onion rings, chilli & spring onion garnish
- Piri Piri Chicken Breast (GF)**  ..... £11.25  
Chargrilled breast on the bone marinated in spicy Piri Piri sauce, coleslaw
- ★ **Steak & Sticky (GF)**  ..... £16.45  
6oz sirloin or rib-eye with half rack of sticky BBQ ribs, chilli & spring onion garnish

## Burgers

- Bacon & Cheddar**.....(6oz) £10.00  
Steak burger, smoked bacon, cheese, (8oz) £11.70  
gherkin, onion, burger sauce
- Mushroom**..... (6oz) £9.30  
Steak burger, mushrooms, cheese, (8oz) £11.00  
gherkin, onion, burger sauce
- Blue Cheese**.....(6oz) £9.25  
Steak burger, blue cheese, gherkin, (8oz) £11.15  
onion, burger sauce
- ★ **The Middleton**..... £13.70  
Steak burger, chicken fillet, BBQ pork, gherkin, onion, burger sauce
- Skinny Burger**..... (6oz) £7.45  
Steak burger, garden salad replaces bun (8oz) £9.65
- Chicken Club**..... £11.50  
Bacon, avocado, lettuce, garlic mayonnaise
-  **Bean Burger** ..... £9.75  
Garden pea & broad bean burger, lettuce, sour cream

\*All of our burgers can be made 'skinny' by replacing the bun with salad

## Speciality Steaks

\*to go bigger with your steak, please ask your server

- 10oz Rump Steak (GF)**.....£17.25  
Marinated in fresh herbs & oil
- 8oz Fillet Medallion (Mignon)**.....£23.95  
(GF) (subject to availability)
- ★ **8oz Fillet Beef Wellington**..... £25.25  
English mustard, mushrooms, herbs, Parma ham, spinach, shortcrust pastry (Please allow 30 mins cooking time for pink & 45 mins for well done)
- 22oz Porterhouse (GF)**..... £33.45  
Please allow 40 mins cooking time for medium

- 36oz Rib-eye on the bone**..... £49.95  
(GF) (Suitable for sharing) Please allow 40 mins cooking time for medium
- 18oz Chateaubriand (GF)**.....£49.95  
(Suitable for sharing) Please allow 40 mins cooking time for medium
- Sauces (GF)**.....£2.00  
Diane, Blue Cheese, Béarnaise, Peppercorn
- Garlic Butter**..... £1.00

- ★ **Surf & Turf (GF)**  ..... £21.95  
8oz sirloin or rib-eye with piri piri king prawn skewers \*replace prawn skewers with half lobster.....\*£29.95
- Prime Middletons Grill**  ..... £26.45  
6oz fillet steak, piri piri chicken breast on the bone, lamb cutlet, sticky BBQ ribs, onion rings, chilli & spring onion garnish
- Sticky Ribs (GF)**  ..... £14.25  
Whole rack of ribs in sticky BBQ sauce, chilli & spring onion garnish
- Lamb Rump Steak (GF)**..... £15.25  
Lamb rump steak, roasted tomato, field mushroom, crushed pea garnish

## Seafood

- Half Grilled Lobster (GF)**.....£16.45
- Whole Grilled Lobster (GF)**.....£32.25  
Garlic butter, or thermidor sauce, lemon \*thermidor sauce contains gluten
- Salmon Fillet (GF)**.....£12.45  
Salmon fillet marinated in lemon & herbs
- Battered Fish of the Day** .....£11.45  
Beer battered, crushed peas, lemon \*fish may contain small bones \*\*please ask your server for the fish of the day
- Seabass Fillets (GF)** .....£14.95  
Lemon & parsley
- Mussels**..... £12.45  
White wine, cream, onion, garlic, lemon, bread
- Calamari**..... £12.95  
Deep-fried breaded squid, garlic mayonnaise
- ★ **Seafood Mixed Grill**  .....£17.25  
Seabass fillet, salmon fillet, chilli prawns, calamari, lemon











- Prime Surf & Turf (GF)**  ..... £23.95  
6oz fillet & piri piri king prawn skewers \*replace prawn skewers with half lobster.....\*£32.25
- Sticky & Spice (GF)**  ..... £15.25  
Half rack of sticky BBQ ribs, sliced chilli & spring onion & piri piri chicken breast on the bone
- 10oz Gammon Steak (GF)**..... £10.95  
Gammon steak, roasted tomato, field mushroom, crushed garden peas
- Steak & Spice (GF)**  ..... £16.95  
6oz sirloin or rib-eye & piri piri chicken breast on the bone

## Vegetarian

- ★  **Mushroom Wellington (N)**..... £14.95  
Mushroom, chestnut, butternut squash, spinach in a cream sauce wrapped in shortcrust pastry
-  **Veg & Halloumi Skewers (GF)**..... £11.45  
Halloumi, peppers, onion & mushroom, herb marinade
-  **Macaroni Cheese** .....£9.45  
Blue cheese & cheddar sauce, macaroni pasta, bread crumbs
-  **Goats Cheese & Veg Tart** .....£11.45  
Puff pastry, onion marmalade, courgette, butternut squash, tomato, goats cheese
-  **Pesto Gnocchi (VG)**..... £10.95  
Gnocchi, green pesto, sun blushed tomato, olives, spinach

(VG) Our Vegan Friendly Option

## Sides

-  **Fries**..... £2.50
  -  **Onion Rings**..... £3.50
  -  **Mushrooms (GF)**.....£3.00
  -  **Coleslaw (GF)**.....£2.50
  -  **Sweet Potato Fries**.....£3.50
  -  **Wedges**.....£2.50
  -  **New Potatoes (GF)**.....£2.50
  -  **Dauphinoise (GF)**.....£3.50
  - Caesar Salad**.....£3.50
  -  **Crushed Peas (GF)**.....£2.50
  -  **Garden Salad (GF)**.....£2.50
  -  **Greens (GF)** .....£3.00
  -  **Jacket Potato (GF)**.....£2.50
  -  **Tomato, Goats Cheese Salad (GF)** .....£3.00
- ALL our fried sides come unseasoned.

## Special Menus

### Drinks

Choose from our wines and drinks specially selected to complement our dishes. Please speak to our staff for recommendations.

### Desserts

Our dessert menu is separate to ensure we can include as much indulgence as possible! You'll also find our hot and sweet drink options on this menu too. Please ask your server for more details.

from £4.95

### Fixed Price Menu (Mon-Fri 12-6pm, Sat 12-5pm)

Our excellent value set menu offers some of the best of Middletons at the best prices. Restrictions apply, details included on the menu.

1 Course.....£8.95 2 Courses.....£9.95 3 Courses....£10.95

### Sunday Roast (Available 12-4pm)

Our ever popular roast dinners feature on a separate menu offering two or three courses. The perfect Sunday treat! Please ask your server for more details. (Vegetarian alternative available)

1 Course.....£10.95 2 Courses.....£13.95 3 Courses....£16.95

### Little Calves

We also cater for children offering healthy choices and some treats too. Please ask your server for more details.

from £4.95

### Party Menu

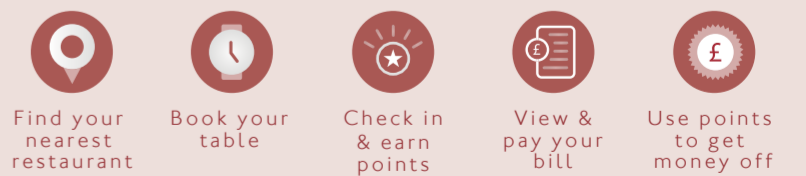
If you are booking a large party with us, why not pre-book from our Party Menus on our website. Please ask your server for more details.

3 Courses..... £22.95 or 3 Courses.... £29.95

## Download our App

Our Middletons app is designed to reward customer loyalty. It will make your visit to Middletons so easy and you'll build reward points in the process! So don't miss your chance to benefit from all the Middletons app has to offer.

Visit the [App Store](#) or [Google Play](#), Search for Middletons & download now Once Checked In, please inform your server



Find us on social and share your delicious Middletons experience with your friends.

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All Grills, Burgers, Seafood, Vegetarian and Vegan dishes come with a choice of 1 side.