

WELCOME TO MIDDLETONS

Our meats are delivered daily ensuring a delightful fresh meal each and every time you dine.

Our service style is fun and energetic making our restaurants the perfect place for all occasions.

Service charges

An optional 10% service charge will be added to all bills. VAT at prevailing rate.

THE MIDDLETONS APP

Download our app now and start earning reward points.

Designed to reward customer loyalty, it will make your visit to Middletons so easy and you'll build reward points in the process!

Visit the app store or google play, search for Middletons & download. Once checked in, please inform your server.

VISIT US AGAIN

Did you know there are seven 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!

Find us in

Chelmsford, Leicester, King's Lynn, Norwich, Peterborough, Colchester, Milton Keynes

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

Instagram @middletons_shg

Twitter @middletons_shg

Facebook @MiddletonsSteakhouse

🕒 Forgotten your reading glasses? Why not borrow a pair of ours, just ask.

🐕 Too full to finish or fancy taking a dessert home? Ask your server for a doggy bag.

ALLERGENS



DIETARY REQUIREMENTS

- N** Contains Nuts
- GF** Gluten Free
- GF(b)** Gluten Free if remove bread
- V** Vegetarian
- VG** Vegan
- ↪** Moderately hot

Scan the QR code to read the full allergens list. If you have any dietary requirements or allergies, please make your server aware at the time of ordering. Many of our dishes can be made gluten-free, just ask your server for alternatives.

STARTERS

Garlic Mushrooms V <i>Mushrooms, garlic & cream sauce, crostini</i>	£7.50	King Prawns SP <i>King prawns in an aromatic tomato sauce, parmesan, aioli & crostini</i>	£8.95
Vegan Meatballs VG <i>Vegan Meatballs, tomato & herb sauce, crostini</i>	£7.95	Calamari SP <i>Lightly dusted calamari, garlic mayonnaise & lemon</i>	£7.95
Pork Belly SP <i>Chinese spiced pork belly in hoisin, cucumber, pickled carrot & leek</i>	£7.95	Croquettes SP <i>Braised beef & bechamel in breadcrumbs & smoked mayonnaise</i>	£7.95
Lamb Kofte N, SP <i>Lamb kofte, tzatziki, pickled red onion, pistachio & lemon</i>	£7.50	Scallops <i>King scallops baked in a blue cheese sauce, pangrattato, fennel & parmesan salad</i>	£10.50
Camembert V <i>Rosemary studded baked camembert, red onion marmalade & crostini</i>	£7.50	Caprese Salad V <i>Beef tomato, buffalo mozzarella, pesto & basil</i>	£6.95

SP: Small Plates, big flavours these are smaller portions than the starters, great for mixing, pairing and sharing. Choose any starter with (SP). Any 2 small plates £10.95 any 4 small plates £20.95 any 6 small plates £29.95

RIBS & WINGS SP

- Choice of 3 sauces:
- **BBQ** - Sticky BBQ sauce, crispy onions (SP) £7.75
 - **Spicy Korean** - Sweet & sour sauce, leek, sesame, chilli (SP)
 - **Bang Bang** - Satay sauce, sesame, corriander, leek (N) (SP)

SPECIALITY STEAKS

Steak Frites <i>5oz Sirloin, fries, tomato & mushroom</i>	£15.95	Surf & Turf <i>Upgrade your steak add: 2 Oven Roasted Jumbo Prawns £6.95 4 Oven Roasted Jumbo Prawns £12.95</i>	
10oz Rump Steak GF <i>Marinated in fresh herbs</i>	£18.95	STEAKS <i>50 Day Aged Prime Aberdeen Angus</i>	
8oz Fillet Beef Wellington <i>English mustard, mushrooms, herbs, Parma ham, spinach, short crust pastry Served pink (allow 30 mins) or well done (allow 45 mins)</i>	£35.95	Sirloin GF 8oz £21.95 10oz £24.95 16oz £33.95	
18oz T-Bone GF <i>(allow 30 mins cooking time for medium)</i>	£34.95	Rib-Eye GF 8oz £22.95 10oz £25.95 16oz £34.95	
16oz Chateaubriand GF <i>Suitable for sharing (allow 30 mins cooking time for medium)</i>	£59.95	Fillet GF 8oz £31.95 10oz £34.95	
		SAUCES	
		Blue Cheese GF £2.50	
		Bearnaise GF £2.50	
		Peppercorn GF £2.50	
		BUTTER	
		Garlic Butter GF £2.00	

👉 All steaks come with a choice of 1 side (excluding Steak Frites) Served with tomato & mushroom; are approximate weight before cooking.

👉 All Seafood comes with a choice of 1 side

SEAFOOD

Lobster Thermidor <i>Fresh lobster baked in a brandy & cream sauce, topped with parmesan & pangrattato, fennel salad</i>	£45.95
Seafood Mixed Grill ↪ GF <i>Seabass fillet, salmon fillet, piri piri jumbo prawn, lemon</i>	£25.95
Spiced Salmon Fillet GF <i>Oven roasted salmon fillet, spiced marinade, lemon</i>	£16.95
Dublin Bay Scampi <i>Breaded Dublin bay prawns, tartare sauce, lemon</i>	£13.95
Seabass Fillets GF <i>Oven roasted seabass fillets, herbs, lemon</i>	£17.95

VEGETARIAN & VEGAN

Vegan Cheese Burger VG <i>Vegan burger, vegan cheese, lettuce, tomato, vegan mayo</i>	£10.95
Macaroni Cheese V <i>Macaroni pasta, Cheddar cheese sauce, parmesan & breadcrumb crust, crostini</i>	£12.95
Vegetable Tart VG <i>Roasted vegetables in shortcrust pastry</i>	£11.95

👉 All grills and burgers come with a choice of 1 side.

GRILLS

Middletons Grill ↪ <i>Sirloin or Rib-Eye, piri-piri chicken breast on the bone, sticky BBQ ribs, onion rings</i>	£27.95
Classic Mixed Grill <i>Sirloin or Rib-Eye, lamb steak, butchers sausages, gammon, tomato & mushroom</i>	£26.95
Spanish Mixed Grill ↪ <i>Piri-piri chicken breast, piri-piri jumbo prawns & chorizo sausage</i>	£21.95

PRIME GRILLS

Prime Middletons Grill ↪ <i>Fillet steak, piri-piri chicken breast on the bone, lamb steak, sticky BBQ ribs, onion rings</i>	£36.95
Prime Classic Mixed Grill <i>Fillet steak, lamb steak, butchers sausage, gammon, tomato & mushroom</i>	£36.95

BURGERS

👉 Add extra bacon £2. Add another 4oz patty for £3 or a buttermilk chicken breast for £4.

Classic <i>Simple & tasty</i>	£15.95
Double Bacon <i>Double bacon, double cheese</i>	£16.95
Mexican ↪ <i>Jalapeños, cheese sauce, smashed nachos</i>	£16.95
BBQ <i>Smokey BBQ sauce, pulled pork, ranch slaw</i>	£17.95
Big Blue <i>Button mushrooms, blue cheese, red onion marmalade</i>	£16.95
Bang Bang ↪ <i>Peanut sauce, jalapeños, red chilli's, pickled veg</i>	£16.95
The Middletons <i>Buttermilk chicken, BBQ pork belly, bacon</i>	£19.95
Steakhouse <i>Sliced rump steak, peppercorn sauce, blue cheese sauce</i>	£19.95

NIBBLES

Marinated Mixed Olives	£2.95
Mixed Nuts N	£1.95
Pork Scratchings	£2.45
Chilli Bites ↪	£2.45

BOTTOMLESS BRUNCH

**Bottomless available everyday (2hr slots)
Sunday to Friday 12pm-10pm (8pm last seating)
*Saturday 12pm-7pm (5pm last seating)
*Norwich & Colchester last seating on Saturday is 4pm**
Book a table, order a meal from our brunch menu and enjoy bottomless Prosecco, draught Peroni, selected cocktails and all mocktails.
£34.95 per person
Please speak to your server or visit www.middletons-shg.co.uk for full T&C's

SPECIAL MENUS

Sunday Roast
Available every Sunday 12-4pm (subject to availability)

1 course	£14.95
2 courses	£19.95
3 courses	£24.95

(Vegetarian & Children's options are available)
A choice of 3 roast meats is available every Sunday, served with roast potatoes, seasonal greens, roast root vegetables, cauliflower cheese, Yorkshire pudding & gravy
For 2 or 3 courses please choose any Starter or Dessert from the a la carte menu*
**excludes Scallops & King Prawns*

Little Calves
We also cater for children offering healthy choices and some treats too.
Please ask your server for more details..
from £5.95

SALADS

Chicken Caesar Salad <i>Chargrilled chicken strips, baby gem lettuce, bacon, soft egg, croutons, parmesan, Caesar dressing</i>	£11.95
Steak & Blue Cheese Salad GF <i>Chargrilled strips of rump, blue cheese, red onion, tomato, mixed leaf</i>	£12.95

SIDES

Fries V	£3.75
New Potatoes V, GF	£3.75
Coleslaw V, GF	£3.75
House Salad VG, GF	£3.75
Greens V	£3.95
Macaroni Cheese V	£4.75
Dauphinoise V, GF	£4.75
Sweet Potato Fries V	£4.75
Onion Rings V	£4.75

LOADED FRIES

House <i>Cheese sauce, bacon, chives, crispy onions, jalapeños</i>	£6.25
<i>If upgrading your included side</i>	£3.50
Posh <i>Truffle oil, parmesan, chives, rosemary salt</i>	£6.25
<i>If upgrading your included side</i>	£3.50
BBQ <i>BBQ pulled pork, cheese sauce, crispy onions, cheddar, chives</i>	£9.95
<i>If upgrading your included side</i>	£6.25
Buffalo Steak <i>Blue cheese sauce, buffalo dressing, chives, steak, crispy onions</i>	£9.95
<i>If upgrading your included side</i>	£6.25