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.

VISITUS AGAIN

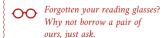
Did you know there are seven Middletons Restaurants? If you are taking a trip to one of the below locations please pay us a visit, we'd love to welcome you!

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





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

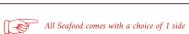
Scan the QR code to read the full allergens list. If you have any dietary requirements or allergies, please make your server aware at the time of ordering. Many of our dishes can be made gluten-free, just ask your server for alternatives.

→ STARTER

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

Choose any starter with (or). This 2 small planes 22000 any 1 small planes 22000					
Garlic Mushrooms V Mushrooms, garlic & cream sauce, crostini	£7.50	King Prawns SP King prawns in an aromatic tomato sauce,	£8.95	DIDO C IAUAIOO	
Vegan Meatballs VG	£7.95	parmesan, aioli & crostini		→ RIBS & WINGS SP	£7.75
Vegan Meatballs, tomato & herb sauce, crostini		Calamari SP	£7.95	Choice of 3 sauces:	
Pork Belly SP	£7.95	Lightly dusted calamari, garlic mayonnaise & lemon		BBQ - Sticky BBQ sauce, crispy onions (SP)	
Chinese spiced pork belly in hoisin, cucumber,		Croquettes SP	£7.95		
pickled carrot & leek		Braised beef & bechamel in breadcrumbs		• Spicy Korean - Sweet & sour sauce, leek,	
Lamb Kofte N, SP	£7.50	& smoked mayonnaise		sesame, chilli (SP)	
Lamb kofte, tzatziki, pickled red onion, pistachio & lemon		Scallops King scallops baked in a blue cheese sauce,	£10.50	Bang Bang - Satay sauce, sesame, corriander, leek (N) (SP)	
Camembert V	£7.50	pangrattato, fennel & parmesan salad		(14) (SI)	
Rosemary studded baked camembert, red onion marmalade & crostini		Caprese Salad V Beef tomato, buffalo mozzarella, pesto & basil	£6.95		

0/0/0			
SPECIALITY STEAKS Steak Frites 502 Sirloin, fries, tomato & mushroom	£15.95	Surf & Turf Upgrade your steak add: 2 Oven Roasted Jumbo Prawns 4 Oven Roasted Jumbo Prawns	£6.95 £12.95
10oz Rump Steak GF Marinated in fresh herbs	£18.95	STEAKS 50 Day Aged Prime Aberdeen Angus	
80z Fillet Beef Wellington English mustard, mushrooms, herbs, Parma ham, spinach, short crust pastry Served pink (allow 30 mins) or well done (allow 45 mins)	£35.95	Sirloin GF 80z 100z 160z Rib-Eye GF	£21.95 £24.95 £33.95
Steaks worth the wait These steaks have a longer cooking time		80z 10oz 16oz	£22.95 £25.95 £34.95
18oz T-Bone GF (allow 30 mins cooking time for medium)	£34.95	Fillet GF 8oz 10oz	£31.95 £34.95
16oz Chateaubriand GF Suitable for sharing (allow 30 mins cooking time for medium)	£59.95	→ SAUCES	••
All steaks come with a choice of 1 side (excl	udina	Blue Cheese GF Bearnaise GF Peppercorn GF	£2.50 £2.50 £2.50
Steak Frites) Served with tomato & mushroc are approximate weight before cooking.		BUTTER Garlic Butter GF	£2.00



→ SEAFOOD

Lobster Thermidor £45.95
Fresh lobster baked in a brandy & cream sauce,
topped with parmesan & pangrattato, fennel salad

Seafood Mixed Grill J GF £25.95

Seabass fillet, salmon fillet, piri piri jumbo prawn, lemon

Spiced Salmon Fillet GF £16.95

Oven roasted salmon fillet, spiced marinade, lemon **Dublin Bay Scampi** £13.95

Breaded Dublin bay prawns, tartare sauce, lemon

Seabass Fillets GF £17.95
Oven roasted seabass fillets, herbs, lemon

≫ VEGETARIAN & VEGAN

→ VEUE IAKIAN σ VEUAN	
Vegan Cheese Burger VG	£10.95
Vegan burger, vegan cheese, lettuce, tomato, vegan mayo	
Macaroni Cheese V Macaroni pasta, Cheddar cheese sauce, parmesan & breadcrumb crust, crostini	£12.95

parmesan & breadcrumb crust, crostini

Vegetable Tart VG

Roasted vegetables in shortcrust pastry

8%∘

→ GRILLS

Middletons Grill
£27.95

Sirloin or Rib-Eye, piri-piri chicken breast on the bone, sticky BBQ ribs, onion rings

Classic Mixed Grill £26.95

Sirloin or Rib-Eye, lamb steak, butchers sausages, gammon, tomato & mushroom

Spanish Mixed Grill
£21.95

Piri-piri chicken breast, piri-piri jumbo prawns & chorizo sausage

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

→ PRIME GRILLS

Prime Middletons Grill 🌶 £36.95

Fillet steak, piri-piri chicken breast on the bone, lamb steak, sticky BBQ ribs, onion rings

Prime Classic Mixed Grill
Fillet steak, lamb steak, butchers sausage, gammon, tomato & mushroom

→ BURGERS

€

£36.95



Beef burgers are served in a pretzel bun with a double 4oz patty, American cheese, lettuce, burger sauce, crispy onions and pickles.

Want to replace your beef patties with a buttermilk chicken breast? Just ask

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

Sliced rump steak, peppercorn sauce, blue cheese sauce

→ 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 perso

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	£11.95
Chargrilled chicken strips, baby gem lettuce, bacon, soft egg, croutons, parmesan, Caesar dressing	
Steak & Blue Cheese Salad GF	£12.95

Chargrilled strips of rump, blue cheese, red onion, tomato, mixed leaf

\longrightarrow 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

→ INADED FRIES

Iouse	
Cheese sauce, bacon, chives, crispy onions, jalapeños	£6.25
f upgrading your included side	£3.50
Posh	
ruffle oil, parmesan, chives, rosemary salt	£6.25
f upgrading your included side	£3.50
BBO	

BBQ pulled pork, cheese sauce, crispy onions, cheddar, chives £9.95
If upgrading your included side £6.25

Buffalo Steak
Blue cheese sauce, buffalo dressing, chives, steak, crispy onions £9.95

Blue cheese sauce, buffalo dressing, chives, steak, crispy onions £9.95
If upgrading your included side £6.25