

# THE FLETTON

PUB & KITCHEN

## FOOD

Back when Luton was growing from a small market town to a bustling industrial centre, brickmaking was at its heart.

The Bedfordshire clay fields fuelled nearby kilns, busy factories and skilled local craftsmen, all producing the bricks that laid its foundations. A 'fletton' is a type of brick, famously known as the London Brick.

We salute this indispensable, well-travelled building material, recognising the critical role the humble brick has played in the construction of Luton and the important role it continues to play in building the world beyond.

Visit <https://tkmenus.com/fletton> or ask to see our interactive allergen iPad menu. We follow strict hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. We advise you to speak to a member of staff if you have any food allergies or intolerance. \*(V) dishes are made from ingredients which do not contain meat or fish. (VG) dishes are made from ingredients that do not contain any animal products. (GF) dishes are made from ingredients which do not contain gluten. However, we do not have dedicated preparation or cooking areas within our kitchen for vegetarian, vegan and non-gluten foods. Not all ingredients are shown in the dish descriptions. Adults require around 2000 kcal per day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/-20% variance on published calorie values. For the latest calorie information please visit our website. Our shell eggs are all RSPCA Assured™ free-range. Prices stated are British Sterling. Service charge is at your discretion. We accept all major credit cards and currencies. Our prices include VAT at the current rate. We welcome your feedback: Email: [concessions@trgplc.com](mailto:concessions@trgplc.com) Post: The Restaurant Group, 5-7 Marshalsea Road, London, SE1 1EP [www.trgconcessions.co.uk](http://www.trgconcessions.co.uk) | 0625



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## BREAKFAST *Served until 11am*

### Rise & Shine

#### Full Plate Breakfast 16.00

Cumberland sausages, rashers of back bacon, mushroom, tomato, baked beans, potato tots and scrambled eggs 1149 kcal or fried eggs 1235 kcal.  
Served with white toast and butter

#### Classic Breakfast 12.50

Cumberland sausage, back bacon, mushroom, tomato, baked beans, potato tots and scrambled egg 695 kcal or fried egg 660 kcal

**Add a slice of toast and butter 175 kcal 1.75**

#### Veggie Breakfast (v) 12.50

Mushroom, tomato, smashed avocado, baked beans, potato tots and fried egg 817 kcal or scrambled egg 731 kcal. Served with white toast and butter

#### Eggs Benedict 11.00

Toasted English muffin topped with bacon, poached eggs and hollandaise sauce 635 kcal  
**Available on gluten free toast (gf) +42 kcal**

#### Mushrooms Benedict (v) 10.00

Toasted English muffin topped with mushroom, poached eggs and hollandaise sauce 548 kcal  
**Available on gluten free toast (gf) +42 kcal**

#### Breakfast Hash 8.50

Potato tots topped with sausage, bacon, mozzarella cheese and a fried egg, drizzled with chilli and sriracha mayo 776 kcal

#### Thick American-style Pancakes 10.50

Bacon and maple-flavoured syrup 756 kcal or Strawberry, mango, coconut yogurt and fresh mint (v) 491 kcal

### Breakfast Butties

*Served in a seeded bun*

#### Bacon 542 kcal 6.50

Also available on gluten free bread (gf) 608 kcal

#### Cumberland Sausage 617 kcal 6.50

#### Fried Eggs (v) 494 kcal 6.50

Also available on gluten free bread (gf) 559 kcal

#### Mushroom & Avocado (v) 408 kcal 5.75

Also available on gluten free bread (gf) 473 kcal

#### Ultimate Breakfast 749 kcal 8.50

Cumberland sausage, back bacon and fried egg

**Add potato tots (gf) 396 kcal 2.50**

### Fresh & Light

#### Avocado Toast (v) 9.75

Smashed avocado, tomato salsa, vegan-style feta on white toast, drizzled with oil and topped with chilli 726 kcal  
**Available on gluten free toast (v)(gf) 711 kcal**  
**Add poached eggs (v)(gf) +155 kcal 2.50**  
**Add bacon (gf) +194 kcal 3.00**

#### Granola (v) 5.75

Crunchy granola served with coconut yogurt, fresh strawberry and mango, mint and maple-flavoured syrup 627 kcal

#### Toast (v) 3.00

Two slices of white toast served with butter and your choice of spread - ask for the selection when ordering 350 kcal

#### Croissant (v) 443 kcal 3.00

#### Freshly Baked Pastry (v) 3.00

Ask for today's options

### Breakfast Cocktails

#### Mimosa 10.50

Prosecco and orange juice

#### Bloody Mary 10.50

Vodka, tomato juice, Worcestershire sauce, spices, lemon juice and celery

#### Classic Bellini 10.50

Prosecco and peach purée

(v) - vegetarian (vg) - vegan (gf) - not gluten containing

## MAINS *Served from 11am*

### Brunch

#### All Day Brunch 16.00

Cumberland sausages, rashers of back bacon, mushroom, tomato, baked beans, skin-on fries and scrambled eggs 1171 kcal or fried eggs 1257 kcal. Served with white toast and butter

#### Veggie Brunch (v) 12.50

Mushroom, tomato, smashed avocado, baked beans, skin-on fries and fried egg 763 kcal or scrambled egg 753 kcal.  
Served with white toast and butter

#### Avocado Toast (v) 9.75

Smashed avocado, tomato salsa, vegan-style feta on white toast, drizzled with oil and topped with chilli 726 kcal

**Available on gluten free toast (v)(gf) 711 kcal**

**Add poached eggs (v)(gf) +155 kcal 2.50**

**Add bacon (gf) +194 kcal 3.00**

### Pub Favourites

#### Chicken Curry 15.00

Tandoori chicken thigh pieces in a rich butter curry sauce, served with basmati rice, naan and mango chutney 1127 kcal

**Go gluten free! Ask for your curry without the naan 994 kcal (gf)**

#### Veggie Curry (vg) 14.50

Roasted squash and sweet potato in a katsu curry sauce, served with basmati rice, naan, fresh chilli and lime 878 kcal

**Go gluten free! Ask for your curry without the naan 745 kcal (vg)(gf)**

#### Bangers & Mash 15.00

Cumberland sausages, mashed potato and onion gravy 749 kcal

#### Fish Finger Sandwich 14.75

Battered cod fingers with lemon mayo, gherkins and rocket on toasted white bread. Served with skin-on fries and mushy peas 1189 kcal

#### Chicken Feast 17.50

Chicken breast topped with cheese and bacon, buttermilk chicken tenders with sriracha mayo and BBQ sauce, skin-on fries 1491 kcal

#### Ancient Grains Salad (vg) 12.50

Rocket, red chard, grains, cucumber, radish, tomatoes, mint, fresh avocado, pomegranate and agave mustard dressing 538 kcal

**Add chicken +282 kcal 3.00**

**Add crispy pulled fable mushrooms (vg) +290 kcal 2.50**

### Burgers, Wraps & Toasties

*All served with skin-on fries*

#### The House Burger 15.00

Beef burger in a seeded bun, back bacon, cheddar cheese, caramelised onions, lettuce, burger sauce and gherkins 1360 kcal

#### Crispy Chicken Burger 15.00

Buttermilk chicken strips, seeded bun, cheese sauce, BBQ sauce, mayo, lettuce and gherkins 1288 kcal

#### Mushroom Burger (vg) 14.75

Fable mushroom patty, seeded bun, smoked Applewood Vegan® cheddar, caramelised onions, burger sauce, lettuce and gherkins 1002 kcal

#### Chicken & Chorizo Wrap 15.50

Chicken breast, diced chorizo, sriracha mayo, onion, rocket, tomato salsa and mozzarella cheese in a tortilla wrap 1276 kcal

#### Crispy Mushroom Wrap (vg) 13.25

Pulled crispy Fable mushroom, garlic, tomato salsa, rocket, onion and vegan mayo in a tortilla wrap 1210 kcal

#### Halloumi, Mushroom &

Pesto Toastie (v) 1223 kcal 12.25

#### Ham & Cheese Toastie 1042 kcal 12.00

#### Chicken, Bacon &

Brie Toastie 1256 kcal 12.50

 For every Crispy Chicken Burger sold we'll donate 50p to 'The School Club Zambia', a UK charity that exists to support schools in Zambia and their pupils. To find out more visit [www.schoolclubzambia.org](http://www.schoolclubzambia.org)

### Small Plates & Sides

#### Nachos (v) 9.50

With cheese sauce, mozzarella, tomato salsa, smashed avocado, sriracha mayo and chillies 1234 kcal

#### Buttermilk Chicken Tenders 8.95

Topped with sriracha mayo, chilli and lime 710 kcal

#### Skin-on Fries (vg)(gf) 288 kcal 3.95

**Add a dipping sauce for 30p**

**Sriracha Mayo (v)(gf) +192 kcal / Curry Sauce (vg)(gf) +83 kcal**

**Cheese Sauce (v)(gf) +133 kcal / Gravy (vg)(gf) +16 kcal**

#### Tomato & Basil Soup (vg) 7.75

Served with bread and Flora 372 kcal

#### Side Salad (vg)(gf) 79 kcal 3.95