



*seriously relaxed dining
non-gluten menu*

while you wait

**GARLIC MARINATED MIXED
OLIVES (VE) 3.25**

aperitif

GLASS OF PROSECCO 6.45
PINKSTER ROYALE 7.45
PINKSTER RASPBERRY LIQUEUR,
PROSECCO

APEROL SPRITZ 7.65
APEROL, PROSECCO, SODA

starters

RED LENTIL, AVOCADO & PLUM TOMATO COCKTAIL (V) 6.25
CUCUMBER, GEM, RED PEPPER, HERB OIL, LEMON, NON-GLUTEN
BREAD

POSH WHITEBAIT 7.00
SMOKED PAPRIKA, CRISPY KALE, HOMEMADE TARTARE SAUCE,
LEMON

GOAT'S CHEESE & SWEET ONION BRUSCHETTA (V) 7.50
SEEDED NON-GLUTEN ROLL, OLIVE OIL, TRACKLEMENTS ONION
MARMALADE, BALSAMIC REDUCTION, HERB OIL

PRAWN COCKTAIL 7.75
PAPRIKA MARIE ROSE SAUCE, TOMATO, CUCUMBER, GEM, LEMON,
NON-GLUTEN BREAD, BUTTER

sharing bundles

ANY FOUR DISHES FOR 22.00 OR 6.50 EACH

VEGETARIAN

BEETROOT HUMMUS (V)
OLIVE OIL, CORIANDER, WARM
NON-GLUTEN BREAD

HALLOUMI CHIPS (V)
MALDON SEA SALT, SWEET
CHILLI MAYONNAISE

STILTON MUSHROOMS (V)
FLAT & CUP MUSHROOMS,
PARSLEY, STILTON CREAM
SAUCE

ZUCCHINI FRIES (VE)
COURGETTE, MALDON
SEA SALT

MEAT & SEAFOOD

PRAWNS PIL PIL
CHILLI, GARLIC & PARSLEY
BUTTER, LEMON

BAKED CHORIZO
HONEY, CIDER

mains

WILD MUSHROOM & LEEK CHICKEN SUPREME 14.45

PAN-SEARED CHICKEN, CREAMY MASH, TENDERSTEM BROCCOLI, WILD MUSHROOM & LEEK CREAM SAUCE

PAN-SEARED HADDOCK FILLET 14.95

PARSLEY, LEMON & CAPER BUTTER SAUCE, GARLIC-ROASTED NEW POTATOES, TENDERSTEM BROCCOLI, CRISPY KALE, LEMON

WAGYU BURGER 15.95

BLACK BOMBER CHEDDAR, NON-GLUTEN SEEDED BUN, TOMATO, GHERKIN, BURGER RELISH, TRIPLE-COOKED CHIPS

SLOW-BRAISED LAMB SHANK 16.95

SMOKED BACON, THYME, BABY ONION & RED WINE GRAVY, CREAMY MASH, TENDERSTEM BROCCOLI, PARSLEY

SMOKED PORK BELLY 15.95

CONFIT GARLIC MASH, ROASTED CARAMELISED CARROTS & APPLE, RED WINE GRAVY

continued overleaf...

..mains continued

WINTER SALAD (VE) 9.95

TENDERSTEM BROCCOLI, KALE, ROASTED VEGETABLES, QUINOA, BABY SPINACH, POMEGRANATE, TOASTED SEEDS, LEMON, OLIVE OIL
WITH GRILLED HALLOUMI 12.45/ GRILLED CHICKEN 13.25/ GRILLED SEA BASS 13.75

QUINOA & SUN-BLUSHED TOMATO RISOTTO (VE) 11.95

ROASTED VEGETABLES, HERB OIL

BUTTERNUT SQUASH & ROOT VEGETABLE STEW (VE) 11.95

ROASTED BUTTERNUT SQUASH, TOMATO, CINNAMON, WINTER SALAD, TOASTED SEEDS, CRISPY LEEK

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GRILLED SEA BASS 13.95

QUINOA STIR-FRY, LEMON, OLIVE OIL & HERB DRESSING

SEAFOOD PIE 14.45

SALMON, HAKE, PRAWNS, WHITE WINE, PARSLEY, LEMON, CREAM, TOMATO, SPINACH, PEAS, SLICED POTATOES, BUTTERED VEGETABLES

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CHEESE & BACON BURGER 13.25

NON-GLUTEN SEEDED BUN, TOMATO, GHERKIN, GEM, BURGER RELISH, TRIPLE-COOKED CHIPS

CHICKEN & BACON STACK 12.95

NON-GLUTEN SEEDED BUN, EMMENTAL, TOMATO, GHERKIN, GEM, BBQ SAUCE, TRIPLE-COOKED CHIPS

SIRLOIN STEAK 8oz 21.45

GRASS-FED, 28 DAYS MATURED, FLAT MUSHROOM, WATERCRESS, ROASTED PLUM TOMATO, TRIPLE-COOKED CHIPS
ADD A SAUCE: BEARNAISE, STILTON & MUSHROOM OR PEPPERCORN 1.50




sides

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|---------------------------------|-------------|-------------------------------------|-------------|-----------------------------|-------------|
| BUTTERED VEGETABLES (V) | 3.50 | SKINNY CHIPS & DIPS (VE) | 3.85 | ALLOTMENT SALAD (VE) | 3.00 |
| TRIPLE-COOKED CHIPS (VE) | 3.85 | SWEET POTATO FRIES (VE) | 3.85 | | |

FRESHLY COOKED SUNDAY ROASTS AVAILABLE – BOOK NOW TO AVOID DISAPPOINTMENT

BOOK ONLINE NOW DESTINATIONINNS.CO.UK

 TWEET OR  INSTAGRAM @MCMULLENS1827  LIKE US ON FACEBOOK

#DESTINATIONINNS

(V) SUITABLE FOR VEGETARIANS. (VE) SUITABLE FOR VEGANS. FISH AND POULTRY DISHES MAY CONTAIN BONES. ALL WEIGHTS ARE APPROXIMATE PRIOR TO COOKING. ALL ITEMS ARE SUBJECT TO AVAILABILITY. **ALLERGEN INFORMATION.** IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS PLEASE SPEAK TO OUR TEAM FOR MORE INFORMATION. OUR KITCHENS CONTAIN MANY INGREDIENTS AND SO WE CANNOT GUARANTEE THE TOTAL ABSENCE OF NUTS, GLUTEN OR OTHER ALLERGENS. A FULL LIST OF ALLERGENS IN EACH DISH IS AVAILABLE FOR YOUR PEACE OF MIND. ALL PRICES INCLUDE V.A.T.

SERVICE IS NOT INCLUDED. ALL TIPS ARE RETAINED BY THE GRATEFUL TEAM.

HGF 09/19