



*seriously relaxed dining  
non-gluten menu*

*while you wait*

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

*aperitif*

**GLASS OF PROSECCO** 6.45    **APEROL SPRITZ** 7.65  
APEROL, PROSECCO, SODA  
**PINKSTER ROYALE** 7.45  
PINKSTER RASPBERRY LIQUEUR,  
PROSECCO

*starters*

**RED LENTIL, AVOCADO & PLUM TOMATO COCKTAIL (V)** 6.00  
CUCUMBER, GEM, RED PEPPER, HERB OIL, LEMON, NON-GLUTEN  
BREAD

**POSH WHITEBAIT** 6.75  
SMOKED PAPRIKA, CRISPY KALE, HOMEMADE TARTARE SAUCE,  
LEMON

**GOAT'S CHEESE & SWEET ONION BRUSCHETTA (V)** 7.25  
SEEDED NON-GLUTEN ROLL, OLIVE OIL, TRACKLEMENTS  
ONION MARMALADE, BALSAMIC REDUCTION, HERB OIL

**PRAWN COCKTAIL** 7.00  
PAPRIKA MARIE ROSE SAUCE, TOMATO, CUCUMBER,  
GEM, LEMON, NON-GLUTEN BREAD, BUTTER

*sharing bundles*

ANY FOUR DISHES FOR 20.00 OR 6.25 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 13.95**

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

**PAN-SEARED HADDOCK FILLET 13.95**

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

**WAGYU BURGER 14.95**

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

**SLOW-BRAISED LAMB SHANK 15.95**

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

**SMOKED PORK BELLY 14.95**

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

*continued overleaf...*

..mains continued

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**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 12.95/ GRILLED SEA BASS 13.45

**QUINOA & SUN-BLUSHED TOMATO RISOTTO (VE) 11.45**

ROASTED VEGETABLES, HERB OIL

**BUTTERNUT SQUASH & ROOT VEGETABLE STEW (VE) 10.95**

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

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**GRILLED SEA BASS 12.95**

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

**SEAFOOD PIE 13.95**

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

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**CHEESE & BACON BURGER 12.95**

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

**CHICKEN & BACON STACK 12.25**

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

**SIRLOIN STEAK 8oz 19.95**

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

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*sides* .....

<b>BUTTERED VEGETABLES (V)</b>	<b>3.50</b>	<b>SKINNY CHIPS &amp; DIPS (VE)</b>	<b>3.85</b>	<b>ALLOTMENT SALAD (VE)</b>	<b>3.00</b>
<b>TRIPLE-COOKED CHIPS (VE)</b>	<b>3.85</b>	<b>SWEET POTATO FRIES (VE)</b>	<b>3.85</b>		

**FRESHLY COOKED SUNDAY ROASTS AVAILABLE – BOOK NOW TO AVOID DISAPPOINTMENT**

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 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.

CGF 09/19