



NON GLUTEN MENU

BAR BUNDLES

5.25 EACH OR FOUR FOR 19.50

SWEET POTATO FALAFELS ^{Ve} 691kcal
Hummus and smoky jam

HALLOUMI FRIES ^{Ve} 684kcal
Smoky jam and garlic mayo

BEETROOT BITES ^{Ve} 588kcal
Chipotle mayo

SPICY GLAZED CHICKEN WINGS 987kcal
Sweet chilli sauce and red chillies

SIDES

SWEET POTATO FRIES ^{Ve} 649kcal **3.95**

SKIN ON CHIPS ^{Ve} 587kcal **3.25**

MAC'S HEALTH SIDE SALAD ^{Ve} 93kcal **2.50**
Red and white quinoa, gem lettuce, spring onions, tomato, cucumber, edamame beans, cabbage, carrots, baby spinach, toasted seeds and French dressing

FRESHLY MADE COLESLAW ^{Ve} 278kcal **1.95**

NON-GLUTEN BREAD & BUTTER ^{Ve} 105kcal **1.95**

SUNDAY ROASTS

Each week we'll offer two of the below meats, a vegan option and a Premium Roast - simply ask our team!

All our roasts are served with roast potatoes, carrots, broccoli and braised red cabbage and our roast gravy

SMALL 8.95 | REGULAR 11.95

ROAST TOPSIDE OF BEEF
S 569kcal R 1044kcal

ROAST GAMMON
S 582kcal R 999kcal

ROAST PORK LOIN
S 620kcal R 1215kcal
Crackling

ROAST TURKEY
S 439kcal R 746kcal

PARSNIP & CRANBERRY NUT LOAF ^{Ve} R 889kcal

SWEET POTATO & CHESTNUT LOAF ^{Ve} R 948kcal

ADD EXTRA MEAT OR A NUT LOAF ^{Ve} FOR 3.85

SHARING PLATTERS

Choose any of today's roasts to share with two or four people including bottomless roast potatoes, vegetables and gravy!

FOR TWO PEOPLE 21.45 851kcal | **FOR FOUR PEOPLE 39.45** 1702kcal

Pork loin +843kcal, roast gammon +573kcal, topside of beef +548kcal, add turkey +375kcal, parsnip nut roast ^{Ve} +393kcal, sweet potato nut roast ^{Ve} +428kcal (calories per portion)

PREMIUM ROASTS

HALF ROAST CHICKEN 1579kcal **12.45**

ROAST LAMB SHANK 1685kcal **15.45**

sunday bundles

4.25 EACH OR FOUR FOR 15.00

ROAST POTATOES ^{Ve} 437kcal

PORK CRACKLING 328kcal

CAULIFLOWER CHEESE ^{Ve} 385kcal

ROAST PARSNIPS ^{Ve} 629kcal

CLASSICS

HUNTER'S CHICKEN 1503kcal **11.55**
Chicken breast and smoked streaky bacon, BBQ sauce and melted Cheddar cheese, with skin on chips and coleslaw

MAC'S HEALTH SALAD ^{Ve} 185 kcal **7.95**
Red and white quinoa, gem lettuce, spring onions, tomato, cucumber, edamame beans, cabbage, carrots, baby spinach, toasted seeds and French dressing

SWAP CHIPS TO SWEET POTATO FRIES 1.50

ADD A TOPPING
Chicken breast 3.55 193kcal, 4oz rump steak 3.95 459kcal, halloumi fries ^{Ve} 3.25 506kcal



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^{Ve} 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. Adults need around 2000 kcal a day. **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. Our fryers are used to cook different products so we cannot guarantee total absence of animal products or allergens. A full list of allergens in each dish is available for your peace of mind. All prices include VAT. Service is not included. All tips are retained by the grateful team.

..... Burgers & GRILLS

CHEESE & BACON 1606kcal **10.95**
7oz classic burger with Emmental cheese and smoked streaky bacon served in a non-gluten bun with tomato, red onion, crispy gem lettuce with skin on chips and a side of pickle

DOUBLE YOUR BURGER 3.00 885kcal

EXTRA TOPPING 1.30 EACH
Smoked streaky bacon 130kcal,
Emmental cheese 73kcal, smoky jam 72kcal, fried egg 77kcal,
halloumi 402kcal

Choose from garden peas 94kcal or dressed salad 185kcal
and skin on chips 587kcal or white rice 292kcal

MANGO & LIME CHICKEN THIGHS 479kcal **10.95**

SWAP CHIPS TO SWEET POTATO FRIES 1.50

HOT DRINKS

AMERICANO 0kcal **2.55**

CAPPUCCINO 153kcal **2.95**

CAFFÈ LATTE 153kcal **2.95**

MOCHACCINO 110kcal **2.95**

FLAT WHITE 120kcal **2.95**

HOT CHOCOLATE 234kcal **3.25**

ADD MARSHMALLOWS AND WHIPPED CREAM 50p 59kcal

TEAPIGS **2.25**

Everyday brew 22kcal, earl grey strong 22kcal, peppermint 0kcal, superfruits 0kcal or Mao Feng green tea 0kcal

DESSERTS

TREACLE SPONGE PUDDING 525kcal **5.50**
Vanilla ice cream 178kcal or custard 197kcal

LEMON MERINGUE PIE 727kcal **5.50**
Limoncello coulis and vanilla ice cream

ETON MESS SUNDAE 974kcal **5.50**
Fresh strawberries, broken meringue, whipped cream and vanilla ice cream

WARM CHOCOLATE BROWNIE 821kcal **5.50**
Chocolate sauce and vanilla ice cream

STICKY TOFFEE PUDDING 626kcal **5.50**
Vanilla ice cream 178kcal or custard 197kcal

ORANGE & PASSIONFRUIT SLICE 733kcal **5.50**
Raspberry coulis and vegan vanilla ice cream

DAIRY ICE CREAM 544kcal **4.50**
Vanilla, strawberry or chocolate
*Vegan vanilla ice cream available

ADD A SCOOP OF ICE CREAM 1.55
178kcal

no room for dessert?

COFFEE & MINI DESSERT 4.50
Warm chocolate brownie 365kcal

ice-creams

ALL 2.50

FAB LOLLY 80kcal

WHITE MAGNUM 237kcal

TWISTER 69kcal



ASK OUR TEAM ABOUT OUR FULL MENU SERVED MONDAY - SATURDAY



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