

molly malones
no gluten
containing
menu



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no gluten containing menu



Dishes on this menu are made with ingredients that do not intentionally contain gluten. However, due to the risk of cross-contamination from a range of ingredients within our kitchens, traces of gluten may be present. Please ensure a member of the team is aware that you are ordering from our No Gluten Containing Menu.

small plates & sharers

Buffalo Chicken Dip & Nachos 7.25

Pulled chicken in a spicy buffalo sauce, topped with cheese and grilled. Served with chilli tortilla chips and cucumber batons (599kcal)

Nachos (V) 10.75

Chilli tortilla chips, nacho cheese sauce, grated cheese, salsa, soured cream, jalapeños and charred corn salsa (1253kcal, serves 2)

mains & burgers

Molly's Mixed Grill 15.45

A sirloin steak, pork sausage, chicken breast and bacon steak with a fried free-range egg, onion rings, half a grilled tomato, chips and peas (1759kcal)

Add ciabatta (275kcal) for £1.25 or curry sauce (282kcal) for £1.45

Traditional Bacon Steaks 12.25

Two grilled 5oz* bacon steaks served with our leek & spring onion cream sauce, garden peas and colcannon mash (1026kcal)

All of our burgers are served in a seeded bun with shredded lettuce, red onion, mayo, a buttered jacket potato and a skewered pickle

Swap jacket potato (295kcal) for a large dressed side salad (56kcal)

Cheese & Bacon Beef Burger 13.95

Two 3oz* smashed patties, smoked streaky bacon and burger cheese slice (1055kcal)

Impossible® Burger (V) 12.95

Impossible® burger topped with Violife® slice (787kcal)

add more to your burger

3oz* Smashed Beef Patty (223kcal) 2.00

Impossible® Burger Patty (V) (214kcal) 2.00

Smoked Streaky Bacon (123kcal) 1.00

Cheese Slice (40kcal) 50p

Violife® Slice (VE) (57kcal) 50p

lunch

lunch & a drink from £10.95

monday to friday 12-4pm

See our lunch menu for details on drinks available

Halloumi Ciabatta (V) 9.25

Grilled Halloumi, rocket, tomato and chilli jam in a ciabatta (867kcal)

Sirloin Steak Ciabatta 10.25

Sirloin steak, rocket and mustard mayo in a ciabatta (631kcal)

All of our burgers are served in a seeded bun with shredded lettuce, red onion, mayo and a skewered pickle

3oz* Smashed Cheese Burger 8.25

3oz* smashed patty topped with a burger cheese slice (515kcal)

Impossible® Burger (V) 8.25

Impossible® burger topped with Violife® slice (558kcal)

sides

Buttered Jacket Potato (V) (295kcal) 1.95

Dressed House Salad (V) (56kcal) 2.95

desserts

Bramley Apple Crumble (V) 6.95

(519kcal) With your choice of custard (131kcal) or Jersey clotted cream ice cream (126kcal)

Ice Cream (V) 3.75

Your choice of three scoops: (Calories are shown per scoop)

Jersey clotted cream (126kcal), Chocolate flavour (113kcal)

Frozen strawberry flavour yogurt (88kcal)

Your choice of sauce:

Chocolate flavour (28kcal), Strawberry flavour (32kcal)

Adults need around 2,000 kcal a day

You can view our allergen information if you download our app, scan the allergens QR code or visit our website at belhaven.co.uk/allergens (V) Suitable for Vegetarians. (VE) Suitable for Vegans.

Terms & Conditions: Please advise the team of any dietary requirements before ordering. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. †Fish, poultry and shellfish dishes may contain bones and/or shell. *All stated weights are approximate before cooking. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Our menu descriptions do not list all ingredients. Dishes may contain alcohol. Calorie counts are correct at time of print. Please be aware the allergen information for our dishes may change between the date of booking and the date of your visit. We would advise all of our guests contact a member of the team on the date of their visit to confirm the allergen information of their selected meals.

**For every Triple Chocolate Brownie sold 20p plus VAT will be paid to Macmillan Cancer Support, a registered charity in England and Wales (261017), in Scotland (SC039907) and in the Isle of Man (604) also operating in Northern Ireland. Paid to Macmillan Cancer Support Trading Limited, a wholly owned subsidiary of Macmillan Cancer Support, to which it gives all of its taxable profits. Manager's decision is final. Promoter: Greene King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ. GK11979/78955



Scan to see our allergen information