

SMALL PLATES

CRISPY BREADED WHITEBAIT £8

Served with tartare sauce 🍴

CRISPY CHILLI BEEF £8

Served with warm crusty bread 🍴

CREAMY GARLIC MUSHROOMS £6 🌱

Served with warm crusty bread 🍴

RIVER EXE MUSSELS £8

In a garlic, white wine and cream sauce with warm crusty bread 🍴

HALLOUMI FRIES £6 🌱

Served with spicy tomato chutney 🍴

SOUP OF THE DAY £6 🌱

Served with warm crusty bread 🍴

BREADED BRIE WEDGES £7 🌱

Served with redcurrant jelly 🍴

STICKY BBQ RIBS £7

Served with a chive dip 🍴

HOMEMADE VEGETABLE SPRING ROLLS £7 🌱

Served with a soy dip 🍴

PLOUGHMANS £14

A feast for one, plenty for two!

Homecooked ham, Stilton, Cheddar, pickled onion, gherkin, red onion jam, home made scotch egg and warm crusty bread 🍴

PIZZA

ADD
A SIDE
SALAD!

PIZZA MARGHERITA £10 🌱

EXTRAS (£1 EACH)

PINEAPPLE, JALAPEÑOS, BACON,
ONION, OLIVES, HAM, PEPPERS

BURGER & CHIPS

100% BRITISH BEEF BURGER
VENISON & WILD BOAR BURGER
CAJUN CHICKEN BURGER
SPICY BEAN BURGER 🌱
VEGAN PATTY 🌱

£15

All served with sliced tomato, iceberg lettuce and your choice of sauce and cheese, in a brioche bun. With a pot of spicy tomato chutney and either hand cut chips or skinny fries on the side.

CHOOSE CHEESE: AMERICAN CHEESE,
MEXICANA, STILTON, BRIE, CHEDDAR,
VEGAN CHEDDAR

CHOOSE SAUCE: SWEET CHILLI MAYO 🍴
SRIRACHA SAUCE 🍴 GARLIC MAYO,
BURGER SAUCE, SMOKEY BBQ

EXTRAS (£1 EACH)

EGG, JALAPEÑOS, BACON, ONION RINGS

LARGE PLATES

NACHOS 🌱

Cheese £8 Three bean £10 Beef chilli £10

Served with Jalapeños, guacomole, sour cream and chunky salsa 🍴

PAN ROASTED CHICKEN SUPREME £16

Served with roasted baby potatoes, seasonal vegetables and a mushroom cream sauce 🍴

RIVER EXE MUSSELS £17

In a garlic, white wine and cream sauce with hand cut chips or skinny fries 🍴

FAJITAS £15 🌱

Chicken, Halloumi or Vegetable.

Served with guacomole, sour cream, salsa and grated cheese 🍴

SEAFOOD GRATIN £16

Served with seasonal vegetables 🍴

HAM, EGG & CHIPS £14

Served with hand cut chips or skinny fries 🍴

BEER BATTERED ATLANTIC COD £15

With hand cut chips or skinny fries, tartare sauce, peas or pea purée 🍴

WESTCOUNTRY RIBEYE STEAK £22

Chargrilled and served with hand cut chips or skinny fries, tomato, mushrooms and onion rings 🍴

For steak sauces, please see side dishes

THAI GREEN CURRY £15 🌱

Chicken, Halloumi or Seafood.

With steamed rice 🍴 🌱 **SPICE IT UP!** on request.

VEGETABLE STEW WITH DUMPLINGS £14 🌱

Served with warm crusty bread 🍴

PASTA

SPAGHETTI BOLOGNESE £14

Topped with parmesan shavings 🍴

MUSHROOM & ASPARAGUS SPAGHETTI £14 🌱

Topped with parmesan shavings 🍴

CREAMY SEAFOOD SPAGHETTI £14

Topped with parmesan shavings 🍴

SIDES 🌱

OLIVES £4 🍴

SALAD £4 🍴

BREAD BASKET WITH OLIVE OIL & BALSAMIC £4 🍴

HAND CUT CHIPS / SKINNY FRIES £3 🍴

HAND CUT CHIPS / SKINNY FRIES WITH CHEESE £4 🍴

SWEET POTATO FRIES £4 🍴

GARLIC BREAD £3 🍴

CHEESY GARLIC BREAD £4 🍴

ONION RINGS £3 🍴

PEPPERCORN SAUCE £3

BLUE CHEESE SAUCE £3

KIDS

SPAGHETTI BOLOGNESE £5 🌱 🍴

CHEESY SPAGHETTI £5 🌱 🍴

FISH, CHIPS & PEAS £6 🍴

SAUSAGE/VEGAN SAUSAGE, CHIPS & BEANS £6 🌱 🍴

CHICKEN NUGGETS, CHIPS & BEANS £6 🍴

DESSERTS

STICKY TOFFEE PUDDING £7

With a butterscotch sauce and vanilla icecream 🍴

BELGIAN WAFFLES £6

Served with vanilla icecream and either chocolate sauce or maple syrup

WARM CHOCOLATE FUDGE CAKE £6

Served with vanilla icecream

CHOCOLATE AND BISCOFF TORTE £7 🍴

With a berry compote

SALTED CARAMEL PANNA COTTA £7

With a shortbread

NEW YORK CHEESECAKE £7

With seasonal berries 🍴

ORANGE FOOL WITH A

GINGER NUT BISCUIT £6 🍴

WINTERFRUIT COBBLER £7

With vanilla icecream or cream 🍴

ICE CREAM £2 a scoop

TENNACOTT FARM ICE CREAM

Madagascan Vanilla
Strawberries & Cream
White Chocolate & Mint

VEGAN ICE CREAM

Vanilla
Chocolate

CHEESE BOARD £8

Cheddar, Stilton and Brie.

Served with crackers, grapes, apple and red onion jam 🍴

Instow

arms

🌱 VEGETARIAN

🍴 GLUTEN, DAIRY FREE, VEGAN
OPTIONS AVAILABLE ON REQUEST

ALLERGENS: Please advise your server of any special dietary requirements, including intolerances and allergies.