

M E N U

# Instow

arms

## Open Sandwiches & Wraps

Choose any of the following fillings on either tortilla wrap or rustic sandwich bread, served with a bistro salad and a pot of coleslaw

**STEAK, MUSHROOM & STILTON** £7.95 (oa)

**BATTERED COD, TARTARE SAUCE & ROCKET** £7.50 (df)

**BACON, BRIE & CRANBERRY** £6.95 (oa)

**GOATS CHEESE, RED ONION & ROCKET** £6.50 (v) (oa)

**GRILLED CHEESE, HAM & TOMATO** £6.50 (oa)

**BBQ PULLED PORK AND CHEESE MELT** £7.95 (oa)

**GRILLED CHICKEN CAESAR** £7.50 (oa)

**CREAM CHEESE, SMOKED SALMON & CUCUMBER** £7.50 (oa)

**TUNA MAYO SALAD** £6.95 (df)

**HOUMOUS, HALLOUMI & BEETROOT** £6.95 (v) (oa)

**AVOCADO, EGG & WATERCRESS** £6.50 (v) (df)(oa)

## Ploughmans

£10.95

Home cooked ham, Stilton, Cheddar, pickled onion, red onion jam, home made scotch egg and warm crusty bread (oa)

## Three Egg Omelette

£6.95 (v)

Made with Farmer Bobs free range eggs and served with a bistro salad (oa)(gf)

✦ ADD

**AVOCADO** £0.60

**PEPPERS** £0.40

**CHEDDAR** £0.80

**RED ONION** £0.40

**BRIE** £0.80

**JALAPEÑOS** £0.50

**STILTON** £1.00

**SMOKED SALMON** £1.00

**TOMATO** £0.60

**MUSHROOM** £0.80 **HAM** £0.60

## Afternoon Treats

**INSTOW ARMS CREAM TEA** £5.95

Two homemade scones and a pot of tea, served with all the trimmings

**TOASTED TEA CAKE** £3.95 (df)

**BOBBYS CHOCOLATE BROWNIE** £2.95

**FLAPJACK** £2.50 (gf)

(v) VEGETARIAN (df) DAIRY FREE (gf) GLUTEN FREE

(oa) GLUTEN AND/OR DAIRY FREE OPTIONS, AVAILABLE ON REQUEST

For information about allergens, please see back cover.

## Starters

**SOUP OF THE DAY**

£6.25 (v)

Served with warm crusty bread (oa)

**CREAMY GARLIC MUSHROOMS**

£6.25 (v)

Served with warm crusty bread (oa)

**CHICKEN LIVER PATE**

£6.95

Served with croutinis, red onion jam & bistro salad (oa)

**MOULES MARINIERE**

£7.95

Served with warm crusty bread (oa)

**CRISPY CHILLI BEEF**

£7.50

Served with onions, peppers and warm crusty bread (oa)(df)

**CRAB & QUINOA CAKES**

£6.95

Served with rocket and lemon mayo (gf)(df)

**BAKED CAMEMBERT FOR TWO**

£13.95 (v)

Whole baked Camembert served with wedges of crusty bread, a pot of spicy tomato chutney and bistro salad (oa)

## Mains

**BEER BATTERED ATLANTIC COD** £12.95

Served with tartare sauce, pea purée and hand cut chips or skinny fries (df)(oa)

**HAND CARVED HAM, EGGS & CHIPS** £12.95

Choose from hand cut chips or skinny fries (df)(gf)

**MOULES MARINIERE** £15.95

Served with warm crusty bread (oa)

**CHARGRILLED 8OZ RIBEYE STEAK** £20.95

Served with roasted tomato, peas, onion rings and hand cut chips or skinny fries (oa)

**PAN SEARED TUNA STEAK** £14.95

Served with roasted potatoes, sautéed green beans and a butter white wine sauce (oa)

**BEEF COBBLER** £13.95

Served with cheddar & rosemary scones and crusty bread

**SLOW COOKED LAMB SHANK** £13.95

Served with creamy mash, seasonal vegetables and a redcurrant jus (gf)(oa)

**CREAMY FISHERMANS PIE** £13.95

Served with buttered peas

**GOATS CHEESE & CARAMELISED RED ONION TART** £12.95 (v)

Served with a bistro salad and hand cut chips or skinny fries

**CHICKEN or HALLOUMI FAJITAS** £13.95 (v)

Served with guacamole, sour cream, salsa, grated cheese and salad (oa)

**SAUSAGE or VEGETARIAN SAUSAGE & MASH** £12.95 (v)

Served with onion gravy (oa)



## Pasta

**SEAFOOD SPAGHETTI** £13.95

Mussels, salmon and cod served in a tomato sauce topped with parmesan shavings (oa)

**CHICKEN, BACON & BRIE TAGLIATELLE** £13.95

Served in a creamy sauce, topped with parmesan shavings

**BEEF / VEGETARIAN LASAGNE**

£13.95 (v)

Served with garlic bread

**SPAGHETTI CARBONARA** £13.95

Topped with parmesan shavings

**TAGLIATELLE ARRABIATA** £12.95 (v)

Topped with parmesan shavings (oa)

# SPECIALS SERVED 6.00 - 9.30

## Warm Salads

### PAN FRIED CHICKEN, BACON & BRIE £9.95

Pan fried chicken strips, crispy bacon and warm gooey brie served on a bed of mixed salad leaves, pomegranate, red onion and pepper, with a balsamic and lemon dressing (oa)(gf)

### MEDITERRANEAN VEGETABLES & GOATS CHEESE STACK

£9.95 <sup>v</sup>

Layers of aubergine, courgette, peppers, red onion and goats cheese served with a mixed leaf, pine nut, sun blushed tomato and olive salad in a vinaigrette dressing (oa)(gf)

### SALMON & AVOCADO £9.95

Nestled in kale, courgette, broccoli, spring onions, beetroot and egg, tossed in a lemon and mustard dressing (oa)(gf)

### THAI BEEF £9.95

Pan fried steak served on a bed of salad leaves, red onion, kaffir leaves, red chillies, coriander, mint and basil tossed in a Thai inspired dressing (oa)

### + EXTRAS

NEW POTATOES £2.00 (oa)(gf)

COUSCOUS £2.00 (df)

RICE £2.00 (gf)(df)

QUINOA £2.00 (gf)(df)



### COD, SKINNY FRIES & PEAS

£6.95 (oa)

### SAUSAGE <sup>or</sup> VEGETARIAN SAUSAGE, MASH & BEANS

£6.25 <sup>v</sup> (oa)

HAM, EGG & SKINNY FRIES £6.95 (df)(gf)

CHEESY SPAGHETTI £6.25 <sup>v</sup>

CHEESE & TOMATO TAGLIATELLE £6.25 <sup>v</sup>

BEEF <sup>or</sup> VEGETARIAN LASAGNE <sup>v</sup> £6.25  
Served with garlic bread

## BURGER BAR



Create your own...

Add any extras to customize your burger

HOMEMADE BEEF BURGER £12.95 (oa)(df)

CAJUN CHICKEN BURGER £12.95 (oa)(df)

BBQ PULLED PORK BURGER £12.95 (oa)(df)

SPICY MEXICAN BEAN BURGER £11.95 <sup>v</sup> (oa)(df)

TUNA & SWEET POTATO £12.95 (oa)(df)

WILD BOAR & VENISON BURGER £11.95 (oa)(df)

Gourmet brioche bun, sliced tomato, gem lettuce and a pot of tomato chutney. Served with either hand cut chips or skinny fries

### + EXTRAS

STILTON £1.00

MUSHROOM £0.80

CHEDDAR £0.80

FRIED EGG £0.80

BRIE £0.80

JALAPEÑOS £0.50

ONION RINGS £1.00

OLIVES £0.50

BACON £1.00

PINEAPPLE RING £0.80

COLESLAW £0.50

BLACK PUDDING £0.80

## Side dishes

### CHIPS/SKINNY FRIES

£3.00 (gf)(df)

### CHIPS/SKINNY FRIES WITH CHEESE

£3.80 (gf)

### SWEET POTATO FRIES

£3.50 (df)

### ONION RINGS

£3.00 (df)

### GARLIC BREAD

£3.50 (oa)

### ADD CHEESE

£0.80

### BREAD BASKET

£3.00 (oa)

### ADD OLIVES £2.50

OIL & BALSAMIC £0.50

### BAKED BEANS

£2.00 (gf)(df)

### BUTTERED PEAS

£2.00 (gf)(oa)

### SEASONAL VEG

£3.00 (gf)(oa)

### CREAMED MASH

£2.00 (gf)(oa)

### NEW POTATOES

£2.00 (gf)(oa)

### PEPPERCORN SAUCE

£2.50 (gf)

### BLUE CHEESE SAUCE

£2.50 (gf)

## Desserts

### CHOCOLATE SHARING PLATTER £11.95

A selection of chocolate treats

### STICKY TOFFEE PUDDING £6.95

Served with butterscotch sauce and vanilla icecream

### CHEESECAKE OF THE DAY £6.25

### TREACLE TART £6.95

Served with clotted cream

### FRUIT CRUMBLE £6.95

Served with pouring cream, Crème Anglaise or icecream (oa)

### WHITE CHOCOLATE AND BLUEBERRY

### BREAD AND BUTTER PUDDING £6.95

Served with pouring cream, Crème Anglaise or icecream

### FRESH FRUIT AND YOGURT

WITH GRANOLA £6.95 (oa)

### CHOCOLATE & CARAMEL PANNA COTTA £6.95

Served with homemade shortbread fingers (oa)

### BELGIAN WAFFLES £5.95

Served with vanilla icecream with either chocolate sauce or maple syrup (oa)

### CHEESE BOARD £7.25

Cheddar, Stilton and Brie. Served with crackers, grapes, apple and red onion jam (oa)

## ICECREAM

One scoop £2.00 (oa)

Additional scoops £1.50 (oa)

VANILLA CHOCOLATE STRAWBERRY  
CHOCOLATE HONEYCOMB MINT CHOCOLATE CHIP

## Nachos

Served with jalapeños, guacamole, sour cream and chunky salsa

CHEESE Small £6.95 Large £11.95 <sup>v</sup>

BBQ CHICKEN <sup>or</sup> BBQ PULLED PORK

Small £7.95 Large £14.95 (oa)

### BEEF CHILLI

Small £7.95 Large £14.95 (oa)

### TUNA MELT

Small £7.95 Large £14.95 (oa)



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## Allergens

Please advise your server of any special dietary requirements, including intolerances and allergies. Our staff will advise you on alternative dishes if possible. However, while we do our best to reduce the risk of cross-contamination at The Instow Arms, we cannot guarantee that any of our dishes are free from allergens and therefore cannot accept any liability in this respect. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.

**IMAGE:** Clayton Newton Clark  
**DESIGN:** [kategreendesign.co.uk](http://kategreendesign.co.uk)

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