

M E N U

# Instow

arms



## Salads

**CHICKEN CAESAR** £12.95 (oa)

**SALMON NIÇOISE** £13.95 (df)

**GREEK SALAD** £11.95 🍷 (oa)

**LOBSTER COBB SALAD** £13.95 (oa)

Served with iceberg lettuce, egg, bacon, mozzarella, avocado and tomatoes

## Homemade 10" PIZZAS

**MARGHERITA** £12.95 🍷 (oa)(df)

**TEXAS BBQ** £13.95 (oa)(df)

**MEAT FEAST** £13.95 (oa)(df)

**FLORENTINE** £12.95 🍷 (oa)(df)

Spinach, mozzarella and egg

TAKEAWAY AVAILABLE

## Tortilla Wraps

Choose any of the following fillings on a tortilla wrap, served with a bistro salad and a pot of coleslaw. (gf) GLUTEN FREE AVAILABLE

**STEAK, CARAMELISED RED ONION & STILTON** £7.95 (oa)

**CAJUN CHICKEN SALAD** £7.50 (df)

**BACON, BRIE, LETTUCE & TOMATO** £6.95 (oa)

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

**TOMATO, MOZZARELLA, PESTO & ROCKET** £7.50 🍷 (oa)

**TUNA SALAD** £6.95 (oa)

**GOATS CHEESE, ROCKET & CARAMELISED RED ONION JAM** £6.50 🍷 (oa)

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

**AVOCADO, EGG, ICEBERG LETTUCE & AIOLI** £6.95 🍷 (df)

## Ploughmans

£11.95

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

## Afternoon Treats

**INSTOW ARMS CREAM TEA** £5.95

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

**BOBBYS CHOCOLATE BROWNIE** £2.95

**FLAPJACK** £2.50 (gf)

## SHARERS

*A feast for two!*

**BAKED CAMEMBERT** £13.95 🍷 (oa)

Whole baked Camembert served with wedges of crusty bread, celery, carrot & red pepper, a pot of spicy tomato chutney and a bistro salad

**MEDITERRANEAN MEZE** £15.95 🍷

Feta cheese, olives, hummus, mixed leaf salad, sundried tomatoes, red peppers, Tzatziki dip. Served with a bread basket  
Add **CURED MEATS** £5.00

**PAELLA** £29.95 (df)(gf)

Chicken, chorizo sausage, salmon, cod, tiger prawns, mussels and peppers

**MIXED PLATTER** £34.95

BBQ pork ribs, sweet chilli beef, hot n spicy chicken wings, beer battered onion rings, corn on the cob, coleslaw, Vietnamese duck roll. Served with a bread basket

**SEAFOOD PLATTER** £39.95

Loaster tail, dressed crab, moules marinière, salt & peppered squid, garlic prawns, cod goujons, iceberg salad, aioli dip. Served with a bread basket

## Starters

**SOUP OF THE DAY** £6.25 🍷

Served with warm crusty bread (oa)

**STILTON & GARLIC STUFFED MUSHROOM** £6.50 🍷 (oa)

**TOMATO, MOZZARELLA & BASIL SALAD** £6.50 🍷 (oa)(gf)

**SWEET POTATO & SALMON CROQUETS** £6.95  
Served with a bistro salad (oa)

**CRAB & LOBSTER TIAN** £7.50  
Served in a chilli and lime sauce (oa)(df)

**BBQ PORK RIBS & COLESLAW** £6.95

Served with a bistro salad (gf)(df)

**SWEET CHILLI BEEF** £7.50  
Served with warm crusty bread (df)

**HOT N' SPICY CHICKEN WINGS** £6.95  
Served with a blue cheese dip and celery (oa)

**VIETNAMESE DUCK ROLLS & SOY DIP** £6.95 (gf)(df)

**SALT & PEPPERED SQUID** £6.95  
Served with an aioli dip (gf)(df)

## Mains

**BEER BATTERED ATLANTIC COD** £12.95  
Served with tartare sauce, peas or pea purée and hand cut chips or skinny fries (df)(oa)

**WHOLETAIL BREADED SCAMPI** £13.95  
Served with tartare sauce, peas or 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 MARINIÈRE** £15.95  
Served with hand cut chips or skinny fries (oa)

**CHARGRILLED 8OZ RIBEYE STEAK** £20.95  
Served with hand cut chips or skinny fries and salad or tomatoes, mushrooms and onion rings (oa)

**CHICKEN | HALLOUMI | PRAWN CURRY** £13.95  
Served with naan bread and steamed rice

**ROASTED SALMON FILLET** £14.95  
Served with baby potatoes, seasonal vegetables and a lemon sauce (gf)(oa)

**PAN ROASTED CHICKEN SUPREME** £14.95  
Served with sautéed potatoes, seasonal vegetables and a mushroom cream sauce (gf)(oa)

**GOATS CHEESE & CARAMELISED RED ONION TART** £12.95 🍷  
Served with a bistro salad and hand cut chips or skinny fries

**CHICKEN or HALLOUMI FAJITAS** £13.95 🍷  
Served with guacamole, sour cream, salsa, grated cheese and salad (oa)

# SPECIALS SERVED 6.00 - 9.30

## Pasta

### CREAMY SEAFOOD

#### TAGLIATELLE £13.95

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

#### MEATBALL TAGLIATELLE £13.95

Topped with rocket & parmesan shavings (oa)

### CHICKEN & CHORIZO

#### TAGLIATELLE £13.95

Topped with rocket & parmesan shavings (oa)

#### TAGLIATELLE ARRABIATA £13.95 ⑦

Topped with parmesan shavings (oa)

## Nachos

Served with jalapeños, guacamole, sour cream and chunky salsa

### CHEESE

Small £6.95

Large £11.95 ⑦

### BBQ CHICKEN or BBQ PULLED PORK

Small £7.95

Large £14.95 (oa)

### BEEF CHILLI

Small £7.95

Large £14.95 (oa)



## KIDS MENU

COD, SKINNY FRIES & PEAS £6.95 (oa)

SALMON, BABY POTATOES & PEAS £6.95 (oa)

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

CHICKEN or VEGETARIAN GOUJONS £6.95 ⑦

Served with skinny fries and beans

CHEESE & TOMATO TAGLIATELLE £6.25 ⑦



## PHO



Traditional Vietnamese soup made with a rich vegetable broth, tender rice noodles, coriander, chilli, red onion, beansprouts, spring onions and choice of:

SLICED BEEF STEAK £11.95

SHREDDED DUCK £11.95

CHICKEN £11.95

PRAWNS £11.95

TOFU £11.95 ⑦

## 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)

### CORN ON THE COB

£2.00 (gf)(oa)

### COLESLAW

£2.00 (gf)(oa)

### PEPPERCORN SAUCE

£2.50 (gf)

### BLUE CHEESE SAUCE

£2.50 (gf)

## Desserts

STICKY TOFFEE PUDDING £6.95

Served with butterscotch sauce and vanilla icecream

CHEESECAKE OF THE DAY £6.25

CHOCOLATE FONDUE FOR TWO £11.95

Served with a mix of fruit, marshmallows, waffle, honeycomb and meringue

RASPBERRY MILLE FEUILLE £6.95

Layers of raspberry, cream and pastry (oa)

BAILEYS CHOCOLATE CARAMEL TART £6.95

Served with vanilla icecream (oa)

CITRUS POSSET £6.95

Served with shortbread fingers

ETON MESS £6.95

Served with a strawberry coulis (oa)

CHOCOLATE MARQUISE £6.95

Served with summer fruit coulis and berries

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)

## LOCAL ICECREAM

### LOVINGTONS ICECREAM

One scoop £2.00 (oa)

Additional scoops £1.50 (oa)

Vanilla

Strawberry & cream

Double chocolate chunk

Blue bubblegum

White chocolate & honeycomb

Mint chocolate chunk

## 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)

BLACKENED SALMON BURGER £12.95 (oa)(df)

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

WILD BOAR & VENISON BURGER £12.95 (oa)(df)

QUINOA, BEETROOT

& EDAMAME BURGER £11.95 ⑦ (oa)(df)

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

### EXTRAS

STILTON £1.00

CHEDDAR £0.80

BRIE £0.80

ONION RINGS £1.00

BACON £1.00

COLESLAW £0.50

MUSHROOM £0.80

FRIED EGG £0.80

JALAPEÑOS £0.50



## 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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