

M E N U

# Instow

arms



10 - 12

## BREAKFAST MENU

## BUILD YOUR OWN BREAKFAST

ALL ITEMS £1 <sup>V</sup>

Bacon x 2	Baked beans
Sausage/veggie sausage	Black pudding
Fried egg	Avocado
Poached egg	Spinach
Mushrooms	Asparagus
Tomatoes	White/brown toast
Hash browns x 2	Floured bap

SCRAMBLED EGGS ON TOAST £5 <sup>OA</sup>

EGGS BENEDICT £7

English muffin, bacon, two poached eggs and hollandaise sauce <sup>OA</sup>EGGS FLORENTINE £7 <sup>V</sup>English muffin, sautéed spinach, two poached eggs and hollandaise sauce <sup>OA</sup>

12 - 6

## AFTERNOON LIGHT BITES

## TORTILLA WRAPS OR CIABATTA

Choose any of the following fillings on either a tortilla wrap or a ciabatta, served with home made coleslaw and crisps <sup>(GLUTEN FREE AVAILABLE)</sup>

STEAK, CARAMELISED RED ONION & STILTON £8 <sup>OA</sup>SOUTHERN FRIED CHICKEN, LETTUCE AND SWEET CHILLI MAYO £8 <sup>DF</sup>CAJUN CHICKEN SALAD £8 <sup>DF, OA</sup>ROASTED MED VEG, PESTO & ROCKET £7 <sup>V, OA</sup>GOAT'S CHEESE, ROCKET & CARAMELISED RED ONION JAM £7 <sup>V</sup>BATTERED COD, TARTARE SAUCE & ROCKET £8 <sup>OA</sup>BACON, BRIE, LETTUCE & TOMATO £7 <sup>OA</sup>TUNA MAYONNAISE & SALAD £7 <sup>DF, OA</sup>

## PLOUGHMANS

A feast for one, plenty for two

Home cooked ham, Stilton, Cheddar, pickled onion, gherkin, red onion jam, home made scotch egg and warm crusty bread £14 <sup>OA</sup>

SUPPORT  
LOCAL  
BUSINESS

WE USE LOCAL AND  
DEVONSHIRE PRODUCE  
WHEREVER POSSIBLE



<sup>V</sup> VEGETARIAN <sup>DF</sup> DAIRY FREE <sup>GF</sup> GLUTEN FREE

<sup>OA</sup> GLUTEN AND/OR DAIRY FREE OPTIONS AVAILABLE ON REQUEST

For information about allergens, please see back cover.

12 - 9.30

## ALL DAY MENU

## WHILE YOU CHOOSE

OLIVES £4 <sup>V</sup>BREAD BASKET WITH OLIVE OIL & BALSAMIC £4 <sup>V, OA</sup>

## Starters

SWEET CHILLI BEEF £8

Served with warm crusty bread <sup>DF, OA</sup>SOUP OF THE DAY £6 <sup>V</sup>Served with warm crusty bread <sup>OA</sup>

Take a look at the board!

JACKFRUIT FRITTERS £6 <sup>V</sup>Served with coconut yogurt <sup>OA</sup>CREAMY GARLIC MUSHROOMS £6 <sup>V</sup>Served with warm crusty bread <sup>OA</sup>

RIVER EXE MUSSELS £8

In a garlic, white wine and cream sauce with warm crusty bread <sup>OA</sup>

HOT N' SPICY CHICKEN WINGS £7

Served with a sour cream dip <sup>OA</sup>

GARLIC PRAWNS (SHELL ON) £8

Served with warm crusty bread <sup>OA</sup>HALLOUMI FRIES £6 <sup>V</sup>Served with spicy tomato chutney <sup>GF</sup>

SALT &amp; PEPPER SQUID £7

Served with an aioli dip <sup>DF, GF</sup>

## Mains

FISH OF THE DAY £16

Take a look at the board!

BEER BATTERED ATLANTIC COD £15

Served with tartare sauce, peas or pea purée and hand cut chips or skinny fries <sup>DF, OA</sup>

HOME COOKED HAM, FARMER BOB'S EGGS &amp; CHIPS £14

Choose from hand cut chips or skinny fries <sup>DF, GF</sup>

RIVER EXE MUSSELS £17

In a garlic, white wine and cream sauce with hand cut chips or skinny fries <sup>GF</sup>

WESTCOUNTRY 8oz SIRLOIN STEAK £22

Chargrilled and served with hand cut chips or skinny fries and either salad or tomatoes, mushrooms and onion rings <sup>OA</sup>

FOR STEAK SAUCES, PLEASE SEE SIDE DISHES

MIXED GRILL £23

Sirloin steak, gammon, sausage, lamb chop, tomatoes, mushrooms, peas, onion rings, fried egg and hand cut chips or skinny fries <sup>GF, OA</sup>

ROASTED SALMON £17

Served with roasted baby potatoes, seasonal vegetables and a lemon cream sauce <sup>DF</sup>THAI GREEN CURRY £16 <sup>V</sup>

Chicken / Seafood / Vegetable

Served with steamed rice and prawn crackers <sup>OA</sup>

PAN ROASTED CHICKEN SUPREME £16

Served with roasted baby potatoes, seasonal vegetables and a mushroom cream sauce <sup>GF, OA</sup>GOAT'S CHEESE & CARAMELISED RED ONION TART £14 <sup>V</sup>

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

FAJITAS £15

Chicken / Halloumi / Vegetable

Served with guacamole, sour cream, salsa, grated cheese and salad <sup>OA</sup>

SPAGHETTI BOLOGNESE £14

Topped with rocket and parmesan shavings <sup>OA</sup>ROASTED MED VEG SPAGHETTI £14 <sup>V</sup>Topped with rocket and parmesan shavings <sup>OA</sup>

CREAMY SEAFOOD SPAGHETTI £15

Topped with rocket and parmesan shavings <sup>OA</sup>

# JUST ASK!

Many of our meals can be adapted to suit your dietary needs

# SPECIALS SERVED 6.00 - 9.30

## SHARERS

A feast for two!

### BAKED CAMEMBERT £15 <sup>VF</sup>

Whole baked Camembert served with wedges of crusty bread, a pot of spicy tomato chutney and a side salad <sup>OA</sup>

### MEDITERRANEAN MEZE £18 <sup>VF</sup>

Feta or vegan feta, olives, hummus, mixed leaf salad, sundried tomatoes, chargrilled red peppers and artichokes, coconut yogurt dip. Served with warm crusty bread, olive oil and balsamic vinegar <sup>OA</sup>

### LOBSTER & SEAFOOD £60

A whole lobster, River Exe mussels with a white wine and cream sauce, salt & peppered squid, garlic (shell on) prawns, cod goujons, iceberg salad, aioli dip, tartare dip. Served with a bread basket <sup>OA</sup>

### "THE TOMAHAWK" 30 - 36oz £60

Bone in Westcountry ribeye steak, tender, juicy and full of flavour. Perfect for sharing. Served with onion rings, roasted cherry vine tomatoes, coleslaw, roasted baby potatoes, roasted asparagus, blue cheese or peppercorn sauce <sup>OA</sup>



## NACHOS

Served with jalapeños, guacamole, sour cream and chunky salsa <sup>GF</sup>

	SMALL	LARGE
CHEESE <sup>VF</sup>	£7	£12
BEEF CHILLI	£8	£15

## KIDS MENU

MINI FISH, SKINNY FRIES & PEAS £5 <sup>OA</sup>

SAUSAGE, SKINNY FRIES & BEANS £5 <sup>OA</sup>

HAM, EGG & SKINNY FRIES £5 <sup>DF, GF</sup>

SPAGHETTI BOLOGNESE £5 <sup>OA</sup>

CHEESE & TOMATO SPAGHETTI £5 <sup>VF</sup>

## HOUSE SALAD £12 <sup>OA</sup>

Lettuce, cucumber, baby tomatoes, avocado, beetroot, sweetcorn, red onion, pepper and a honey & mustard dressing

Choose from:

SALMON CAJUN CHICKEN  
HALLOUMI OR FETA/VEGAN FETA <sup>VF</sup>

## SIDE DISHES <sup>VF</sup>

HAND CUT CHIPS / SKINNY FRIES £3 <sup>GF, DF</sup>

HAND CUT CHIPS / SKINNY FRIES WITH CHEESE £4 <sup>GF</sup>

SWEET POTATO FRIES £4 <sup>GF</sup>

GARLIC BREAD £3 <sup>OA</sup>

CHEESY GARLIC BREAD £4 <sup>OA</sup>

ONION RINGS £3 <sup>DF</sup>

PEPPERCORN SAUCE £3

BLUE CHEESE SAUCE £3

SIDE SALAD £3



## Homemade & freshly cooked Burgers

### BURGERS

100% BRITISH BEEF BURGER £14 <sup>DF, OA</sup>

VENISON & WILD BOAR BURGER £14 <sup>OA</sup>

SOUTHERN FRIED CHICKEN BURGER £14 <sup>DF, OA</sup>

CAJUN CHICKEN BURGER £14 <sup>DF, OA</sup>

VEGETABLE BURGER £13 <sup>VF, OA</sup>

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 YOUR SAUCE

SWEET CHILLI MAYO  
SRIRACHA SAUCE  
GARLIC MAYO  
BURGER SAUCE  
SMOKEY BBQ

### CHOOSE YOUR CHEESE

AMERICAN CHEESE  
MEXICANA  
APPLEWOOD (VEGAN)  
CHEDDAR  
STILTON / BRIE

EXTRAS £1 EGG JALAPEÑOS PULLED PORK STREAKY BACON CRISPY ONIONS

## Ice cream & Sorbet

£2 a scoop

### TENNACOTT FARM ICE CREAM

Made in Bideford

MADAGASCAN VANILLA  
STRAWBERRIES & CREAM  
CHOCOLATE

WHITE CHOCOLATE & MINT

### VEGAN ICE CREAM

VANILLA  
CHOCOLATE

### SORBET

MANGO & PASSIONFRUIT  
BLACKCURRANT

## Desserts

VEGAN OPTIONS ARE AVAILABLE

Ask for details!

### CRÈME BRÛLÉE £7

Served with homemade shortbread and seasonal berries <sup>OA</sup>

### CHOCOLATE FONDUE FOR TWO £14

Served with a mix of fruit, meringue, marshmallows, waffle and honeycomb <sup>OA</sup>

### ETON MESS £7

Strawberries, meringue and Chantilly cream, served with chocolate sauce or strawberry coulis <sup>GF</sup>

### LEMON TART £7

Served with seasonal berries and clotted cream

### BAKED WHITE CHOCOLATE & RASPBERRY CHEESECAKE £7

Served with seasonal berries

### WARM CHOCOLATE BROWNIE £7

Served with vanilla ice cream or clotted cream

### STICKY TOFFEE PUDDING £7

Served with butterscotch sauce and vanilla ice cream or clotted cream

### BELGIAN WAFFLES £6

Served with vanilla ice cream and either chocolate sauce or maple syrup

### CHEESE BOARD £8

Cheddar, Stilton and Brie. Served with crackers, grapes, apple and red onion jam <sup>OA</sup>



## 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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