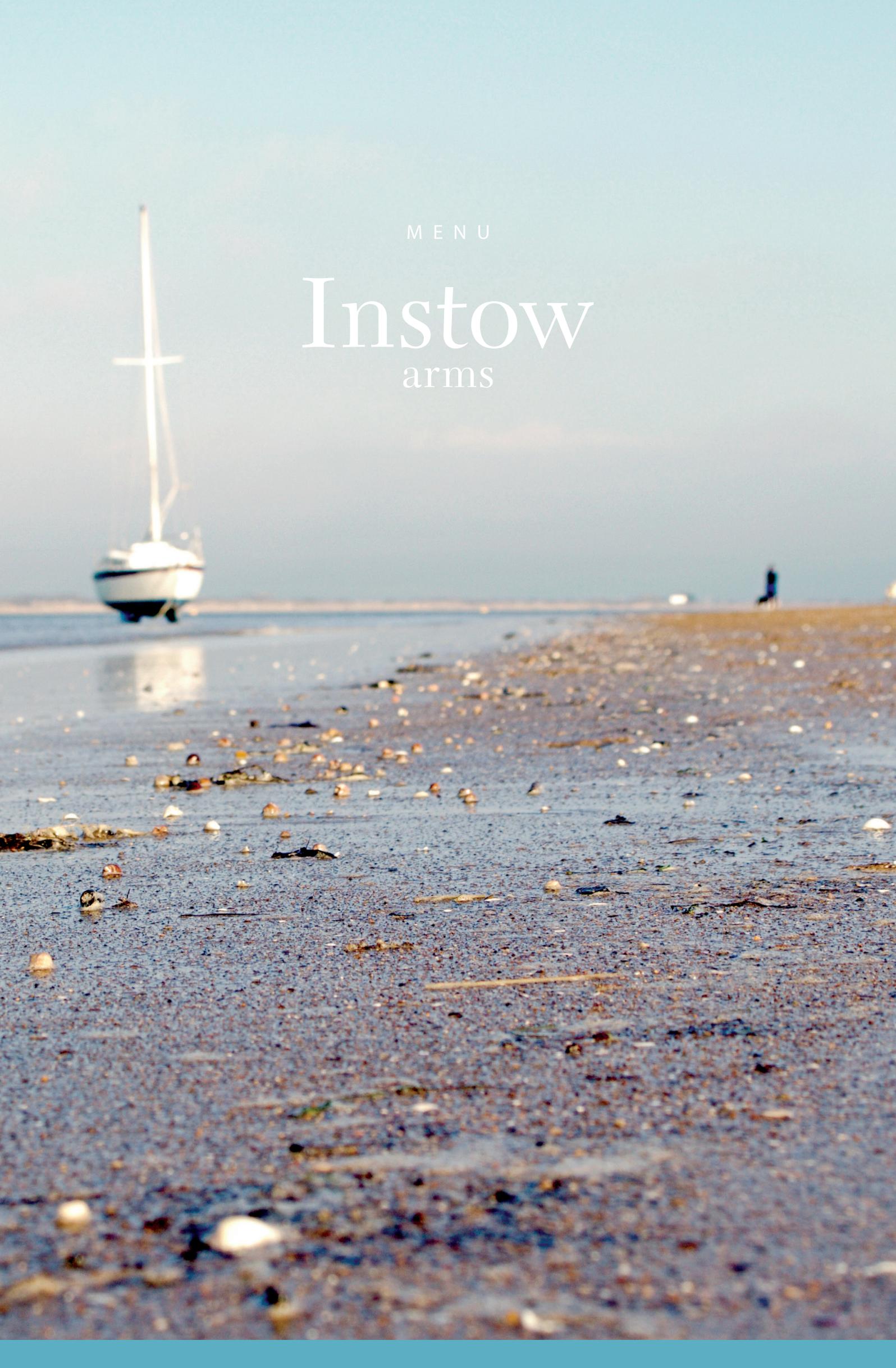


M E N U

Instow

arms



AFTERNOON 🕒 SERVED MIDDAY - 6PM

LIGHT BITES

Choose any of the following fillings on either tortilla wrap or Italian flat bread, served with a bistro salad

TUNA MAYO SALAD £6.95 (df)

CAJUN CHICKEN, LETTUCE AND TOMATO £7.95 (df)

SHREDDED DUCK, HOISIN AND CUCUMBER £7.95 (df)

BBQ PULLED PORK AND APPLE SLAW £7.95 (df)

BUFFALO MOZZARELLA,
TOMATO AND PESTO £6.95 🍴

ROASTED RED PEPPER,
HOUMOUS AND ROCKET £6.95 🍴

Ploughmans

£10.95

Home cooked ham, stilton, cheddar, pickled onion, red onion jam, scotch egg and warm crusty bread

SALAD BAR 🍴

All salads are vegetarian

CAESAR SALAD £10.95 🍴 (oa)

Lettuce, soft boiled egg, croutons, parmesan shavings and a Caesar dressing

GREEK SALAD £10.95 🍴 (gf)

Lettuce, feta, olives, tomato, red onion in a balsamic dressing

SALAD NICOISE £10.95 🍴 (gf)(df)

Lettuce, green beans, baby potatoes, cherry tomatoes, and a soft boiled egg drizzled with pesto

MOZZARELLA AND TOMATO £10.95 🍴 (gf)

Topped with dressed rocket, parmesan and pesto

+ ADD

CAJUN CHICKEN BREAST £3.50 (df)(gf)

ROASTED HALLOUMI £3.50 🍴 (gf)

TUNA MAYO £2.50 (df)(gf)

SALMON FILLET £3.95 (df)(gf)

Afternoon Treats

INSTOW ARMS CREAM TEA £5.95

Two homemade scones, served with all the trimmings

TOASTED TEA CAKE £3.95

BOBBYS CHOCOLATE BROWNIE £2.95

FLAPJACK £2.50

🍴 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.

ALL DAY 🕒 SERVED MIDDAY - 9.30PM

STARTERS > CONTINUED ON PAGE 3

SOUP OF THE DAY

£6.25 🍴 (oa)

Served with warm crusty bread

CREAMY GARLIC MUSHROOMS

£6.25 🍴 (oa)

Served with warm crusty bread

MOULES MARINIERE

£7.95 (oa)

Served with warm crusty bread

CRISPY CHILLI BEEF

£7.50 (df)(oa)

Served with onions, peppers and warm crusty bread

LOVELY WITH CHIPS

MAINS

MOULES MARINIERE £15.95 (oa)

Served with warm crusty bread

BEER BATTERED ATLANTIC COD £12.95 (df)

Served with tartare sauce, pea purée and hand cut chips or skinny fries

HAND CARVED HAM, EGGS AND CHIPS £12.95 (df)(gf)

Choose from hand cut chips or skinny fries

BREADED SCAMPI, CHIPS AND PEAS £14.95 (df)

Choose from hand cut chips or skinny fries

MEDITERRANEAN BAKED HAKE £14.95 (oa)(gf)

Served with roasted baby potatoes, tomato and basil sauce

STUFFED CHICKEN BREAST £14.95 (gf)

Wrapped in bacon and stuffed with cream cheese. Served with baby potatoes, asparagus and a cream sauce

CHARGRILLED SIRLOIN STEAK £19.95 (oa)

Served with garlic mushrooms, roasted vine tomato, beer battered onion rings and hand cut chips or skinny fries

THAI FISH CAKES £12.95 (df)

Served with a bistro salad and coleslaw

CHICKEN *or* VEGETABLE FAJITAS £13.95 🍴 (oa)

Served with guacamole, sour cream, salsa, grated cheese and salad

TOMATO, BASIL AND FETA TART £13.95 🍴

Served with salad and roasted baby potatoes

Pasta

SEAFOOD TAGLIATELLE £13.95

Mussels, salmon and cod served in a creamy white wine sauce

CRAB AND PRAWN SPAGHETTI £13.95 (oa)

Served in a creamy tomato sauce topped with parmesan shavings and rocket

CREAMY MUSHROOM AND

ASPARAGUS TAGLIATELLE £12.95 🍴

Topped with parmesan shavings

CHICKEN AND CHORIZO TAGLIATELLE £13.95

With peppers, onions, smoked paprika in a cream and brandy sauce

ROASTED RED PEPPER,

TOMATO AND FETA TAGLIATELLE £12.95 🍴

Topped with parmesan shavings

SPAGHETTI BOLOGNESE £13.95 (oa)

Topped with parmesan shavings

SPECIALS SERVED 6.00 - 9.30

GOATS CHEESE AND RED ONION JAM BRUSCHETTA

£6.95 ^(v)

Served with a bistro salad

FRESH CRAB MEAT

£7.95 ^{(df)(oa)}

Served with rocket, tartare sauce and warm crusty bread

DEEP FRIED WHITEBAIT

£6.95 ^(df)

Served with rocket and tartare sauce

THAI CHICKEN PATTIES

£7.25 ^(df)

Served with a bistro salad and chilli sauce

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 ^(oa)

BREAD BASKET

£3.00

ADD OLIVES £2.50

OIL & BALSAMIC £0.50

BEANS/PEAS £2.00 ^(oa)

PEPPERCORN SAUCE

£2.50 ^(gf)

BLUE CHEESE SAUCE

£2.50 ^(gf)

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)}

WILD BOAR & VENISON BURGER £12.95 ^{(oa)(df)}

**HALLOUMI AND RED
PEPPER BURGER** £11.95 ^(v)

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

ONION RINGS £1.00

JALAPEÑOS £0.50

BACON £1.00

OLIVES £0.50

COLESLAW £0.50

PINEAPPLE RING £0.80

BLACK PUDDING £0.80

STIRFRY BAR



Create your own...

VEG AND NOODLES £10.95 ^(v)

CHOOSE YOUR SAUCE

SWEET CHILLI ^{(gf)(df)}

HOISIN ^{(gf)(df)}

SPICY SOY ^{(gf)(df)}

BBQ ^{(gf)(df)}

+ ADD

PRAWNS £3.50 ^{(gf)(df)}

CHICKEN £3.50 ^{(gf)(df)}

HALLOUMI £3.50 ^(v) ^(gf)

CRISPY BEEF £3.50 ^{(oa)(df)}

HOISIN SHREDDED DUCK £3.50 ^{(gf)(df)}

KIDS MENU

PAN FRIED CHICKEN OR HALLOUMI

£7.95 ^(v) ^{(oa)(gf)}

Served in a tomato sauce with baby potatoes and peas

BATTERED COD, FRIES AND PEAS

£7.95 ^(oa)

HAM, EGG & FRIES

£6.95 ^{(df)(gf)}

SPAGHETTI BOLOGNESE

£7.95 ^(df)

CHEESY SPAGHETTI

£6.25 ^(v)

TOMATO TAGLIATELLE

£6.25 ^(v) ^(df)

SHARERS

NACHOS

Served with jalapeños, guacamole, sour cream and chunky salsa

CHEESE £11.95 ^(v) ^(gf)

BBQ CHICKEN £14.95 ^{(gf)(oa)}

BEEF CHILLI £14.95 ^{(gf)(oa)}

BAKED CAMEMBERT £13.95 ^(v) ^(oa)

Whole baked camembert served with wedges of crusty bread, a pot of spicy tomato chutney and bistro salad

MIXED PLATTER £29.95

BBQ pulled pork, fried halloumi chunks, sweet potato fries, onion rings, chilli beef, Thai chicken patties, garlic mayo, spicy tomato chutney. Served with a bread basket

SEAFOOD PLATTER £29.95

Fresh crab meat, cod goujons, scampi, Thai fish cakes, garlic prawns, moules, lemon mayo and tartare sauce. Served with a bread basket

PAELLA £29.95 ^{(df)(gf)}

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

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

ETON MESS AND CHOCOLATE SAUCE £6.25 ^(gf)

SUMMERFRUIT PUDDING £6.25 ^(oa)

Served with clotted cream

CHOCOLATE TART £6.95

Served with fresh fruit and clotted cream

STRAWBERRIES AND CREAM £5.25 ^(gf)

CITRUS POSSETT £5.95 ^(oa)

BELGIAN WAFFLES £5.95 ^(oa)

Served with vanilla icecream with either chocolate sauce or maple syrup

CHEESE BOARD £7.25 ^(oa)

Cheddar, stilton and brie. Served with crackers, grapes, apple and red onion jam

ICECREAM

One scoop £2.00 / additional scoops £1.50

VANILLA ^(oa)

CHOCOLATE ^(oa)

STRAWBERRY ^(oa)

CHOCOLATE HONEYCOMB ^(oa)

MINT CHOCOLATE CHIP ^(oa)



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

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