

SMALL PLATES

CRISPY CHILLI BEEF £7.50

Served with warm crusty bread ^{OA}

CREAMY GARLIC MUSHROOMS £5.50 🍴

Served with warm crusty bread ^{OA}

RIVER EXE MUSSELS £7.50

In a garlic, white wine and cream sauce with warm crusty bread ^{OA}

HALLOUMI FRIES £5.50 🍴

Served with spicy tomato chutney ^{OA}

SOUP OF THE DAY £5.50 🍴

Served with warm crusty bread ^{OA}

MINI CAMEMBERT £6.50 🍴

Served with spicy tomato chutney and warm crusty bread ^{OA}

SHELL ON GARLIC PRAWNS £7.50

Served hot with warm crusty bread ^{OA}

FRESH WHITE & BROWN CRAB MEAT £7.50

With warm crusty bread & lemon mayo ^{OA}

HOT N' SPICY CHICKEN WINGS £6.50

Served with a sour cream dip ^{OA}

TOMATO AND BASIL BRUSHETTA £5.50 🍴

Served with a Balsamic reduction ^{OA}

SPICY FAFAFEL £5.50 🍴

Served with a Tahini dip ^{OA}

PASTA

TAGLIATELLE ARRABIATA £13 🍴

Topped with parmesan shavings ^{OA}

CREAMY SEAFOOD TAGLIATELLE £14

Topped with parmesan shavings ^{OA}

CHICKEN AND CHORIZO TAGLIATELLE £14

Topped with parmesan shavings ^{OA}

DESSERTS

STICKY TOFFEE PUDDING £5.50

With butterscotch sauce with icecream ^{OA}

BELGIAN WAFFLES £5.50

Served with either chocolate sauce, maple syrup or icecream

WARM CHOCOLATE FUDGE CAKE £5.50

With seasonal berries and cream

LEMON POSSET £5.50

With seasonal berries and a shortbread

WHITE CHOCOLATE RASPBERRY CHEESECAKE £5.50

With seasonal berries ^{OA}

ETON MESS £5.50

VEGAN WARM CHOCOLATE ORANGE CAKE £5.50 🍴

VEGAN SUMMER FRUIT PUDDING £5.50 🍴

With seasonal berries and fruit coulis ^{OA}

LARGE PLATES

NACHOS 🍴

Cheese £7.50 **Three bean** £9.50 **Beef chilli** £9.50

Served with Jalapeños, guacomole, sour cream and chunky salsa ^{OA}

PAN ROASTED CHICKEN SUPREME £15

Served with roasted baby potatoes, seasonal vegetables and a mushroom cream sauce ^{OA}

RIVER EXE MUSSELS £16

In a garlic, white wine and cream sauce with hand cut chips or skinny fries ^{OA}

FAJITAS £14 🍴

Chicken, Halloumi or Vegetable.

Served with guacomole, sour cream, salsa and grated cheese ^{OA}

PAN ROASTED SALMON £16

Served with roasted baby potatoes, seasonal vegetables and a lemon cream sauce ^{OA}

HOME COOKED HAM, EGG & CHIPS £13

Served with hand cut chips or skinny fries ^{OA}

BEER BATTERED ATLANTIC COD £14

With hand cut chips or skinny fries, tartare sauce, peas or pea purée ^{OA}

WESTCOUNTRY RIBEYE STEAK £21

Chargrilled and served with hand cut chips or skinny fries, tomato, mushrooms and onion rings ^{OA}

For steak sauces, please see side dishes

AUTHENTIC MILD INDIAN CURRY £14 🍴

Chicken, Halloumi or Seafood. With steamed rice, naan bread and mango chutney ^{OA}

🍴 **SPICE IT UP!** on request.

GOAT'S CHEESE & CAMELISED RED ONION TART £13

Served with hand cut chips or skinny fries ^{OA} 🍴

ICE CREAM

 £2 a scoop

TENNACOTT FARM ICE CREAM

MADAGASCAN VANILLA, STRAWBERRIES & CREAM

WHITE CHOCOLATE & MINT

VEGAN ICE CREAM VANILLA, CHOCOLATE

CHEESE BOARD

 £7.50

Cheddar, Stilton and Brie.

Served with crackers, grapes, apple and red onion jam ^{OA}

12-9.30

Instow
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BURGER & CHIPS £14

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

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

KIDS

CHEESE TAGLIATELLE £4.50 🍴 ^{OA}

TOMATO TAGLIATELLE £4.50 🍴 ^{OA}

FISH, CHIPS & PEAS £5.50 ^{OA}

SAUSAGE/VEGAN SAUSAGE, CHIPS & BEANS £5.50 🍴 ^{OA}

CHICKEN NUGGETS, CHIPS & BEANS £5.50 ^{OA}

SIDES 🍴

OLIVES £4 ^{OA}

BREAD BASKET WITH OLIVE OIL & BALSAMIC £4 ^{OA}

HAND CUT CHIPS / SKINNY FRIES £3 ^{OA}

HAND CUT CHIPS / SKINNY FRIES WITH CHEESE £4 ^{OA}

SWEET POTATO FRIES £4 ^{OA}

GARLIC BREAD £3 ^{OA}

CHEESY GARLIC BREAD £4 ^{OA}

ONION RINGS £3 ^{OA}

PEPPERCORN SAUCE £3

BLUE CHEESE SAUCE £3

🍴 VEGETARIAN ^{OA} GLUTEN, DAIRY FREE, VEGAN OPTIONS AVAILABLE ON REQUEST

MOST OF OUR 🍴 DISHES CAN BE MADE 🍴 VEGAN!

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.

BREAKFASTS

10-12

BUILD YOUR OWN BREAKFAST

ALL ITEMS £1

Two rashers of bacon
Sausage/vegan sausage
Fried egg
Poached egg
Mushrooms
Tomato
Two hash browns
Baked beans
Black pudding
Spinach
White/brown toast

TASTY EGGS

SCRAMBLED EGGS ON TOAST £4.50 ^{0A}

EGGS BENEDICT £6.50

English muffin, bacon, two poached eggs and hollandaise sauce ^{0A}

EGGS FLORENTINE £6.50 ^v

English muffin, sautéed spinach, two poached eggs and hollandaise sauce ^{0A}

TREATS

CHOCOLATE BROWNIE £3

BISCOFF BLONDIE £3

MILLIONAIRE SHORTBREAD £3

FLAPJACK £2

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♥ **RECOVERY PRICES** ♥ We want to help everyone get back on their feet, so we're serving the same high quality dishes at reduced prices.

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ROASTS

12-9.30

Our Roasts are running alongside our main menu.

TOPSIDE OF BEEF £13

Served with Yorkshire pudding, roast potatoes and vegetables

LOIN OF PORK £12

Served with crackling, roast potatoes and vegetables

LEG OF LAMB £13

Served with roast potatoes and vegetables

QUORN ROAST £11

Served with Yorkshire pudding, roast potatoes and vegetables

NUT ROAST £11

Served with Yorkshire pudding, roast potatoes and vegetables

SMALL ROAST £7

A smaller version of any of the above

SIDES

BOWL OF PIGS IN BLANKETS £4

EXTRA ROAST POTATOES £3

EXTRA CRACKLING £1

YORKSHIRE PUDDING 50p

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