

M E N U

Instow

arms



TORTILLA WRAPS & OPEN SANDWICHES

Choose any of the following fillings on either a tortilla wrap or a slice of warm rustic bread, served with a side salad and a pot of home made coleslaw (GLUTEN FREE AVAILABLE)

STEAK, CARAMELISED RED ONION & STILTON £8^{OA}

CAJUN CHICKEN SALAD £8^{OA}

BEETROOT, HOUMOUS & PICKLED VEGETABLES £7^V ^{OA}

GOAT'S CHEESE, ROCKET & CARAMELISED RED ONION JAM £7^V ^{OA}

BATTERED COD, TARTARE SAUCE & ROCKET £8^{OA}

LOCAL & FREE RANGE

Omelette

Made with three of Farmer Bob's free range eggs and served with a side salad £7^V ^{OA, GF}

You could add:

CHEDDAR £1 STILTON £1

TOMATO £0.80 MUSHROOM £0.80

WHITE ONION £0.40 HAM £1.00

AND
add chips!
SEE SIDES

PLOUGHMANS

Home cooked ham, Stilton, Cheddar, pickled onion, gherkin, red onion jam, home made scotch egg and warm crusty bread £13^{OA}

AFTERNOON TREATS

INSTOW ARMS CREAM TEA £6

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

BOBBY'S CHOCOLATE BROWNIE £3

FLAPJACK £3^{GF}

- ^V VEGETARIAN
- ^V VEGAN
- ^{DF} DAIRY FREE
- ^{GF} GLUTEN FREE
- ^{OA} GLUTEN AND/OR DAIRY FREE
OPTIONS AVAILABLE ON REQUEST

For information about allergens, please see back cover.

SUPPORT
LOCAL
BUSINESS

WE USE LOCAL AND
DEVONSHIRE PRODUCE
WHEREVER POSSIBLE

WHILE YOU CHOOSE

OLIVES £3^V

BREAD BASKET WITH OLIVE
OIL & BALSAMIC £3^V ^{OA}

BAKED CAMEMBERT FOR TWO £14^V
Served with warm crusty bread, a pot of spicy tomato chutney and side salad ^{OA}

CREAMY GARLIC MUSHROOMS £6^V
Served with warm crusty bread ^{OA}

MOULES MARINIÈRE £8
Served with warm crusty bread ^{OA}

CRISPY BREADED WHITEBAIT £8
Served with lemon wedges, tartare sauce and rocket ^{DF}

ROASTED RED
PEPPER BRUSCHETTA £8^V ^{DF}
Served with a pickled vegetable salad and balsamic glaze ^{DF}

Starters

SWEET CHILLI BEEF £8

Served with warm crusty bread ^{DF, OA}

SOUP OF THE DAY £6^V

Served with warm crusty bread ^{OA}

Take a look at the board!

Mains

BEER BATTERED ATLANTIC COD £14

Served with tartare sauce, peas or pea purée and hand cut chips or skinny fries ^{DF, OA}

HOME COOKED HAM,

FARMER BOB'S EGGS & CHIPS £13

Choose from hand cut chips or skinny fries ^{DF, GF}

MOULES MARINIÈRE £17

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

SLOW COOKED LAMB SHANK £16

Served with creamy mash, seasonal vegetables and a redcurrant jus ^{GF, OA}

BEEF STEW & DUMPLINGS £15

Served with warm crusty bread ^{DF}

CHICKEN / HALLOUMI / VEGETABLE CURRY £15^V

Served with naan bread, steamed rice and a pot of mango chutney

SALMON EN CROÛTE £16

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

PAN ROASTED CHICKEN SUPREME £16

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

GOATS CHEESE & CARAMELISED RED ONION TART £14^V

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

CHICKEN / HALLOUMI / VEGETABLE FAJITAS £15^V ^{DF}

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

BEEF LASAGNE £14

Served with garlic bread and a side salad

TAGLIATELLE ARRABIATA £14^V

Topped with rocket & parmesan shavings ^{OA}

CHICKEN & CHORIZO TAGLIATELLE £15

Topped with rocket & parmesan shavings ^{OA}

From the Grill

10oz GAMMON STEAK £16

Served with a pineapple ring, a (Farmer Bob's) free range egg, peas and hand cut chips or skinny fries ^{OA, GF}

FISH OF THE DAY £17

Served with baby potatoes, seasonal vegetables and a complementing sauce ^{OA}

CHARGRILLED 8oz RIBEYE STEAK £22

Choose either: tomatoes, mushrooms and onion rings or side salad.
Served with hand cut chips or skinny fries ^{OA}

PEPPERCORN SAUCE £3 ^{GF} BLUE CHEESE SAUCE £3 ^{GF}

BURGERS

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

HOMEMADE BEEF BURGER £14 ^{DF, OA}

CAJUN CHICKEN BURGER £14 ^{DF, OA}

WILD BOAR & VENISON BURGER £14 ^{DF, OA}

SPICY BEAN BURGER £13 ^{DF, OA}

QUINOA, BEETROOT & EDAMAME BURGER £13 ^{DF, OA}

How about adding:

STILTON £1 CHEDDAR £1 BRIE £1

ONION RINGS £1 BACON £1 JALAPEÑOS £0.50

NACHOS

Served with jalapeños, guacamole, sour cream and chunky salsa ^{OA}

	SMALL	LARGE
CHEESE ^{DF}	£7	£12
BEEF CHILLI	£8	£15

Kids Menu

COD GOUJONS, SKINNY FRIES & PEAS £6 ^{OA}

SAUSAGE, MASH & BEANS £6 ^{OA}

HAM, EGG & SKINNY FRIES £6 ^{DF, GF}

MINUTE STEAK, SKINNY FRIES & PEAS £7 ^{OA}

EGGS, SKINNY FRIES & BEANS £5 ^{DF, OA}

CHEESE & TOMATO TAGLIATELLE £5 ^{DF}

SIDE DISHES ^{DF}

HAND CUT CHIPS / SKINNY FRIES

£3 ^{GF, DF}

HAND CUT CHIPS / SKINNY FRIES
WITH CHEESE

£4 ^{GF}

SWEET POTATO FRIES

£4 ^{DF}

ONION RINGS ^{DF}

£3 ^{DF}

GARLIC BREAD

£3 ^{OA}

GARLIC BREAD WITH CHEESE

£4

BAKED BEANS

£2 ^{GF, DF}

BUTTERED PEAS

£2 ^{GF, OA}

SEASONAL VEGETABLES

£3 ^{GF, OA}

HOME MADE COLESLAW

£1 ^{OA}

WARM SALADS

PAN FRIED CHICKEN, BACON & BRIE £12

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}

SALMON & AVOCADO £12

Nestled in kale, courgette, broccoli, spring onions, beetroot and egg, tossed in a lemon and mustard dressing ^{OA, GF}

THAI BEEF £12

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, GF}

HALLOUMI AND VEGETABLE MEDELY £10 ^{DF}

Fried halloumi, beetroot, roasted butternut squash, roasted red pepper, pinenuts, salad leaves and a balsamic glaze ^{OA, GF}

Desserts

STICKY TOFFEE PUDDING £7

Served with butterscotch sauce and vanilla icecream

FRUIT CRUMBLE £7

Served with pouring or clotted cream ^{OA}

CHEESECAKE OF THE DAY £7

WHITE CHOCOLATE AND BLUEBERRY

BREAD AND BUTTER PUDDING £7

Served with pouring or clotted cream ^{OA}

CHOCOLATE DÉLICE £7

Served with seasonal fruit and vanilla icecream ^{OA}

POACHED PEAR £7 ^{DF}

In a red wine syrup, served with local or vegan icecream ^{OA}

BELGIAN WAFFLES £6

Served with vanilla icecream with either chocolate sauce or maple syrup ^{OA}

CHEESE BOARD £8

Cheddar, Stilton and Brie. Served with crackers, grapes, apple and red onion jam ^{OA}

Icecream

£2 a scoop

LOCAL LOVINGTONS ICECREAM

VANILLA

STRAWBERRY & CREAM

DOUBLE CHOCOLATE CHUNK

BLUE BUBBLEGUM

WHITE CHOCOLATE & HONEYCOMB

MINT CHOCOLATE CHUNK

VEGAN ICECREAM ^{DF}

VANILLA

CHOCOLATE



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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