

SMALL PLATES

CRISPY CHILLI BEEF £8

Served with warm crusty bread DA

CREAMY GARLIC MUSHROOMS £6

Served with warm crusty bread DA

RIVER EXE MUSSELS £8

In a garlic, white wine and cream sauce with warm crusty bread DA

HALLOUMI FRIES £7

Served with spicy tomato chutney DA

SOUP OF THE DAY £6

Served with warm crusty bread DA

BREADED BRIE WEDGES £7

Served with redcurrant jelly DA

SHELL ON GARLIC PRAWNS £8

Served hot with warm crusty bread DA

FRESH WHITE & BROWN CRAB MEAT £8

With warm crusty bread & lemon mayo DA

HOT N° SPICY CHICKEN WINGS £7

Served with a sour cream dip DA

TOMATO AND BASIL BRUSCHETTA £6

Served with a Balsamic reduction DA

SPICY FALAFEL £6

Served with a Tahini dip DA

PASTA

TAGLIATELLE ARRABIATA £14

Topped with parmesan shavings DA

CREAMY SEAFOOD TAGLIATELLE £14

Topped with parmesan shavings DA

CHICKEN AND CHORIZO TAGLIATELLE £14

Topped with parmesan shavings DA

BURGER & CHIPS

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

£15

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

LARGE PLATES

NACHOS / DIRTY FRIES

Cheese £8 **Three bean** £10 **Beef chilli** £10

Served with Jalapeños, guacamole, sour cream and chunky salsa DA

PAN ROASTED CHICKEN SUPREME £16

Served with roasted baby potatoes, seasonal vegetables and a mushroom cream sauce DA

RIVER EXE MUSSELS £17

In a garlic, white wine and cream sauce with hand cut chips or skinny fries DA

FAJITAS £15

Chicken, Halloumi or Vegetable.

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

PAN ROASTED SALMON £16

Served with roasted baby potatoes, seasonal vegetables and a lemon cream sauce DA

HOME COOKED HAM, EGG & CHIPS £14

Served with hand cut chips or skinny fries DA

BEER BATTERED ATLANTIC COD £15

With hand cut chips or skinny fries, tartare sauce, peas or pea purée DA

WESTCOUNTRY RIBEYE STEAK £22

Chargrilled and served with hand cut chips or skinny fries and either salad or, tomato, mushrooms and onion rings DA

For steak sauces, please see side dishes

AUTHENTIC MILD INDIAN CURRY £15

Chicken, Halloumi or Seafood.

With steamed rice, naan bread and mango chutney DA  **SPICE IT UP!** on request.

GOAT'S CHEESE & CAMELISED

RED ONION TART £14

Served with hand cut chips or skinny fries DA

DRESSED HOUSE SALAD

£6

ADD CHICKEN £4

ADD SALMON £4

ADD FALAFEL £4 

ADD HALLOUMI £4 

EXTRAS

ADD AN EXTRA TO YOUR MEAL

OLIVES £4 DA

BREAD BASKET WITH OLIVE OIL & BALSAMIC £4 DA

HAND CUT CHIPS / SKINNY FRIES £3 DA

HAND CUT CHIPS / SKINNY FRIES WITH CHEESE £4 DA

SWEET POTATO FRIES £4 DA

GARLIC BREAD £3 DA

CHEESY GARLIC BREAD £4 DA

ONION RINGS £3 DA

PEPPERCORN SAUCE £3

BLUE CHEESE SAUCE £3

KIDS

CHEESE TAGLIATELLE £5  DA

TOMATO TAGLIATELLE £5  DA

FISH, CHIPS & PEAS £6 DA

SAUSAGE/VEGAN SAUSAGE, CHIPS & BEANS £6  DA

CHICKEN NUGGETS, CHIPS & BEANS £6 DA

DESSERTS

STICKY TOFFEE PUDDING £7

With a butterscotch sauce and vanilla icecream DA

BELGIAN WAFFLES £6

Served with vanilla icecream and either chocolate sauce or maple syrup

WARM CHOCOLATE FUDGE CAKE £6

Served with vanilla icecream

CHOCOLATE AND BISCOFF TORTE £7 DA

With a berry compote

LEMON POSSET £7

With seasonal berries and a shortbread finger

WHITE CHOCOLATE

RASPBERRY CHEESECAKE £7

With seasonal berries DA

MANGO PARFAIT £7

With an orange and passionfruit sauce DA

ICE CREAM £2 a scoop

TENNACOTT FARM ICE CREAM

Madagascar Vanilla
Chocolate
Strawberries & Cream
White Chocolate & Mint

VEGAN ICE CREAM

Vanilla
Chocolate

CHEESE BOARD £8

Cheddar, Stilton and Brie.

Served with crackers, grapes, apple and red onion jam DA

Instow
arms

 **VEGETARIAN**

DA **GLUTEN, DAIRY FREE, VEGAN
OPTIONS AVAILABLE ON REQUEST**

ALLERGENS: Please advise your server of any special dietary requirements, including intolerances and allergies.

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

TREATS

CHOCOLATE BROWNIE £3

BISCOFF BLONDIE £3

MILLIONAIRE SHORTBREAD £3

CHOC CHIP COOKIE £2

TASTY EGGS

SCRAMBLED EGGS ON TOAST £5 ^{0A}

EGGS BENEDICT £7

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

EGGS FLORENTINE £7 ^v

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

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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.



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

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ROASTS

12-9PM

Our Roasts are running alongside our main menu.

TOPSIDE OF BEEF £14

Served with Yorkshire pudding, roast potatoes and vegetables

LOIN OF PORK £13

Served with crackling, roast potatoes and vegetables

LEG OF LAMB £14

Served with Yorkshire pudding, roast potatoes and vegetables

QUORN ROAST £12

Served with Yorkshire pudding, roast potatoes and vegetables

NUT ROAST £12

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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