

ALLERGENS

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

PLANT BASED 

Our menu can be easily adapted to be meat free and plant based. Please ask your server for more information.

 VEGETARIAN
 PLANT BASED

STARTERS**CRISPY CHILLI BEEF OR****PLANT BASED CRISPY CHILLI BEEF** £8 

Served with warm crusty bread

SAUTÉED WILD MUSHROOMS WITH GARLIC £7 

Served on sour dough toast

BAKED CAMEMBERT FOR TWO £15 

Served with spicy tomato chutney and warm crusty bread

HADDOCK GOUJONS**OR PLANT BASED FISH GOUJONS** £7 

Served with tartare sauce

SOUP OF THE DAY £6

Served with warm crusty bread

MOULES MARINIÈRE £8

Served with warm crusty bread

SPICY FALAFEL £7 

With iceberg lettuce and houmous

SPICY BUFFALO OR STICKY BBQ CHICKEN WINGS £8

With a blue cheese dip

HALLOUMI FRIES £8 

Served with spicy tomato chutney

BURGER & CHIPS

100% BRITISH BEEF BURGER
CAJUN CHICKEN BURGER
PLANT BASED BEEF BURGER 

£15

All served with sliced tomato, iceberg lettuce in a gourmet bun. With a pot of spicy tomato chutney and either hand cut chips or skinny fries on the side.

EXTRAS (£1 EACH)

CHEDDAR, PLANT BASED CHEDDAR,
BRIE, STILTON, FRIED EGG, BACON,
PLANT BASED BACON, ONION RINGS

WARM SALADS

Sautéed kale, tenderstem broccoli, courgette and chickpeas served with a lemon and mustard dressing. £7 

ADD PAN FRIED SALMON £5

ADD CAJUN CHICKEN £5

ADD PLANT BASED CAJUN CHICKEN £5 

ADD HALLOUMI £5 

MAINS**CHILLI CON CARNE OR****PLANT BASED CHILLI CON CARNE** £16 

Served with rice, tortilla chips and sour cream

MOULES MARINIÈRE £18

Served with hand cut chips or skinny fries

FAJITAS £16

Choose from either:

Chicken**Plant based chicken** **Halloumi** 

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

HOME COOKED HAM, EGG & CHIPS £15

Served with hand cut chips or skinny fries

BEER BATTERED ATLANTIC COD £16

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

100% DEVON RUBY SIRLOIN STEAK £25

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

For steak sauces, please see side dishes

SAUSAGE OR PLANT BASED SAUSAGE AND MASH £16 

Served with onion gravy and peas

PAN ROASTED CHICKEN SUPREME £17

Served with mash, broccoli and a blue cheese sauce

GOAT'S CHEESE & CARAMELISED**RED ONION TART** £15 

Served with hand cut chips or skinny fries

SALMON, PEA & SPINACH TAGLIATELLE £17

Cooked in a creamy garlic and white wine sauce

THREE BEAN CASSOULET £15 

Cooked in rich garlic, herb and tomato sauce. Served with warm crusty bread

EXTRAS 

OLIVES £4

BREAD BASKET WITH OLIVE OIL & BALSAMIC £4

HAND CUT CHIPS / SKINNY FRIES £3

HAND CUT CHIPS / SKINNY FRIES WITH CHEESE £4

GARLIC BREAD £3

CHEESY GARLIC BREAD £4

ONION RINGS £3

PEPPERCORN SAUCE £3

BLUE CHEESE SAUCE £3

ADD
AN EXTRA
TO YOUR
MEAL

KIDS**CHEESE TAGLIATELLE** **£7****HAM, EGG & CHIPS****FISH OR PLANT BASED FISH, CHIPS & PEAS** **SAUSAGE OR PLANT BASED SAUSAGE, CHIPS & BEANS** **CHICKEN OR PLANT BASED NUGGETS, CHIPS & BEANS** **HOMEMADE DESSERTS****£7****STICKY TOFFEE PUDDING**

With a butterscotch sauce and vanilla ice cream

CHOCOLATE ORANGE CAKE  GF

Served with vanilla or dairy free vanilla ice cream

CARAMEL AND APPLE CRUMBLE PIE

Served warm with cream or vanilla ice cream

DAIRY FREE VANILLA PANACOTTA  GF

Topped with raspberry compote served with seasonal berries

LEMON TART

With seasonal berries and cream

WARM CHOCOLATE FUDGE CAKE

With vanilla ice cream

AFTER EIGHT CHEESECAKE**ICE CREAM** £2 a scoop**TENNACOTT FARM ICE CREAM**

Vanilla
Chocolate
Strawberry

DAIRY FREE ICE CREAM

Vanilla
Chocolate

CHEESE BOARD £10**Cheddar, Stilton and Brie.**



Served with crackers, grapes, apple and red onion jam

BREAKFASTS

10-NOON

BUILD YOUR OWN BREAKFAST

ALL ITEMS £1.50

Two rashers of bacon
Two rashers of plant based bacon 
Sausage
Plant based sausage 
Fried egg
Poached egg
Mushrooms
Tomato
Two hash browns
Pot of baked beans
Black pudding
Spinach
2 x white/brown toast

TASTY EGGS

SCRAMBLED EGGS ON TOAST £6

EGGS BENEDICT £9
English muffin, bacon, two poached eggs and hollandaise sauce

EGGS FLORENTINE £9 
English muffin, sautéed spinach, two poached eggs and hollandaise sauce

HOT DRINKS

TEA £2.50
DECAF TEA £2.60
EARL GREY £2.60
FRUIT HERBAL TEA £2.60

AMERICANO £2.80
ESPRESSO £2.30
DOUBLE ESPRESSO £3.50
FLAT WHITE £3.50
CAPPUCCINO £3
LATTE £3
MACCHIATO £2.40
DOUBLE MACCHIATO £3.50
BABYCINO £1
MOCHA £3.60
EXTRA SHOT £1.50

HOT CHOCOLATE £3.10
HOT CHOCOLATE WITH CREAM £3.60

+ ADD
MARSHMALLOWS 40p
FLAKE 50p
SYRUP 40p
ALTERNATIVE MILK 40p
CREAM 40p

SUNDAY ROASTS


AVAILABLE FROM NOON


Our roasts run alongside our main menu, overleaf.

TOPSIDE OF BEEF £15
Served with Yorkshire pudding, roast potatoes and vegetables

LOIN OF PORK £14
Served with crackling, roast potatoes and vegetables

TURKEY ROAST £14
Served with stuffing balls, roast potatoes and vegetables

PLANT BASED MEAT LOAF £14 
Served with roast potatoes and vegetables

NUT ROAST £13 
Served with Yorkshire pudding, roast potatoes and vegetables

SMALL ROAST £8
A smaller version of any of the above

SIDES

BOWL OF PIGS IN BLANKETS £4
EXTRA ROAST POTATOES £3
EXTRA CRACKLING £1
BREAD SAUCE £1
DAIRY FREE BREAD SAUCE £1 
YORKSHIRE PUDDING 50p

HOME MADE TREATS

BISCOFF BLONDIE £3.50
MILLIONAIRE SHORTBREAD £3.50
CHOC CHIP COOKIE £2.50
CHOCOLATE BROWNIE £2.50
VEGAN CHOCOLATE BROWNIE £2.50  GF

Instow
arms

ALLERGENS

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

PLANT BASED

Our menu can be easily adapted to be meat free and plant based. Please ask your server for more information.

 VEGETARIAN
 PLANT BASED