

Design: cam@mour.digital

Instow arms



Instow Arms
Hatton Croft
Marine Parade
Instow
Devon EX39 4JJ

www.instowarms.com

We are really proud to source as much as we can of our produce locally, and encourage you to do the same and... shop local!



M E N U

Afternoon Menu

12-5

Offered in addition to our main menu...

Toasted Panini

Toasted panini with your chosen filling £10

Choose from:

- Tomato & mozzarella
- Mediterranean vegetables & pesto
- Tuna melt
- Home-cooked ham & cheese

Jacket Potatoes

Freshly Baked Jacket Potatoes £12

Served with coleslaw

Choose a topping:

- Beef chilli con carne
- Tuna mayo
- Baked beans

Add: cheese +£1

All Day Menu

12-9

Starters & Small Plates

Soup of the Day £8
(Please see the board)

Moules Marinière £12
Served with warm crusty bread

Crispy Chilli Beef/ Plant-based Beef £10
Served with warm crusty bread

Creamy Garlic Mushrooms £10
Served with warm crusty bread

Tomato & Basil Bruschetta £9

Buffalo Chicken Wings £10
Served with blue cheese dip

Shell-on Garlic Prawns £12
Served with warm crusty bread

Halloumi Fries £10
Served with spicy tomato chutney

Smashed Pea & Lemon Bites £9
Served with a sweet chilli dip

Main Courses

Beer Battered Atlantic Cod £18
Served with hand cut chips or skinny fries,
tartare sauce, and peas or mushy peas

Moules Marinière £22
Served with warm crusty bread

Devon Ruby Sirloin Steak £28
Served with hand cut chips or skinny fries, tomato,
mushrooms, and onion rings, or salad
Add: peppercorn or blue cheese sauce +£4

Home-cooked Ham, Egg & Chips £17
Served with hand cut chips or skinny fries

Fajitas £18
Choose: Chicken, Halloumi, or Oyster Mushrooms
With guacamole, sour cream, salsa & grated cheese

Cheese Nachos £12
With jalapeños, guacamole, sour cream & chunky salsa
Add: Beef chilli con carne +£5

Spaghetti Bolognese £18
Served with garlic bread and parmesan cheese

Spaghetti Arrabbiata £17
Served with garlic bread (and parmesan on request)

Creamy Seafood Spaghetti £20
Served with rocket and parmesan cheese

Burgers

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

Choose any burger for £18

- 100% British Beef
- Spicy Bean Burger
- Chargrilled Chicken Breast

Build your own...

Then choose from these extras to make it your own

Extras £1/item

- Cheddar, Brie or Stilton
- Fried egg
- Bacon
- Onion rings
- Jalapeños

Rice & Salad Bowls

Mexican Fried Rice £12
Rice with sweetcorn, red kidney beans,
peppers, onion, and Mexican spices

House Salad £10
Cucumber, pepper, red onion, tomato, avocado
and fresh leaves with honey & mustard dressing

Caesar Salad £12
Egg, parmesan, croutons and fresh leaves
with a classic caesar dressing

Green Vegetable & Pesto Fried Rice £12
Rice with courgettes, spinach, peas,
broccoli, and basil pesto

Greek Salad £12
Olives, feta, tomatoes and fresh leaves
with a lemon vinaigrette

Add any of the options below +£5
Chargrilled Chicken, Halloumi, King Prawns

Sides

Bread basket with oil & balsamic £6

Garlic bread £3.50

Garlic bread with cheese £4.50

Onion rings £5

Hand cut chips/ skinny fries £5

Hand cut chips/ skinny fries with cheese £6

Homemade Desserts

All £9 unless stated otherwise

Sticky Toffee Pudding
With butterscotch sauce & ice cream

Hot Chocolate Fudge Cake
With cream or ice cream

Chocolate or Vegan Chocolate Brownie
With ice cream

Lemon Tartlet
With seasonal berries

Millionaire's Shortbread Mousse

Summer Fruit Pavlova

Raspberry & White Chocolate Cheesecake
With seasonal berries

Ice Cream £2/scoop
Vanilla, chocolate, or strawberry,
or dairy free (vanilla or chocolate)

Cheese Board £12
Cheddar, Stilton, and Brie
With crackers, grapes, apple & red onion jam

Allergens & Dietary Requirements

Vegan Vegetarian (vegan by request)

Please make any allergies clear to your server.

All of our dishes are cooked to order* and
can be adapted to be gluten and dairy free.
Vegetarian dishes can be adapted to be vegan.

*excluding desserts.

Children's Menu

Spaghetti Bolognese £8

Cheese Pasta £8

Fish, Chips & Peas or Beans £8

Chicken Nuggets & Peas or Beans £8

Sausage/ Plant-based Sausage,
Chips & Peas or Beans £8

Daily Specials

Also see our daily specials menu for
a further selection of dishes.

Please ask your server to see a menu...