

Allergens  Please make any allergies clear to your server.

Dietary Requirements

 Vegan  Vegetarian (vegan by request)



All of our dishes are cooked to order (except for our homemade desserts) and can be adapted to be gluten and dairy free. Vegetarian dishes can be adapted to be vegan.

Afternoon Menu 12-5

Sandwiches

All served on fresh white, brown, or gluten-free bread with dressed salad and skinny fries



Choose from:

- Tuna mayo £10
- Chicken and chorizo £10
- Prawn Marie Rose £10
- Cheese and tomato £9 
- Ham, cheese & pickle £9
- Curried chickpea salad £9 

Jacket Potatoes

Freshly Baked Jacket Potatoes £12
Served with a dressed salad garnish

Choose a topping:

- Beef chilli con carne
- Tuna and cheese
- Baked beans and cheese 
- Prawn Marie Rose
- Curried chickpea salad 

Ploughman's for Two

Pork Pie, Scotch Egg, Home-cooked Ham £22
With cheddar cheese, pickled onions, gherkins, spicy tomato chutney and crusty bread


All Day Menu 12-9

While you decide... Bread basket with oil and balsamic £6

Starters & Small Plates

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

Creamy Garlic Mushrooms £10 
Served with warm crusty bread

Crispy Cauliflower Popcorn £10 
Served with chipotle mayo

Breaded Whitebait £11
Served with rocket and tartare sauce

Breaded Brie Wedges £10 
Served with redcurrant jelly & dressed salad

Crispy Chilli Beef/ Plant-based Beef £12 
Served with warm crusty bread

Moules Marinière £12
Served with warm crusty bread

Boneless Korean Chicken Thighs £12
Served with coriander mayo, spring onions & fresh chillies




Thai Fishcakes £12
Served with a sweet chilli dip & dressed salad

Add chips or rice


Sides

- Garlic bread £3.50
- Garlic bread with cheese £4.50
- Onion rings £5
- Steamed Rice £5
- Hand cut chips/ skinny fries £5
- Hand cut chips/ skinny fries with cheese £6
- Seasonal vegetables £5

Children's Menu £8 each

- Fish, Chips & Peas or Beans
- Chicken Nuggets & Peas or Beans
- Sausage/ Plant-based Sausage 
Served with chips and peas or beans
- Cheese Pasta 
- Tomato Pasta 
- Beef Burger & Skinny Fries

Main Courses

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

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

Moules Marinière £23
Served with warm crusty bread

Instow Arms House Curry £18 
With steamed rice, naan bread & mango chutney
Choose: Chicken, Vegetable, or Halloumi
(Like it spicy? Just ask...)
Add: two homemade onion bhajis +£5


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

Roasted Salmon Fillet £23
Served with roasted baby potatoes, seasonal vegetables, and lemon cream sauce

Three Bean Cassoulet £18 
Cooked in a rich garlic, herb & tomato sauce, served with mashed potato

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

Pan Roasted Chicken Supreme £20
Served with roasted baby potatoes, seasonal vegetables and a creamy garlic white wine sauce

Sausage (or plant-based sausage) & Mash £18 
Served with peas and onion gravy

Roasted Venison Loin £28
Served with dauphinoise potatoes, roasted carrots and red wine jus

Creamy Tuscan Chicken Pappardelle Pasta £18
Served with rocket and parmesan cheese

Tomato, Olive & Chilli Pappardelle Pasta £17 
Served with rocket and parmesan cheese

Daily Specials


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

Please ask your server to see a menu...

Burger Bar

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% Beef Burger
- Cajun Chicken Burger
- Venison & Wild Boar Burger
- Southern Fried Chicken Burger
- Spicy Bean Burger 

Free Sauces
Chipotle Mayo
Hot sauce
Sweet Chilli

Make it your own...

Then choose from the below options to make it your own

Extras £1/item

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

Homemade Desserts

All £9 unless stated otherwise

Sticky Toffee Pudding
With butterscotch sauce & ice cream

Hot Chocolate Fudge Cake
With cream or ice cream

Apple Crumble
Served with fresh cream or ice cream

Fresh Raspberry Trifle

Lemon Cheesecake
With seasonal berries

Chocolate & Salted Caramel Tart
Served with cream or ice cream

Biscoff Tiramisu 

Ice Cream £2/scoop

- Vanilla
- Salted Caramel
- Mint Choc Chip
- Blackcurrant
- Vegan Vanilla 
- Vegan Salted Caramel 

Cheese Board £12

Cheddar, Stilton, and Brie
With crackers, grapes, apple & red onion jam