# Instow

### Ciabattas

Served 12-5pm

Freshly baked ciabatta generously filled with your choice of filling and served with a salad garnish

Steak, Stilton and Caramelised Onion £12

Cod Goujons, Tartare Sauce and Rocket £12

Ham, Cheese & Tomato £10

Tuna Melt £10

Falafel with Hummus and Rocket £10

### Salads

Leaves, cucumber, cherry tomatoes, peppers, and avocado served with a honey and mustard dressing

House Salad £8

Tuna Mayo Salad £13

Piri Piri Chicken Salad £13

- Halloumi Salad £13
- Piri Piri Butternut Squash Salad £10

# Daily Specials

Please also check our specials boards or ask your server for today's choices

## Kehahs

Grilled on a skewer with vegetables and served with flatbread, mint yoghurt, cucumber, and tomato

Spicy Prawns £18

Chicken Shawarma £18

Sweet Chilli & Soy Marinated Halloumi £18

## Soft Shell Tacos

Made with shredded lettuce, avocado & mango salsa, coriander sour cream, and served with spicy fries

Crispy Cod Strips £16

Piri Piri Chicken £16

Beef Chilli £16

Piri Piri Roasted Butternut Squash £16

## Noodle / Rice Bowls

#### Massaman Noodle Bowl £16

Mild, creamy peanut curry sauce, rice noodles, spring onions, and chopped peanuts

Choose:

Tofu, Chicken, or Shrimp

Fajita Rice Bowl £16

Onions, peppers, kidney beans, tomatoes, chillies, fried rice, and Mexican spices

Choose:

Tofu, Chicken, or Shrimp

#### Small Plates

Soup of The Day £8
Please see the board for today's soup

Creamy GarlicMushrooms £10

Served with warm crusty bread

Crispy Fried Courgette £8
Served with aioli

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

Crispy Chilli Beef or Plant-based Beef £12

Served with warm crusty bread

Sticky Korean Chicken Thighs £12

Served with coriander mayo, topped with spring onions and fresh chillies

Crispy Feta Rolls £10
Served with a sweet chilli dip

Calamari Rings £12

Served with aioli

+ SIDES

Add sides to your meal (see overleaf)

#### Kids

Fish & Chips, Peas/ Beans £8

- Sausage/ Plant-Based Sausage and Chips, Peas/ Beans £8
- Cheese Spaghetti £8
- **✓ Tomato Spaghetti £8**

Chicken Nuggets & Chips, Peas/ Beans £8

A

## Dietary Requirements

Apart from our homemade desserts, dishes are cooked to order and can be adapted to be gluten & dairy free; vegetarian dishes can be made vegan





v Vegetarian, vegan by request

Please make any allergies clear to your server

## Burgers

Served in a toasted brioche bun with sliced tomato, shredded iceberg lettuce, with handcut chips or skinny fries and a pot of spicy tomato chutney

Two Home-made 100% Beef 4oz Patties £18

Extra Beef Patty £4 ea.

Southern Fried Chicken £18

Add Toppings £1 ea.

Cheddar Burger cheese Brie Streaky bacon Blue cheese Onion rings

Mexicana cheese

## Sharers

Baked Camembert £18

Served with crusty bread, a pot of spicy tomato chutney, and salad

Seafood Platter £36

Calamari, mussels, garlic prawns, cod goujons, smoked salmon, crab meat, skinny fries, crusty bread, lemon mayo, and sweet chilli dip

Mediterranean Mezze £25

Flatbread, hummus, roasted peppers, olives, crispy courgette, feta, falafel, tzatziki, spicy fries, aioli, and salad

Add Prosciutto £5

## Pizza (12")

Margherita £12

Classic cheese and tomato

Pepperoni £14

Cheese and tomato with pepperoni sausage

## Classic Mains

#### Beer Battered Atlantic Cod £18

Choose handcut chips or skinny fries, peas or mushy peas and tartare sauce

Moules Marinière

Served with skinny fries

Small £12 Large £24

Ham Egg & Chips £17

Handcut chips or skinny fries and peas

Goats Cheese & Caramelised Red Onion Tart £17

> Choose handcut chips or skinny fries, served with salad

Spaghetti Carbonara £17

Topped with parmesan shavings

Pea & Pesto Spaghetti £16

Topped with roasted asparagus

Sirloin Steak / Lamb Rump £30

Choose handcut chips or skinny fries, with roasted asparagus, cherry vine tomatoes, and onion rings or salad

Add Sauce £4

Peppercorn, Blue Cheese, Chimichurri

Baked Hake & Potatoes £22

In a garlic and rosemary cream sauce, served with seasonal vegetables

## Daily Specials

Please also check our specials boards or ask your server

#### Sides

- **V** Garlic Bread £5
- Cheesy Garlic Bread £6
- Onion Rings £5
- **Portion of Handcut Chips** or Skinny Fries £5
- Cheesy Chips / Fries £6
- Spicy Fries £5
- Steamed Rice £4
- Side Salad £4

#### Desserts

- Lemon Posset £9 Served with a shortbread finger
- Sticky Toffee Pudding £9 Served with butterscotch sauce and vanilla ice cream
- Hot Chocolate Fudge Cake £9 Served with cream or ice cream
- Mississippi Mud Pie £9 Served with seasonal berries
- Raspberry Meringue Roulade £9 Served with ice cream
- Vanilla & Coconut Pana Cotta, Summerfruit Compôte £9
- Chocolate Fondue (sharer) £18 Strawberries, raspberries, waffles marshmallows, honeycomb, and a shortbread finger
- *v* Ice Cream £2 / scoop Vanilla, chocolate, strawberry, vegan vanilla, vegan chocolate
- Cheese Board £12 Cheddar, Stilton & Brie with crackers, grapes, apple, and red onion jam

## Dietary Requirements

Apart from our homemade desserts, dishes are cooked to order and can be adapted to be gluten & dairy free; vegetarian dishes can be made vegan



