Instow

Afternoon Menu

Served 12-5pm

Jacket Potatoes

A freshly baked jacket potato served with coleslaw & your choice of:

Beef Chilli con Carne £11.95

Tuna Mayo £9.95

- Vegan BBQ Jackfruit £9.95
- Baked Beans £9.95



Add cheese + £1

Baguettes £11.95

A freshly baked baguette served with crisps and coleslaw, generously filled with your choice of:

Chicken, Chorizo & Mayo

Tuna Mayo & Salad

Philly Cheesesteak

Smoked Vegan Cheese & Caramelised Onion

Bacon, Cranberry & Brie

Noodle & Rice Bowls

Salmon Rice Bowl £15.95

Tender salmon marinated in a spicy, sweet glaze, served warm on a bed of steamed rice with pickled vegetables and a spicy mayo sauce

Thai Chicken Meatball and Coconut Curry £15.95

Served with sticky rice and topped with finely sliced fresh chillies and spring onions

Roasted Mediterranean Vegetable & Chickpea Rice Bowl £15.95

Served on a bed of steamed rice with a creamy, tangy tahini dressing

Chicken Ramen £15.95

A tasty, Japanese-inspired noodle soup topped with slices of tender chicken, finely chopped spring onions and a soft-boiled egg

✓ Vegetable & Tofu Ramen £15.95

A hearty plant-based noodle soup topped with vegetables, finely chopped spring onions and perfectly crispy pan-fried tofu

Small Plates

Soup of The Day £7.95

Please see the board for today's soup, served with warm crusty bread

Creamy Garlic Mushrooms £9.95

Served with warm crusty bread

- Crispy Vegetable Pakora £9.95
 Served with mango chutney
- W Halloumi Fries £11.95
 Served with spicy tomato chutney
- Crispy Chilli Beef or
 Plant-based Beef £11.95
 Served with warm crusty bread

Spicy Chicken Wings £11.95 Served with blue cheese dip

Salt & Pepper Squid £11.95 Served with aioli

Moules Marinière £12.45
Served with warm crusty bread

Make it a meal with a side (see overleaf

Daily Specials

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

Kids Menu

- **v** Cheese Pasta £7.95
- **Tomato Pasta** £7.95
- Sausage/ Plant-Based Sausage &Chips with Peas or Beans £7.95

Fish & Chips, Peas/ Beans £7.95

Chicken Nuggets and Chips, Peas/ Beans £7.95



Allergies

Please make any allergies clear to your server



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





Sides

- Garlic Bread £4.95
- Cheesy Garlic Bread £5.95
- Onion Rings £4.95
- **Portion of Handcut Chips** or Skinny Fries £4.95
- Cheesy Chips/ Fries £5.95
- Spicy Fries £4.95
 - Seasonal Vegetables £4.95
- Side Salad £4.95
- Steamed Rice £4.95

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 Homemade 100% Beef 4oz Patties £17.95

Extra Beef Patty £3.95 ea.

Cajun Chicken Breast £17.95

Extra Toppings £1 ea.

Cheddar

Brie

cheese

Blue cheese Burger cheese Streaky bacon Onion rings

Mexicana

Sharers

Baked Camembert £17.95

Served with spicy tomato chutney, warm crusty bread and crudités

Surf & Turf Platter £47.95

Garlic prawns, cod goujons, mussels, salt & pepper squid, spicy chicken wings, chilli beef, BBQ pork ribs, crusty bread, tartare sauce and blue cheese dip

V Nachos £11.95

Served with jalapeños, guacamole, sour cream, and tomato salsa

Add to your nachos:

Beef Chilli con Carne £5.95

Vegan BBQ Jackfruit £5.95

Classic Mains

Moules Marinière £24.95

Served with skinny fries

Beer Battered Atlantic Cod and Chips £17.95

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

Sirloin Steak £29.95

Choose handcut chips or skinny fries, with roasted tomato, mushrooms and onion rings OR garden salad

Add Sauce £3.95

Choose: Peppercorn or Blue Cheese

Creamy Cajun Rigatoni £16.95

Rigatoni with Cajun spices in an indulgent, creamy sauce

Choose: Chicken, Prawn or Mushroom

Sausage or Plant-Based Sausage & Mash £15.95

> Served with creamy mashed potatoes, rich onion gravy and garden peas

Creamy Seafood Vol-au-vent £17.95

Served with seasonal vegetables

Hearty Vegetable Casserole £16.95

Served with creamy mashed potatoes

Beef Stew & Dumplings £17.95

Served with warm crusty bread

Spanish Seafood Stew £18.95

Mixed fish & shellfish delicately stewed in tomato broth with smoky paprika, served with warm crusty bread

BBQ Pork Ribs £17.95

Choose handcut chips or skinny fries, served with homemade coleslaw and corn-on-the-cob

Homemade Desserts

- **V** Lemon Tart £9.95 Served with berries and cream
- **V** Sticky Toffee Pudding £9.95 Served with butterscotch sauce and vanilla ice cream
- Chocolate Fudge Cake £9.95 Served warm with cream or ice cream
- **U** Bread & Butter Pudding £9.95 Served with your choice of custard, cream or ice cream
- Peach & Apple Crumble £9.95 Served with custard, cream or ice cream
- After Eight Cheesecake £9.95 Served with fresh berries
- **V** Belgian Waffles £9.95 Served with ice cream and chocolate or caramel sauce
- Brownie/ Vegan Brownie £9.95 Served with berries and ice cream
- ✓ Ice Cream £1.95 / scoop Flavours: vanilla, chocolate, strawberry, vegan vanilla, vegan chocolate
- **V** Cheese Board £11.95 Cheddar, Stilton & Brie with crackers, grapes, apple, and red onion jam



Dietary Requirements





Please make any allergies clear to your server