BREAKFAST

Every day 10am - 12pm

BREAKFAST MENU

See below for 'build-your-own'

TOASTED BREAKFAST MUFFIN 7.95
Smoked salmon, cream cheese

CREAMY PORRIDGE (V) 5.95
Honey, berries

AMERICAN PANCAKES (V) 5.95
Maple syrup, blueberries

TOASTED TEACAKE (V) 4.95
Served with butter and jam

SCRAMBLED EGGS (V) 6.95
Three eggs on two slices of toast

BUILD-YOUR-OWN

Something for everyone

SMOKED SALMON	2.45
BACON (2 RASHERS)	2
SAUSAGE	2
PLANT-BASED SAUSAGE	2
BLACK PUDDING	1.75
TOAST (2 SLICES) White or brown bread	1.75
BREAKFAST MUFFIN	1.75
SOFT SOURDOUGH BUN	1.75
FRIED BREAD	1.50
2 HASH BROWNS	1.75
POACHED OR FRIED EGG	1.75
PAN-FRIED HALLOUMI	2.45
BAKED BEANS	1.75
MUSHROOM	1.50
TOMATO	1.50
SPINACH	1.50

SUNDAY ROASTS

Served in addition to our main menu — Sundays 12-9pm

TRADITIONAL ROAST DINNER

All served with roast potatoes, cauliflower cheese, seasonal vegetables, gravy

TOPSIDE OF BEEF 19.95
with Yorkshire pudding

TURKEY CROWN 19.95
with stuffing

LOIN OF PORK 19.95
with crackling

(V) NUT ROAST 19.95
with Yorkshire pudding

(V) PLANT-BASED MEATLOAF 19.95
with Yorkshire pudding

SMALLER PORTION 12.95
of any roast

EXTRAS:

Yorkshire pudding	1.50	Bread sauce	1.50	Crackling	1.50
Pigs-in-blankets	5.95	Roast potatoes	5.95		

HOT DRINKS & TREATS

Served all day

ESPRESSO	3.40	TEA	3.80
DOUBLE ESPRESSO	4.40	SPECIALITY TEA	4
FLAT WHITE	4.80	HOT CHOCOLATE	4.40
CAPPUCCINO	4.40	DELUXE HOT CHOCOLATE Cream, Flake, Marshmallows	6.50
LATTE/ ICED LATTE	4.40	ALTERNATIVE MILK	0.50
AMERICANO	4	SYRUPS	0.80
MOCHA	4.80		

HOMEMADE SWEET TREATS

All made in-house

CHOCOLATE BROWNIE	3	FLAPJACK	3
VEGAN BROWNIE	3	MILLIONAIRE'S SHORTBREAD	3

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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**!

SHOP LOCAL

Instow arms

LUNCH MENU

Every day 12-5pm

WARM FILLED PANINIS

Served with coleslaw

- BRIE, BACON & CRANBERRY 12.95
- TUNA MELT 12.95
- CHEDDAR CHEESE & TOMATO (V) 9.95
- PHILLY CHEESE STEAK 13.95
- ROASTED MEDITERRANEAN VEGETABLE & PESTO (V) 10.95

PLOUGHMANS

Serves two people

CLASSIC PLOUGHMANS 19.95

Pork pie, scotch egg, home cooked ham, cheddar cheese, pickled onion, spicy tomato chutney, all served with warm crusty bread and butter

SEE OUR SIDES »»»

Don't miss our great selection of side dishes to add to your meal; they can also serve as a great snack on their own...

www.instowarms.com

SMALL PLATES 12-9pm

Add a side to make it a meal

- (V) **SOUP OF THE DAY 8.95**
  Warm crusty bread and butter
- (V) **CRISPY HALLOUMI FRIES 12.95**
  Spicy tomato chutney
- (V) **CREAMY GARLIC MUSHROOMS 9.95**
  Warm crusty bread and butter
- (V) **CRISPY CHILLI BEEF OR PLANT-BASED CHILLI BEEF 12.95**
  Warm crusty bread and butter
- (V) **BANG BANG CHICKEN OR CAULIFLOWER 11.95**
  Crispy chicken or cauliflower tossed in a creamy sweet chilli bang bang sauce, finished with sesame seeds & spring onions
- **THAI STYLE FISH CAKES 12.95**
  Sweet chilli mayo
- **SMOKED MACKEREL PÂTÉ 9.95**
  Pickled cucumber, horseradish, crème fraîche, toasted sourdough

TO SHARE 12-9pm

Dishes ideal for sharing

- (V) **WHOLE BAKED CAMEMBERT 22.95**
  Crudités, spicy tomato chutney and warm crusty bread & butter
- (V) **CHEESE NACHOS 11.95**
  Cheese, jalapeños, sour cream, guacamole, salsa

ADD: BEEF CHILLI + 5.95

- (V) **BREAD, OIL & BALSAMIC 12.95**
  With mixed olives

BURGERS 12-9pm

Proper pub-syle burgers

All served in a soft sourdough bun with chunky chips or skinny fries

- **CLASSIC INSTOW ARMS DOUBLE BEEF BURGER 17.95**
  2 x Patties, gherkins, iceberg, spicy tomato chutney

ADD: BACON OR CHEESE + 1.50

- **HOT HONEY CRUNCHY CHICKEN BURGER 19.95**
  Crispy buttermilk chicken, smoked cheddar, crispy bacon, hot honey glaze, crunchy slaw, chipotle mayo
- **GRILLED SALMON FILLET BURGER 22.50**
  Grilled salmon fillet, smashed avocado, pickled cucumber, crispy onions chilli mayo
- (V) **GOCHUJANG VEGGIE BURGER 17.95**
  Crispy veggie burger, gochujang glaze, iceberg, pickled cucumber, crispy onions and kimchi jam

CHARGRILLED 12-9pm

Steaks, steak sauces, mixed grill

All served with flat cap mushroom, roasted cherry vine tomatoes, peas, and chunky chips or skinny fries

- **RUMP STEAK 10OZ 27.95**
  Best medium-rare to rare
- **SIRLOIN STEAK 8OZ 30.95**
- **MIXED GRILL 32.95**
  Sirloin steak, sausage, gammon, chicken, fried egg

ADD: STEAK SAUCE + 4

Blue cheese or peppercorn

THE LOFT

Looking for the perfect space to host your Christmas parties, wedding reception, family events, friends get togethers or business meetings & team training days?

The Loft, our exclusive private dining & event space, is on our top floor, enjoying panoramic views over the estuary. Perfectly tailored to suit your needs, we customise menus, layout & decor, with our usual attention to detail & fantastic service.

MAIN COURSES 12-9pm

Also see our sharers, burgers, chargrill, and daily specials boards

- (V) **SAUSAGE/ PLANT-BASED SAUSAGE & CREAMY MASH 17.95**
  Onion gravy, vegetables
- **DEVON CIDER BRAISED PORK BELLY 21.95**
  Creamy cider sauce, roasted baby potatoes, vegetables
- **HOME COOKED HAM, EGG & CHIPS 15.95**
  Peas, chunky chips or skinny fries
- **CARIBBEAN JERK CHICKEN 19.95**
  Corn salsa, steamed rice or skinny fries, mango and lime mayo
- **STEAK & GUINNESS PIE 21.95**
  Creamy mashed potatoes, seasonal vegetables
- (V) **CREAMY VEGETABLE & CHICKPEA CURRY 16.95**
  Steamed rice, naan bread and mango chutney

ADD: CHICKEN OR PRAWNS + 6

DAILY SPECIALS — *See our daily specials boards for other seasonal dishes*

- **BEER BATTERED ATLANTIC COD 18.95**
  Chunky chips or skinny fries, garden peas or mushy peas, tartare sauce
- **MOULES MARINIÈRE SMALL 14.95 LARGE 24.95**
  Skinny fries or warm crusty bread and butter
- (V) **TOMATO, SPINACH & CHILLI TAGLIATELLE 14.95**
  Garlic bread

ADD: CHICKEN OR PRAWNS + 6

- **PAN ROASTED HAKE 23.95**
  Roasted baby potatoes, braised leeks, parsley velouté
- **SEAFOOD & POTATO STEW 21.95**
  Warm crusty bread and butter
- (V) **WARM WINTER HARVEST BOWL 14.95**
  Roasted butternut squash, crispy chickpeas, roasted carrot, braised red cabbage, spinach, rice, toasted seeds, and a tahini and lemon dressing

ADD: CHICKEN OR SALMON + 6

- (V) **GOATS CHEESE, CARAMELISED ONION & RED PEPPER TART 17.95**
  Chunky chips or skinny fries, side salad

DESSERTS (V) 12-9pm

All our desserts are homemade and suitable for vegetarians (vegan by request)

- **CHOCOLATE BROWNIE/ VEGAN BROWNIE 9.95**
  Cream or ice cream
- **TREACLE TART 9.95**
  Cream or ice cream
- **STICKY TOFFEE PUDDING 9.95**
  Cream or ice cream
- **APPLE CRUMBLE 9.95**
  Custard, cream or ice cream
- **LEMON POSSET 9.95**
  Seasonal berries, shortbread
- **CHEESE BOARD 13.95**
  Cheddar, Stilton, Brie, crackers, grapes, apple, red onion jam

SIDES 12-9pm

Served 12 - 9

- CHUNKY CHIPS/ SKINNY FRIES 4.95
- CHEESY CHUNKY CHIPS/ SKINNY FRIES 5.95
- GARLIC BREAD 4.95
- CHEESY GARLIC BREAD 5.95
- ONION RINGS 4.95
- BREAD BASKET 4.95

CHILDREN 12-9pm

Smaller portions; child-friendly

- FISH & CHIPS 8.95
- (V) SAUSAGE OR PLANT-BASED SAUSAGE & CHIPS 8.95
- BEEF BURGER 8.95
  With skinny fries
- (V) CHEESE OR TOMATO TAGLIATELLE 8.95
- CHICKEN NUGGETS 8.95
  With skinny fries

ALLERGENS

Please make any allergies clear to your server who can answer any questions.

DIETARY REQUIREMENTS

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.