

THE BARNSTAPLE

HOTEL | LEISURE CLUB

MENU

STARTERS

PRAWN COCKTAIL £7.95 277kcal GF?

A portion of North Atlantic prawns topped with a classic homemade Marie Rose sauce, served with buttered brown bloomer bread

DUO OF MELON £6.95 42kcal VE GF

Fanned Cantaloupe & honeydew melon balls, fresh fruit, mango coulis

CHICKEN LIVER PATE £7.50 154kcal

Homemade pate served with ciabatta Melba toast, accompanied by a pot of real ale chutney

ENTREES

BEEF CHILLI £16.95 590kcal

Ground beef cooked with tomato, spices, chilli and beans served with boiled rice, guacamole & tortilla chips

VEGAN CHILLI £15.95 570kcal VE

Vegan mince cooked with tomato, spices, chilli and beans served with boiled rice, guacamole & tortilla chips

BARBECUE PORK RIBS £19.50 1935kcal

Slow cooked full rack of ribs with sweet barbeque spices served with chips & coleslaw

UPGRADE TO SWEET POTATO FRIES +£3.00

FISH

COD & CHIPS £16.25 1515kcal

Flaky fillet of cod, deep fried in our homemade beer batter and served with, chips, peas and homemade tartare sauce

SCAMPI & CHIPS £14.95 1053kcal

Deep fried breaded scampi tails, served with chips, peas and homemade tartare sauce

SEABASS £17.95 709kcal GF

Grilled fillet of seabass, topped with melted tomato & smoked paprika butter, served with seasonal vegetables & potatoes

PASTA

SPAGHETTI BOLOGNESE £14.95 671kcal

Minced beef cooked with red wine, tomato & Italian herbs, on a bed of spaghetti, topped with grated Parmesan cheese and served with baked garlic ciabatta

MUSHROOM FILLED RAVIOLI - £14.95 1160kcal

Poached Pasta filled with a mushroom duxelle bound in basil pesto topped with grated Parmesan served with a House salad & garlic ciabatta

MAC 'N' CHEESE - £14.95 1130kcal

Poached macaroni bound in a cheddar & mozzarella cheese sauce with smoked paprika, served with House salad and baked garlic ciabatta

VEGAN BOLOGNESE - £14.95 879kcal VE

Vegan mince cooked with red wine, tomato & Italian herbs, on a bed of spaghetti, topped with grated vegan Parmesan cheese and served with baked garlic ciabatta

SALADS

Large house salad, choose from the following:

BEEF SIRLOIN £23.00 636kcal GF

Chargrilled and cooked to your liking

CHICKEN FILLET £15.00 340kcal GF

Whole Chargrilled butterfly breast of chicken

CRISPY TOFU £14.00 640kcal GF?

Dusted with cornflour and deep fried

SEABASS £15.00 233kcal GF

Whole fillet of seabass, grilled with butter and seasoning

ADD A DRESSING

FRENCH 47kcal GF VE

A traditional herby dressing with mustard & black pepper

CAESAR 161kcal GF

Classic cheese & garlic dressing

BLUE CHEESE 150kcal GF

A rich & tangy dressing

SWEET CHILLI 109kcal GF VE

Sweet onion & garlic with crushed chilli

VE Vegan VE? Can be vegan, ask when ordering V Vegetarian GF Gluten Free GF? Can be gluten free ask when ordering

Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 kcal a day.

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MENU

FROM THE GRILL

LAMB SIRLOIN **£31.50** | (DS) **£11.95** 1133kcal GF?

Served pink with grilled tomato, field mushroom, and chips

SIRLOIN STEAK **£26.95** | (DS) **£8.95** 1069kcal GF?

Grilled to your liking and served with grilled tomato & field mushroom & chips

BEEF RIB EYE STEAK **£25.00** | (DS) **£7.00** 987kcal GF?

Grilled to your liking and served with grilled tomato & field mushroom & chips

10oz HORSESHOE GAMMON STEAK **£17.50** 836kcal GF?

Served with grilled pineapple ring, fried hens egg & chips

PRIME FILLET OF BEEF **£30.00** | **£11.00** 992kcal GF?

Grilled to your liking and served with grilled tomato, field mushroom & chips

PORK T-BONE **£16.00** 1297kcal GF?

Served with grilled tomato, field mushroom & Chips

UPGRADE TO SWEET POTATO FRIES **+£3.00** GF?

GUESTS ON A DINNER INCLUSIVE RATE ARE SUBJECT TO A SUPPLEMENT ON DISHES MARKED AS (DS)

SIDES

BEER BATTERED ONION RINGS **£3.50** 218kcal GF?

CHIPS **£3.50** 364kcal I GF?

SKIN ON FRIES **£3.50** 384kcal I GF?

SWEET POTATO FRIES **£6.50** 366kcal GF VE

DAUPHINOISE POTATOES **£5.50** 515kcal I GF

ROAST POTATOES **£2.50** 322kcal GF VE

SEASONAL VEGETABLES **£2.50** 217kcal GF VE

GARLIC CIABATTA **£4.50** 270kcal VE?

SIDE SALAD **£4.25** 30kcal VE GF

BREAD ROLL **60p** 140kcal GF?

SAUCES **£3.50 each**

Barbeque 89kcal GF

Port wine 83kcal

Blue cheese 233kcal

Béarnaise 123kcal GF

Brandy & peppercorn 215kcal

BURGERS

SIGNATURE SPECIAL **£18.50** 1700kcal GF?

Beef patty, slow cooked pulled pork, melted Applewood cheese and barbecue sauce served in a brioche bun with chips & coleslaw

TRADITIONAL **£16.50** 935kcal GF?

Beef patty, smoked bacon and melted Monterrey Jack cheese served in a brioche bun with chips & coleslaw

CHICKEN FILLET **£16.50** 808kcal GF?

Chargrilled butterfly breast of chicken, in a brioche bun with mayonnaise, lettuce and served with chips & coleslaw

COD **£17.50** 1375kcal

Deep fried Fillet of cod in homemade beer batter, served in a brioche bun with tartare sauce, lettuce chips & coleslaw

VEGAN BURGER **£18.50** 717kcal VE GF?

Plant burger, served in a vegan brioche bun with vegan cheese, barbecue sauce, lettuce, chips and House salad

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