

THE BARNSTAPLE

HOTEL | LEISURE CLUB

This menu is only available for children under the age of 16. As part of our for the kids packages, children under 16 eat for free from our children's menu when dining with a parent ordering a main course from our dinner menu.

STARTERS

Prawn Platter	£4.95
Brown bread and butter 184 kcal G, CR, E, F, D, M, C	
Chefs Soup of the Day	£4.95
Served with a fresh bread roll and butter 243 kcal G, D	
Seasonal Melon VE	£4.95
Served with fruit coulis 42 kcal	

MAINS

All main courses are served with your choice of: Fresh vegetables and potatoes 160 kcal, french fries 79 kcal, baked beans 65 kcal, petit pois 35 kcal or a side salad 10 kcal.

Mixed Meat Salad 134 kcal	£7.50
Chefs Roast of the Day (See special board for kcal) C, G	£7.50
Breaded Chicken Goujons 62 kcal G, SO	£7.50
Local Pork Sausages 116 kcal SU	£7.50
Homemade Cheese Burger 116 kcal G, D, S, SO	£7.50
Cheese & Tomato Pizza V 299 kcal G, D	£7.50
Spaghetti Bolognese 336 kcal C, G, D, SU, S, N, E	£7.50
Vegan Spaghetti Bolognese VE 480 kcal C, G, SU, S, N, E	£7.50
Battered Cod 757 kcal G, E, F, D, M, SU	£7.50
Breaded Scampi 207 kcal G, CR, E, F, MO, M	£7.50

DESSERTS

Fresh Fruit Salad VE 61 kcal	£3.95
2 Scoops of Luxury Ice Cream 100 kcal G, D, E, P, S, N	£3.95
Child Portion from Main Dessert Menu 467 kcal	£3.95

Adults need around 2000 Kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen-free due to possible cross-contamination during production.

GF Gluten Free **GF?** Can be made Gluten Free (please ask when ordering)
V Vegetarian **VE** Vegan **VE?** Can be made Vegan (please ask when ordering)

D DAIRY **G** GLUTEN **M** MUSTARD **E** EGG **MO** MOLLUSCS **CR** CRUSTACEAN **C** CELERY
N NUTS **F** FISH **SU** SULPHUR DIOXIDE **S** SESAME **SO** SOYA **P** PEANUTS **L** LUPIN