

THE BARNSTAPLE

HOTEL | LEISURE CLUB

M E N U

STARTERS

PRAWN COCKTAIL **GF?** 277 kcal **£7.95**

A portion of North Atlantic prawns topped with a classic homemade Marie Rose sauce, served with buttered brown bloomer bread **G, CR, E, F, D, M, C**

DUO OF MELON **VE GF** 42 kcal **£6.95**

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

CHICKEN LIVER PATE 154 kcal **£7.50**

Homemade pate served with ciabatta Melba toast, accompanied by a pot of real ale chutney **C, G, E, D, SU, S, N**

ENTREES

BEEF CHILLI 590 kcal **£16.95**

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

VEGAN CHILLI **VE** 570 kcal **£15.95**

Vegan mince cooked with tomato, spices, chilli and beans served with boiled rice, guacamole & tortilla chips **G, M, SO, SU**

BARBECUE PORK RIBS 1935 kcal **£19.50**

Slow cooked full rack of ribs with sweet barbeque spices served with chips & coleslaw **E, M**

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

FISH

COD & CHIPS 1515 kcal **£16.25**

Flaky fillet of cod, deep fried in our homemade beer batter and served with, chips, peas and homemade tartare sauce **G, E, D, M, F, SU**

SCAMPI & CHIPS 1053 kcal **£14.95**

Deep fried breaded scampi tails, served with chips, peas and homemade tartare sauce **G, C, E, F, MO, M**

SEABASS **GF** 709 kcal **£17.95**

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

PASTA

SPAGHETTI BOLOGNESE 671 kcal **£14.95**

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 **C, G, D, SU, E, S, N**

MUSHROOM FILLED RAVIOLI 1160 kcal **£14.95**

Poached Pasta filled with a mushroom duxelle bound in basil pesto topped with grated Parmesan served with a House salad & garlic ciabatta **G, E, D, N, SO, SU, S**

MAC 'N' CHEESE 1130 kcal **£14.95**

Poached macaroni bound in a cheddar & mozzarella cheese sauce with smoked paprika, served with House salad and baked garlic ciabatta **G, E, D, S, N**

VEGAN BOLOGNESE **VE** 879 kcal **£14.95**

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 **C, G, SU, E, D, S, N**

SALADS

Large house salad, choose from the following:

BEEF SIRLOIN **GF** 636 kcal **£23.00**

Chargrilled and cooked to your liking

CHICKEN FILLET **GF** 340 kcal **£15.00**

Whole Chargrilled butterfly breast of chicken

CRISPY TOFU **GF?** 640 kcal **£14.00**

Dusted with cornflour and deep fried **so**

SEABASS **GF** 233 kcal **£15.00**

Whole fillet of seabass, grilled with butter and seasoning **F, D**

ADD A DRESSING

FRENCH **GF VE** 47 kcal

A traditional herby dressing with mustard & black pepper **M**

CAESAR **GF** 161 kcal

Classic cheese & garlic dressing **E, D**

BLUE CHEESE **GF** 150 kcal

A rich & tangy dressing **E, D, M**

SWEET CHILLI **GF VE** 109 kcal

Sweet onion & garlic with crushed chilli

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

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FROM THE GRILL

LAMB SIRLOIN GF? 1133 kcal £31.50 | (DS) £11.95
Served pink with grilled tomato, field mushroom & chips

SIRLOIN STEAK GF? 1069 kcal £26.95 | (DS) £8.95
Grilled to your liking and served with grilled tomato, field mushroom & chips

BEEF RIB EYE STEAK GF? 987 kcal £25.00 | (DS) £7.00
Grilled to your liking and served with grilled tomato, field mushroom & chips

10oz HORSESHOE GAMMON STEAK GF? 836 kcal £17.50
Served with grilled pineapple ring, fried hens egg & chips

PRIME FILLET OF BEEF GF? 992 kcal £30.00 | £11.00
Grilled to your liking and served with grilled tomato, field mushroom & chips

PORK T-BONE GF? 1297 kcal £16.00
Served with grilled tomato, field mushroom & chips

UPGRADE TO SWEET POTATO FRIES GF? +£3.00

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

SIDES

BEER BATTERED ONION RINGS GF? 218 kcal £3.50 G, D, SU

CHIPS GF? 364 kcal £3.50

SKIN ON FRIES GF? 384 kcal £3.50

SWEET POTATO FRIES GF VE 366 kcal £6.50

DAUPHINOISE POTATOES GF 515 kcal £5.50 D, SU

ROAST POTATOES GF VE 322 kcal £2.50

SEASONAL VEGETABLES GF VE 217 kcal £2.50

GARLIC CIABATTA VE? 270 kcal £4.50 D, E, S, N, G

SIDE SALAD GF VE 30 kcal £4.25

BREAD ROLL GF? 140 kcal 60p G

SAUCES £3.50 each

Barbeque GF 89 kcal

Port wine 83 kcal C, G, SU

Blue cheese 233 kcal C, G, D, SU

Béarnaise GF 123 kcal G, E, D, SU

Brandy & peppercorn 215 kcal C, G, D, SU

BURGERS

SIGNATURE SPECIAL GF? 1700 kcal £18.50
Beef patty, slow cooked pulled pork, melted Applewood cheese and barbecue sauce served in a brioche bun with chips & coleslaw G, E, D, M, S

TRADITIONAL GF? 935 kcal £16.50
Beef patty, smoked bacon and melted Monterrey Jack cheese served in a brioche bun with chips & coleslaw G, E, D, M, S

CHICKEN FILLET GF? 808 kcal £16.50
Chargrilled butterfly breast of chicken, in a brioche bun with mayonnaise, lettuce and served with chips & coleslaw G, E, D, M, S

COD 1375 kcal £17.50
Deep fried Fillet of cod in homemade beer batter, served in a brioche bun with tartare sauce, lettuce, chips & coleslaw G, E, F, D, M, SU, S

VEGAN BURGER VE GF? 717 kcal £18.50
Plant burger, served in a vegan brioche bun with vegan cheese, barbecue sauce, lettuce, chips and House salad G, SO, E, S

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