

HEANTON

BAR

LUNCH MENU

STARTERS

DAILY SELECTION OF SPECIALS

MAINS

ROAST OF THE DAY	£14.95
Freshly prepared vegetables & potatoes (See special board for kcal) C, G	
FISH OF THE DAY	£16.95
Freshly prepared vegetables & potatoes (See special board for kcal) F	
CHARGRILLED GAMMON STEAK GF	£15.95
Chips, peas, fried egg, pineapple 836 kcal E	
BREADED SCAMPI	£15.95
Chips and peas, homemade tartare sauce 1053 kcal G, CR, E, M, MO, F	
HOME BATTERED COD	£17.95
Chips and peas 1514 kcal G, E, D, M, F, SU	
GRILLED SIRLOIN STEAK	£26.95
Chips and peas 1069 kcal	
BARNSTAPLE HOTEL SIGNATURE BEEF BURGER	£15.95
Grilled bacon, cheese, lightly toasted bun, chips, salad 829 kcal G, E, D, M, S	
SPAGHETTI BOLOGNAISE	£14.95
Parmesan cheese and garlic bread 671 kcal C, G, D, SU, E, S, N	
VEGAN SPAGHETTI BOLOGNAISE VE	£14.95
Garlic bread 879 kcal C, G, SU, E, D, S, N	

SIDES

CHIPS 428 kcal	£4.95
CURLY FRIES 131 kcal G	£4.95
GARLIC BREAD 270 kcal G, D	£4.50
SIDE SALAD 30 kcal	£4.95
VEGETABLES & POTATOES 217 kcal	£5.50
PEPPERCORN SAUCE 59 kcal C, G, D, SU	£2.50
DIANE SAUCE 38 kcal C, G, D, SU, M	£2.50

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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COLD SANDWICHES

All sandwiches are served with side salad and curly fries **GF?**

HOME ROASTED GAMMON HAM	£8.95
English mustard 659 kcal G, D, M	
DEVONSHIRE HOME ROASTED TURKEY BREAST	£8.95
Cranberry sauce, lettuce 593 kcal G, D	
ROAST SILVERSIDE OF WEST COUNTRY BEEF	£8.95
Horseradish 629 kcal G, E, D, M	
CHUNKY EGG MAYONNAISE V	£7.95
Mustard cress 743 kcal G, E, M, D	
PRAWN MARIE ROSE	£9.95
Lettuce and cucumber 513 kcal G, CR, E, F, D, M, C	
TUNA MAYONNAISE & CUCUMBER 653 kcal G, E, F, D, M	£8.95
HOUMOUS, BEETROOT, CARROT & APPLE V 687 kcal G, D	£7.95
HAWKRIDGE CHEDDAR & RED ONION V 1063 kcal G, D, E, M	£8.25
CHICKEN, GRAPE & TARRAGON MAYONNAISE 670 kcal G, D, E, M	£9.95

TOASTED SANDWICHES

All toasted sandwiches are served with a side salad, coleslaw and French dressing **GF?**

BOOKMAKERS	£13.50
Sirloin steak, saute mushrooms and onions 756 kcal G, D	
CLUB SANDWICH	£10.95
Chicken mayonnaise, smoked bacon, lettuce and tomato 1007 kcal G, D, E, M	
GAMMON, HAM & PINEAPPLE	£8.25
Hawkridge mature cheddar 684 kcal G, D, M	
BACON, WEST COUNTRY BRIE & CRANBERRY 767 kcal G, D	£8.25
VEGAN CHEESE, PESTO, TOMATO & ROCKET VE 597 kcal G, N	£8.25
VEGAN CHEESE, OLIVE & RED CAPSICUM VE 468 kcal G	£8.25
TOMATO, ONION & MONTEREY JACK 481 kcal G, D	£8.25
GOATS CHEESE & RED ONION 562 kcal G, D	£8.25

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