

THE BARNSTAPLE

HOTEL | LEISURE CLUB

MENU

STARTERS

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

A portion of 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**

FROM THE GRILL

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 **E**

PORK T-BONE **GF?** 1297 kcal **£17.95**

Served with grilled tomato, field mushroom & chips

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**

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

Port wine 83 kcal **C, G, SU** | Blue cheese 233 kcal **C, G, D, SU**

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**

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**

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**

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**

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