

BARNSTAPLE
HEALTH & LEISURE

Summer Menu

SUMMER MENU

Pesto Pasta VE	£7.50
Green pesto, vegan parmesan, rocket and toasted pine nuts 916 kcal G	
Tuna Nicoise Salad	£10.00
Mediterranean olives, tuna, new potatoes, green beans and vinaigrette dressing 431 kcal F, M	
Chicken and Bacon Pasta	£10.00
Smoked bacon, roast chicken, mayonnaise, rocket 620 kcal G, M	
Prawn Salad	£12.00
Prawns in a light Marie Rose sauce with a crisp salad 554 kcal G, CR, E, F, D, M	
Vegan Nicoise Salad VE	£8.00
Mediterranean olives, crisp lettuce, new potatoes, green beans and vinaigrette dressing 322 kcal M	

CHILDREN'S FOOD

Roast Chicken Salad	£7.50
Roast chicken with a crunchy cucumber salad 238 kcal	
Tuna Mayo Pasta	£7.50
Tuna mayonnaise, pasta served with cucumber slices 350 kcal G, F, M	
Cheesy Pasta V, GF?	£7.50
Classic pasta and grated cheddar served with cucumber slices 276 kcal G, D	
Fresh Fruit Box VE	£3.50
Seasonal fresh fruit 61 kcal	

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

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

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