

# THE BARNSTAPLE

HOTEL | HEALTH & LEISURE

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	£5.95
Brown bread and butter <b>GF?</b> 184 kcal <b>G, CR, E, F, D, M, C</b>	
Chefs Soup of the Day	£5.95
Served with a fresh bread roll and butter <b>GF?</b> 243 kcal <b>G, D</b>	
Seasonal Melon <b>VE, GF</b>	£5.95
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.

Chefs Roast of the Day <b>GF?</b> (See special board for kcal) <b>C, G</b>	£8.25
Breaded Chicken Goujons 62 kcal <b>G, SO</b>	£8.25
Pork Sausages 116 kcal <b>SU</b>	£8.25
Homemade Cheese Burger 116 kcal <b>G, D, S, SO</b>	£8.25
Margherita Pizza <b>V</b> 299 kcal <b>G, D</b>	£8.25
Spaghetti Bolognese 336 kcal <b>C, G, D, SU, S, N, E</b>	£8.25
Vegan Spaghetti Bolognese <b>VE</b> 480 kcal <b>C, G, D, SU, S, N, E, SO</b>	£8.25
Battered Cod 757 kcal <b>G, E, F, D, M, SU</b>	£8.25
Breaded Scampi 207 kcal <b>G, CR, E, F, MO, M</b>	£8.25
Hot Dog, Fried Onions, Ketchup 322 kcal <b>S, G</b>	£8.25
Pasta, Tomato Sauce, Grated Cheese <b>V</b> 320 kcal <b>G, D</b>	£8.25

## DESSERTS

Fresh Fruit Salad <b>VE</b> 61 kcal	£5.25
2 Scoops of Luxury Ice Cream <b>V</b> 100 kcal <b>G, D, E, P, S, N</b>	£5.25
Child Portion from Main Dessert Menu 467 kcal	£5.25

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