



# HEANTON

BAR

LUNCH MENU

See board for Starters & Light Bites

## SANDWICHES

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All sandwiches are served with side salad and curly fries **G**

HOME ROASTED GAMMON HAM <b>GF?</b>	£10.95
English mustard <b>659 kcal G, D, M</b>	
HOME ROASTED TURKEY BREAST <b>GF?</b>	£10.95
Cranberry sauce, lettuce <b>693 kcal G, D, SU</b>	
ROAST SILVERSIDE OF WEST COUNTRY BEEF <b>GF?</b>	£10.95
Horseradish <b>629 kcal G, D, E, M, SU</b>	
CHUNKY EGG MAYONNAISE <b>V, GF?</b>	£10.25
Mustard cress <b>743 kcal G, D, E, M</b>	
PRAWN MARIE ROSE	£12.25
Lettuce and cucumber <b>513 kcal G, D, CR, E, F, M, C</b>	
TUNA MAYONNAISE & CUCUMBER <b>GF?</b>	£10.95
<b>653 kcal G, D, M, F, E</b>	
HOUMOUS, BEETROOT, CARROT & APPLE <b>VE, V, GF?</b>	£10.25
<b>687 Kcal G, D, S</b>	
HAWKRIDGE CHEDDAR & RED ONION <b>V, GF?</b>	£10.95
<b>1063 kcal G, D, E, M</b>	

## TOASTED SANDWICHES

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All toasted sandwiches are served with side salad and curly fries **G**

BOOKMAKERS <b>GF?</b>	£15.95
Sirloin steak, sauté mushrooms and onions <b>756 kcal G, D</b>	
CLUB SANDWICH <b>GF?</b>	£13.95
Bacon, lettuce, tomato, chicken mayonnaise <b>1007 kcal G, D, M, E</b>	
GAMMON HAM & PINEAPPLE <b>GF?</b>	£10.95
<b>684 Kcal G, D, M</b>	
BACON, WEST COUNTRY BRIE & CRANBERRY <b>GF?</b>	£10.95
<b>767 kcal G, D, SU</b>	
VEGAN CHEESE, PESTO, TOMATO & ROCKET <b>V, VE, GF?</b>	£9.95
<b>684 kcal G, D</b>	
VEGAN CHEESE, OLIVE & RED PEPPER <b>V, VE, GF?</b>	£9.95
<b>697kcal G, D</b>	
TOMATO, ONION & MONTEREY JACK <b>V, GF?</b>	£9.95
<b>481kcal G, D</b>	
GOATS CHEESE & RED ONION <b>V, GF?</b>	£9.95
<b>562Kcal G, D</b>	

## MAINS

ROAST OF THE DAY	£15.95
Freshly prepared vegetables & potatoes (See special board for kcal) C, G	
FISH OF THE DAY	£17.25
Freshly prepared vegetables & potatoes (See special board for kcal) F	
CHARGRILLED GAMMON STEAK GF?	£17.95
Chips, peas, fried egg, pineapple 836 kcal E, G	
BREADED SCAMPI	£16.95
Chips and peas 1053 kcal G, CR, F, M, E, MO	
HOME BATTERED COD GF?	£18.50
Chips and peas 1514 kcal G, SU, E, D, M, F	
10oz GRILLED SIRLOIN STEAK GF?	£29.50
Chips and peas 1069 kcal G	
BARNSTAPLE HOTEL SIGNATURE BEEF BURGER GF?	£17.25
Grilled bacon, cheese, lightly toasted bun, chips, salad 829 kcal G, E, M, D, S	
SPAGHETTI BOLOGNAISE	£15.50
Parmesan cheese and garlic bread 671 kcal C, G, D, SU, E, S, N	
VEGAN SPAGHETTI BOLOGNAISE VE	£15.50
Garlic bread 879 kcal C, G, SU, E, D, SO, N, S	

## SIDES

CHIPS GF?, VE 428 kcal G	£5.50
CURLY FRIES VE 131 kcal G	£5.50
GARLIC BREAD V 270 kcal G, D, E, S, N	£5.00
SIDE SALAD V, VE 30 kcal	£4.95
VEGETABLES & POTATOES V, VE 217 kcal	£5.50
PEPPERCORN SAUCE V, GF? 59 kcal C, G, D, SU	£2.75
DIANE SAUCE V, GF? 38 kcal C, G, D, M, SU	£2.75

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

