



THE BARNSTAPLE

HOTEL | HEALTH & LEISURE

M E N U

STARTERS

PRAWN COCKTAIL GF? £10.75

Prawns topped with a classic homemade Marie Rose sauce,
served with buttered brown bloomer bread 277 kcal G, CR, E, F, D, M

DUO OF MELON £8.50

Fanned Cantaloupe & honeydew melon balls, fresh fruit,
mango coulis 42 kcal

CHICKEN LIVER PÂTÉ GF? £9.95

Homemade pâté served with ciabatta Melba toast,
real ale chutney 154 kcal C, G, E, D, SU

NACHOS SHARING STARTER

Tortilla chips, melted cheese, guacamole, pico de gallo, jalapenos,
sour cream D with your choice of:

Beef Chilli 990 Kcal G, M £17.00

or Vegetable Chilli 970 Kcal SO, G, M £17.00

SOUP OF THE DAY GF? £7.95

Served with white or granary bread

FROM THE GRILL

SIRLOIN STEAK £29.00

Grilled to your liking & served with grilled tomato,
field mushroom & chips 1069 kcal

BEEF RIB EYE STEAK £28.50

Grilled to your liking & served with grilled tomato,
field mushroom & chips 987 kcal

10oz HORSESHOE GAMMON STEAK £19.95

Served with grilled pineapple ring, fried egg
& chips 836 kcal E

11oz PORK T BONE £24.00

Served with grilled tomato, field mushroom & chips 1297 kcal

SAUCES

BARBECUE 89 kcal £3.50

PORT WINE GF? 83 kcal C, G, D, SU £3.50

BLUE CHEESE GF? 233 kcal C, G, D, SU £3.50

BRANDY & PEPPERCORN GF? 215 kcal C, G, D, SU £3.50

SIDES

BEER BATTERED ONION RINGS	218 kcal G, D, SU	£4.50
CHIPS	GF?, VE 364 kcal G	£5.50
SKIN ON FRIES	VE 384 kcal	£5.50
DAUPHINOISE POTATOES	515 kcal D, SU	£5.50
ROAST POTATOES	322 kcal	£4.50
SEASONAL VEGETABLES	V, VE 217 kcal	£5.50
GARLIC CIABATTA	270 kcal G, D, E, S, N	£5.00
SIDE SALAD	V, VE 30 kcal	£4.95
BREAD ROLL	GF? 140 kcal G, D	£0.60

FISH

COD & CHIPS	£18.95
Flaky fillet of cod, deep fried in homemade beer batter & served with chips, peas & homemade tartare sauce	
1515 kcal G, E, F, D, M, SU	
SCAMPI & CHIPS	£17.95
Deep fried breaded scampi tails, served with chips, peas & homemade tartare sauce	
1053 kcal G, CR, E, F, MO, M	
SEABASS	£19.50
Grilled fillet of seabass, served with melted tomato & smoked paprika butter, served with seasonal vegetables & potatoes	
709 kcal F, D	

ENTREES

BEEF CHILLI	£17.95
Ground beef cooked with tomato, spices, chilli & beans, served with rice, guacamole & tortilla chips	
590 kcal G, M, SU	
VEGAN CHILLI	£16.25
Vegan mince cooked with tomato, spices, chilli & beans, served with rice, guacamole & tortilla chips	
570 kcal G, M, SO, SU	

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

BURGERS

SIGNATURE SPECIAL GF? £19.50

Beef patty, slow cooked pulled pork, melted Applewood cheese & barbecue sauce served in a brioche bun with chips & coleslaw 1700 kcal G, E, D, M, S

TRADITIONAL GF? £17.50

Beef patty, smoked bacon & melted Monterrey Jack cheese served in a brioche bun with chips & coleslaw 935 kcal G, E, M, D, S

CHICKEN FILLET GF? £17.50

Chargrilled butterfly breast of chicken, in a brioche bun with mayonnaise & lettuce, served with chips & coleslaw 808 kcal G, E, M, S

VEGAN BURGER V, VE, GF? £18.50

Plant burger, served in a vegan brioche bun served with vegan cheese, barbecue sauce, lettuce, chips & coleslaw 717 kcal G, E, D, S, SO

LOADED DOGS

Served with fries & onion rings

AMERICAN HOT DOG £16.50

Yellow mustard, fried onions, ketchup 1270 Kcal D, G, M, S

SMASHED PORK DOG £17.50

Smashed pork belly, BBQ sauce, fried onions 1390 Kcal G, S

CHILLI DOG £17.50

Beef chilli, cheese sauce, jalapenos, guacamole 1480 Kcal D, G, S, M

LOADED FRIES

SLOW COOKED PULLED PORK, CHEESY FRIES GF? £13.50

Sticky barbecue sauce, chillies 1240 Kcal G, D

BEEF CHILLI, CHEESY FRIES GF? £13.50

Sour cream, jalapenos, sweet chilli sauce 1190 Kcal G, D, M

VEG CHILLI, CHEESY FRIES GF? £13.50

Sour cream, jalapenos, sweet chilli sauce 1170 Kcal G, D, M, SO

PASTA

SPAGHETTI BOLOGNESE £16.25

Minced beef cooked in red wine, tomato & Italian herbs, served with spaghetti, grated Parmesan cheese & baked garlic ciabatta 671 kcal **C, G, D, SU, E, S, N**

MUSHROOM FILLED RAVIOLI £17.95

Poached pasta filled with a mushroom duxelle bound in basil pesto served with grated Parmesan, house salad & garlic ciabatta 1160 kcal **G, E, D, N, SO, SU, S**

VEGAN BOLOGNESE **V, VE** £15.95

Vegan mince cooked in red wine, tomato & Italian herbs, served with spaghetti, grated vegan Parmesan cheese & baked garlic ciabatta 879 kcal **C, G, SU, E, D, SO, N, S**

MAC 'N' CHEESE **V** £16.95

Poached macaroni bound in a cheddar & mozzarella cheese sauce with smoked paprika, served with house salad & baked garlic ciabatta 1130 kcal **G, E, D, S, N**

SALADS

Large house salad, choose from the following:

BEEF SIRLOIN £24.00

Char-grilled & cooked to your liking 636 kcal

CHICKEN FILLET £16.50

Whole char-grilled butterfly breast of chicken 340 kcal

CRISPY TOFU **V, VE** £14.00

Dusted with cornflour & deep fried 640 kcal **SO**

SEABASS £17.00

Whole fillet of seabass, grilled with butter & seasoning 233 kcal **F, D**

Add a dressing:

FRENCH

A traditional herby dressing with mustard & black pepper 47 kcal **M**

CAESAR

Classic cheese & garlic dressing 161 kcal **E, D**

BLUE CHEESE

A rich & tangy dressing 150 kcal **E, D, M**

SWEET CHILLI

Sweet onion & garlic with crushed chilli 109 kcal

