

THE BARNSTAPLE

HOTEL | HEALTH & LEISURE

LUNCH MENU

LIGHT BITES

SOUP OF THE DAY VE, GF?	£7.95
Warm bread roll G	
HOMEMADE SCOTCH EGG	£9.50
Warm homemade Scotch egg, bacon and chilli jam 782 kcal E, G, SU	
HOMEMADE FISH CAKES	£9.95
Warm homemade fish cakes, house salad, sweet chilli mayo 630 kcal G, F, E, M	
SMOKED SALMON BAGEL	£9.95
Smoked salmon, cream cheese, toasted bagel, dill, lemon and capers 621 kcal G, F, D, S	
BARBEQUE PORK BELLY BITES GF	£9.95
Barbecue pork belly, maple and bourbon glaze, sesame seeds, rocket 680kcal S	
AVOCADO & POACHED EGG ON TOAST VE?, GF?	£9.95
Smashed avocado, toasted sourdough, soft poached egg, charred tomatoes, chilli flakes 579kcal E, D, G, S	

SANDWICHES

All our sandwiches are served with a house salad, homemade coleslaw and curly fries. On a choice of white, malted or gluten free bread.

HAWKRIDGE CHEDDAR V, GF?	£9.95
Red onion & mayonnaise 1063 kcal G, D, E	
ROASTED TURKEY BREAST GF?	£10.95
Cranberry sauce 693 kcal G, D, SU, M, E	
ROAST SILVERSIDE BEEF GF?	£10.95
Horseradish 629 kcal G, D, E, M, SU	
GAMMON HAM SALAD GF?	£10.95
English mustard 659 kcal G, D, M, E	
EGG MAYONNAISE V, GF? 743 kcal G, D, E, M	£9.95
Cress	
TUNA MAYONNAISE GF?	£10.95
Cucumber 653 kcal G, D, M, F, E	
PRAWN MARIE ROSE GF?	£12.95
Lettuce & cucumber 513 kcal G, D, CR, E, F, M	

TOASTIES

All our toasties are served with a house salad, homemade coleslaw and curly fries. On a choice of white, malted or gluten free bread.

BACON, WEST COUNTRY BRIE & CRANBERRY GF? 767 kcal G, D, SU, E	£10.25
GAMMON HAM, CHEDDAR & PINEAPPLE GF? 684 kcal G, D, E	£10.25
VEGAN APPLEWOOD CHEESE, TOMATO & ONION VE, GF? 697kcal G, D	£9.95

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

BAKED POTATOES

All our baked potatoes are served with a house salad and homemade coleslaw.

TUNA MAYONNAISE & CHEESE	GF? 873 kcal F, M, D, E	£9.95
CHEDDAR CHEESE & BAKED BEANS	GF?, V, VE? 89 kcal E, D	£9.50
PRAWN MARIE ROSE	GF? 697 kcal D, G, CR, E, F, M	£10.95
VEGETABLE CHILLI	GF?, VE? 670 kcal SO, M, E	£9.95

CLASSICS

BEER BATTERED COD	£18.50
Crispy beer battered cod, chips, peas and tartare sauce 1515 kcal G, SU, F, M	
CHICKEN CAESAR SALAD	GF? £17.95
Chargrilled chicken breast, crispy bacon, cos lettuce, herb croutons, parmesan shavings, Caesar dressing, topped with a soft poached egg 401 kcal G, E, D, S	
BOOKMAKER SANDWICH	GF? £16.95
Chargrilled steak cooked pink, saute mushrooms, onions, mayonnaise served with a side salad, homemade coleslaw and curly fries 756 kcal G, D, E	
CLUB SANDWICH	GF? £16.95
Chargrilled chicken breast, bacon, lettuce, tomato, egg mayonnaise, served with side salad, homemade coleslaw and curly fries 1107 kcal G, D, E	
VEGAN BOLOGNESE	V, VE £16.50
Soya mince and vegetables in an Italian style tomato sauce, garlic ciabatta and vegan Parmesan 879 kcal G, C, SU, E, D, SO, N, S	

SIDES

CHIPS	GF?, VE 428 kcal G	£5.50
CURLY FRIES	VE 522 kcal G	£5.50
GARLIC CIABATTA	V 270 kcal G, D, S, E	£5.00
BEER BATTERED ONION RINGS	V 218 kcal G, D, SU	£4.50
HOUSE SALAD	VE 30 kcal M	£4.95

BEVERAGES

All our hot drinks are served with either a shortbread D, G or a Brend Collection chocolate mint D, S.

COFFEE

Choose from our selection of milks, including semi-skimmed D, oat G, almond N & soya SO

Latte	£4.95	Flat White	£4.95
Americano	£4.50	Cappuccino	£4.95
Iced Latte	£4.95	Cafetière Coffee (Includes decaf)	£4.50
Single Espresso	£4.25	Double Espresso	£4.95
Mocha	£4.50		

SYRUPS

Choose from: Caramel, Hazelnut, Vanilla £1.00

HOT CHOCOLATE £4.95

TEA & INFUSIONS £4.50

Choose from a pot of: Earl Grey, Green Tea, Lemon, Peppermint, Camomile or Berry

