

THEBARNSTAPLE

HOTEL | HEALTH & LEISURE

DINNER MENU

THEBARNSTAPLE

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B R E N D
COLLECTION

HOTELS | RESTAURANTS | SPAS

STARTERS

SOUP OF THE DAY VE , GF ?	£7.95
Warm bread roll G	
HOMEMADE CRAB CAKES	£10.95
Saffron aioli, celeriac remoulade, herb oil 460 kcal CR , G , C , E , D	
CHICKEN LIVER PATE GF ?	£9.95
Homemade pate, ciabatta melba toast, real ale chutney, balsamic glaze, quince jelly 154 kcal G , C , E , D , SU	
CLASSIC PRAWN COCKTAIL GF ?	£10.95
Iceberg lettuce, Marie Rose sauce, brown bread & butter 277 kcal CR , G , C , E , D , M , SU	
CHILLED DUO OF MELON GF VE	£8.95
Fanned cantaloupe, lime scented honeydew pearls, mango coulis 42 kcal SU	

BURGERS & GRILLS

GRILLED GAMMON STEAK GF ?	£18.50
Gammon ham, pineapple, fried egg, chips and peas 836 kcal E , G	
10OZ SIRLOIN STEAK GF ?	£32.00
Grilled to your liking, tomato, field mushroom, chips, onion rings 1069 kcal G , D , SU	
SAUCES GF ?	£2.50
Peppercorn C , D , SU Diane C , M , D , F , SU Blue Cheese SU , D Garlic & Parsley Butter D	
THE SIGNATURE BURGER GF ?	£19.50
Beef patty, slow cooked pulled pork, melted Applewood cheese, barbecue sauce, brioche bun with chips, salad and homemade coleslaw 1700 kcal G , D , E , S	
THE REBEL BURGER GF ?, VE	£17.95
Plant burger, vegan cheese, lettuce, barbeque sauce, vegan brioche bun with chips, salad 717 kcal G , S , SO , M , E	
THE HERITAGE BURGER GF ?	£18.50
Chargrilled butterfly chicken breast, lettuce, mayonnaise, brioche bun with chips, salad and homemade coleslaw 808 kcal G , E , S , M	

SIDES

CHIPS GF ?, VE 428 kcal G	£5.50
CURLY FRIES VE 522 kcal G	£5.50
GARLIC BREAD V 270 kcal G , D , S , E	£5.00
BEER BATTERED ONION RINGS V 218 kcal G , D , SU	£5.00
HOUSE SALAD VE 30 kcal M	£4.95
HOUSE VEGETABLE & POTATOES GF ?	£5.75
275 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

MAINS

ROAST OF THE DAY GF ?	£18.50
See the specials board for today's roast C , G	
CATCH OF THE DAY	£20.50
See the specials board for today's fish F	
SEAFOOD LINGUINE GF ?	£20.50
Spicy arrabbiata sauce, linguine pasta, garlic bread 825 kcal G , D , F , CR	
CHEFS SPECIAL OF THE DAY	£19.95
See the specials board for today's dish	
BEER BATTERED COD GF ?	£18.50
Crispy beer battered cod, chips, peas and tartare sauce 1515 kcal G , SU , F , M	

FRESH SALADS

Freshly prepared salad bowl with a choice of:	
Chicken GF 690 kcal M	£16.50
6oz Sirloin Steak GF 524 kcal	£17.50
Seafood Platter GF 488 kcal CR , MO , F , M	£19.50
Feta, Avocado & Pickled Beetroot V 492 kcal SU , D , GF , M	£17.50

VEGETARIAN CHILLI VE ?	£17.50
Vegetarian chilli, jalapenos, cheddar cheese, sour cream, your choice of rice or chips 570 kcal SO , D , G	

SPAGHETTI BOLOGNESE VE	£16.50
Choice of Beef or Vegan Bolognese, garlic ciabatta, Parmesan / Vegan Parmesan 671 kcal G , D , E , S , C , SU	

BREADED SCAMPI	£17.95
Breaded scampi, chips, peas and tartare sauce 1053 kcal G , CR , E , F , MO , M	

MACARONI CHEESE V	£18.95
Creamy red Leicester sauce, toasted herb crumb. Garlic bread, side salad 890 kcal G , D , M , S , N	

VEGETARIAN OF THE DAY	£18.50
See the specials board for today's vegetarian dish	

DESSERTS

RASPBERRY PANNACOTTA GF ?	£8.95
Meringue pearls, white chocolate raspberry crumb 438 kcal D , G , SO , E	
MILLIONAIRE BROWNIE CHOCOLATE TART	£8.95
White chocolate Biscoff ice cream 779 kcal G , D , SO , E	
BAKED STRAWBERRY CREAM CHEESECAKE	£8.95
Strawberry sorbet 407 kcal G , E , D	
LEMON & BLUEBERRY POSSET GF ?	£8.95
White chocolate and hazelnut cookie 450 kcal D , G , E , SO	
FRESH FRUIT SALAD GF , VE ?	£8.95
Clotted cream 237 kcal D	
ICE CREAM GF , V	£8.00
Choice of 3 scoops: Strawberry Vanilla Toffee Chocolate Mint Ice Cream of the Day (please ask your server) 475 kcal D , N , E , P , SO	
LOCAL CHEESE & BISCUITS	£10.50
Blue cheese, Brie, Cheddar, beetroot chutney, grapes and cherry tomatoes 900 kcal G , S , SO , E , D , SU	