

THE BARNSTAPLE

HOTEL | HEALTH & LEISURE

STARTERS

Prawn Platter GF?	£5.95
Brown bread and butter 184 kcal G, CR, E, F, D, M, C	
Chefs Soup of the Day GF?	£5.95
Served with a fresh bread roll and butter 243 kcal G, D	
Seasonal Melon VE, GF	£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 GF? (See special board for kcal) C, G	£8.25
Breaded Chicken Goujons 62 kcal G, SO	£8.25
Homemade Cheese Burger 116 kcal G, D, S, SO	£8.25
Margherita Pizza V	£8.25
Pepperoni Pizza 299 kcal G, D	£9.25
Spaghetti Bolognese 336 kcal C, G, D, SU, S, N, E	£8.25
Vegan Spaghetti Bolognese VE 480 kcal C, G, D, SU, S, N, E, SO	£8.25
Battered Cod 757 kcal G, E, F, D, M, SU	£8.25
Breaded Scampi 207 kcal G, CR, E, F, MO, M	£8.25
Maccaroni Cheese, Garlic Bread V 485 kcal G, D, M, S, N	£8.25

DESSERTS

Fresh Fruit Salad VE 61 kcal	£5.25
2 Scoops of Luxury Ice Cream V 100 kcal G, D, E, P, S, N	£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