THE BARNSTAPLE

HOTEL | HEALTH & LEISURE

LUNCH MENU

LIGHT BITES

SOUP OF THE DAY VE, GF? £8.95
Warm bread roll G

HOMEMADE CRAB CAKES £12.50
Saffron aioli, celeriac remoulade, herb oil 460 kcal CR, G, C, E, D

SMOKED SALMON BAGEL £12.95
Smoked salmon, cream cheese, toasted bagel,dill, lemon and capers 621 kcal G, F, D, S

AVOCADO & POACHED EGG ON TOAST VE?, GF? £12.00
Smashed avocado, toasted sourdough, soft poached egg, charred tomatoes, chilli flakes 220 kcal E, D, G, S

BUCK RAREBIT V GF? £13.95
Doom Bar beer and melted cheese sauce, two poached eggs, two slices of white or granary toast 782 kcal G, M, E, D, N, S, SO, SU
Add extra field mushrooms £1.50

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? £10.95
Red onion, mayonnaise 1063 kcal G, D, E, M

ROASTED TURKEY BREAST GF? £11.95
Cranberry sauce, iceberg lettuce 693 kcal G, D, SU, M, E

ROAST SILVERSIDE BEEF GF? £11.95
Horseradish, rocket salad 629 kcal G, D, E, M, SU

GAMMON HAM SALAD GF? £11.95
English mustard, salad leaves 659 kcal G, D, M, E

EGG MAYONNAISE V, GF? £10.95
Mustard cress 743 kcal G, D, E, M

TUNA MAYONNAISE GF? £11.95
Sliced cucumber 653 kcal G, D, M, F, E

PRAWN MARIE ROSE GF? £13.50
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 £12.50

GAMMON HAM, CHEDDAR & PINEAPPLE GF? 684 kcal G, D, E £12.50

VEGAN APPLEWOOD CHEESE, TOMATO & ONION VE, GF? 697kcal G, D £11.50

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 £12.00

CHEDDAR CHEESE & BAKED BEANS GF?, V, VE? 89 kcal E, D £11.50

PRAWN MARIE ROSE GF? 697 kcal D, G, CR, E, F, M £12.50

VEGETABLE CHILLI GF?, VE? 670 kcal SO, M £11.50

BURGERS & GRILLS

THE SIGNATURE BURGER GF? £21.95
Beef patty, slow cooked pulled pork, melted Applewood cheese, barbecue sauce, brioche bun, chips, salad and homemade coleslaw 1700 kcal G, D, E, S

THE REBEL BURGER GF?, VE £19.95
Plant burger, vegan cheese, lettuce, barbeque sauce, vegan brioche bun, chips and salad 717 kcal G, S, SO, M, E

THE HERITAGE BURGER GF? £20.95
Chargrilled butterfly chicken breast, lettuce, mayonnaise, brioche bun, chips, salad and homemade coleslaw 808 kcal G, E, S, M

CLASSICS

BEER BATTERED COD GF? £19.95
Crispy beer battered cod, chips, peas and tartare sauce 1515 kcal G, SU, F, M, E

CHICKEN CAESAR SALAD GF? £18.95
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? £19.95
Chargrilled steak cooked pink, saute mushrooms, onions, mayonnaise, side salad, homemade coleslaw and curly fries 756 kcal G, D, E

CLUB SANDWICH GF? £18.95
Chargrilled chicken, egg mayonnaise, bacon, lettuce, tomato, side salad, homemade coleslaw and curly fries 1107 kcal G, D, E

VEGAN BOLOGNESE V, VE £18.50
Soya mince and vegetables in an Italian style tomato sauce, garlic ciabatta, vegan Parmesan 879 kcal G, C, SU, SO, N, S

MACARONI CHEESE V £18.50
Creamy red Leicester sauce, toasted herb crumb, garlic bread 890 kcal G, D, M, SS, N

SIDES

CHIPS GF?, VE 428 kcal G £6.50

CURLY FRIES VE 522 kcal G £6.50

GARLIC BREAD V 270 kcal G, D, S, E £6.00

BEER BATTERED ONION RINGS V 218 kcal G, D, SU £6.00

HOUSE SALAD VE 30 kcal M £5.95

HOUSE VEGETABLE & POTATOES GF? 275 kcal £6.75

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HOTEL | HEALTH & LEISURE

BREND

COLLECTION

HOTELS | RESTAURANTS | SPAS