THE BARNSTAPLE

HOTEL | HEALTH & LEISURE

DINNER MENU

STARTERS

SOUP OF THE DAY **VE, GF?** £9.95
Warm bread roll **G**

HOMEMADE CRAB CAKES £13.50
Saffron aioli, celeriac remoulade, herb oil 460 kcal **CR, G, C, E, D**

CHICKEN LIVER PATE **GF?** £11.50
Homemade pate, ciabatta melba toast, real ale chutney, balsamic glaze, quince jelly 154 kcal **G, C, E, D, SU**

CLASSIC PRAWN COCKTAIL **GF?** £12.00
Iceberg lettuce, Marie Rose sauce, brown bread & butter 277 kcal **CR, G, C, E, D, M, SU**

CHILLED DUO OF MELON **GF VE** £9.95
Fanned cantaloupe, lime scented honeydew pearls, mango coulis 42 kcal **SU**

BURGERS & GRILLS

GRILLED GAMMON STEAK **GF?** £19.75
Gammon ham, pineapple, fried egg, chips, peas 836 kcal **E, G**

10OZ SIRLOIN STEAK **GF?** £36.00
Grilled to your liking, tomato, field mushroom, chips, onion rings 1069 kcal **G, D, SU**

SAUCES **GF?** £3.50
Peppercorn **C, D, SU** | Diane **C, M, D, F, SU** | Blue Cheese **SU, D**
Garlic & Parsley Butter **D**

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

THE REBEL BURGER **GF?, VE** £19.50
Plant burger, brioche bun, vegan cheese, lettuce, barbeque sauce, vegan, chips, salad 717 kcal **G, S, SO, M, E**

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

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

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? £19.95
See the specials board for today's roast C, G

BEER BATTERED COD GF? £22.00
Crispy beer battered cod, chips, peas,
tartare sauce 1515 kcal G, SU, F, M

KATSU CURRY £19.50
Braised rice, mango chutney, crispy poppadom's,
with a choice of:
breaded chicken 1160 kcal SO, G, E
or roasted vegetables VE 989 kcal SO, G

VEGETARIAN CHILLI VE? £19.50
Vegetarian chilli, jalapenos, Cheddar cheese, sour cream,
with a choice of rice or chips 570 kcal SO, D, G

SPAGHETTI BOLOGNESE VE? £19.75
Choice of beef or vegan bolognese, garlic ciabatta,
Parmesan, vegan parmesan 671 kcal G, D, E, S, C, SU

STEAK & ALE PIE GF? £19.50
Slowed braised chuck steak, braised with mixed vegetables
and regional ale, buttered mash potato, garden peas
1090 Kcal G, SU, D, L, M, SO

SAUSAGE & MASH GF? £19.00
3 award winning pork sausages charred, buttered chive mash,
caramelised onion gravy 1298 Kcal G, SU, D

BREADED SCAMPI £19.95
Breaded scampi, chips, peas, tartare sauce 1053 kcal G, CR, E, F, MO, M

DESSERTS

RASPBERRY PANNA COTTA GF? £9.95
Meringue pearls, white chocolate raspberry crumb 438 kcal D, G, SO, E

MILLIONAIRE BROWNIE CHOCOLATE TART £9.95
White chocolate Biscoff ice cream 779 kcal G, D, SO, E

BAKED STRAWBERRY CREAM CHEESECAKE £9.95
Strawberry sorbet 407 kcal G, E, D

LEMON & BLUEBERRY POSSET GF? £9.95
White chocolate and hazelnut cookie 450 kcal D, G, E, SO

FRESH FRUIT SALAD GF, VE? £9.95
Clotted cream 237 kcal D

ICE CREAM GF, V £9.00
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 £11.50
Blue cheese, Brie, Cheddar, beetroot chutney,
grapes, cherry tomatoes 900 kcal G, S, SO, E, D, SU