

HEANTON

BAR

LUNCH MENU

STARTERS

DAILY SELECTION OF SPECIALS

MAINS

ROAST OF THE DAY	£14.95
Freshly prepared vegetables & potatoes (See special board for kcal)	
FISH OF THE DAY	£16.95
Freshly prepared vegetables & potatoes (See special board for kcal)	
CHARGRILLED GAMMON STEAK	£15.95
Chips, peas, fried egg, pineapple 836 kcal	
BREADED SCAMPI	£15.95
Chips and peas, homemade tartare sauce 1053 kcal	
HOME BATTERED COD	£17.95
Chips and peas 1514 kcal	
GRILLED SIRLOIN STEAK	£26.95
Chips and peas 1069 kcal	
BARNSTAPLE HOTEL SIGNATURE BEEF BURGER	£15.95
Grilled bacon, cheese, lightly toasted bun, chips, salad 829 kcal	
SPAGHETTI BOLOGNESE	£14.95
Parmesan cheese and garlic bread 671 kcal	
VEGAN SPAGHETTI BOLOGNESE VE	£14.95
Garlic bread 879 kcal	

SIDES

CHIPS 428 kcal £4.95
CURLY FRIES 131 kcal £4.95
GARLIC BREAD 270 kcal £4.50
SIDE SALAD 30 kcal £4.95
VEGETABLES & POTATOES 217 kcal £5.50
PEPPERCORN SAUCE 59 kcal £2.50
DIANE SAUCE 38 kcal £2.50

[VE](#) Vegan [VE?](#) Can be vegan, ask when ordering [V](#) Vegetarian [GF](#) Gluten Free [GF?](#) Can be gluten free ask when ordering

Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 kcal a day.

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COLD SANDWICHES

All sandwiches are served with side salad and curly fries [GF?](#)

HOME ROASTED GAMMON HAM English mustard 659 kcal	£8.95
DEVONSHIRE HOME ROASTED TURKEY BREAST Cranberry sauce, lettuce 593 kcal	£8.95
ROAST SILVERSIDE OF WEST COUNTRY BEEF Horseradish 629 kcal	£8.95
CHUNKY EGG MAYONNAISE V Mustard cress 743 kcal	£7.95
PRAWN MARIE ROSE Lettuce and cucumber 513 kcal	£9.95
TUNA MAYONNAISE & CUCUMBER 653 kcal	£8.95
HOUMOUS, BEETROOT, CARROT & APPLE V 687 kcal	£7.95
HAWKRIDGE CHEDDAR & RED ONION V 1063 kcal	£8.25
CHICKEN, GRAPE & TARRAGON MAYONNAISE 670 kcal	£9.95

TOASTED SANDWICHES

All toasted sandwiches are served with a side salad, coleslaw and French dressing [GF?](#)

BOOKMAKERS Sirloin steak, saute mushrooms and onions 756 kcal	£15.95
CLUB SANDWICH Chicken mayonnaise, smoked bacon, lettuce and tomato 1007 kcal	£12.95
GAMMON, HAM & PINEAPPLE Hawkridge mature cheddar 684 kcal	£9.25
BACON, WEST COUNTRY BRIE & CRANBERRY 767 kcal	£9.25
VEGAN CHEESE, PESTO, TOMATO & ROCKET VE 597 kcal	£8.95
VEGAN CHEESE, OLIVE & RED CAPSICUM VE 468 kcal	£8.95
TOMATO, ONION & MONTEREY JACK 481 kcal	£8.95
GOATS CHEESE & RED ONION 562 kcal	£8.95

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