

Please note we are a little independent pub, not a big restaurant! We don't have waiting staff so please order your food and drinks at the bar. We try our hardest to serve your meals, which are cooked to order, as quickly as possible. If you are in a hurry, please ask us the likely waiting time. We hope you enjoy the lovely atmosphere and our home-made food.



FREE HOUSE
Menu

V=Vegetarian ■, **VN=Vegan** ■
D=Dairy/Milk-Free ■ **G=Gluten-Free** ■
WHEN ORDERING PLEASE MENTION ANY FOOD INTOLERANCE OR ALLERGY
ALLERGENS 'FOOD CONTAINS' KEY:
① Gluten ② Milk ③ Eggs ④ Soya ⑤ Fish
⑥ Molluscs ⑦ Crustaceans ⑧ Sulphites ⑨ Mustard ⑩ Celery ⑪ Ground Nuts ⑫ Sesame Seeds ⑬ Tree Nuts
Faded symbols mean 'may contain'.
We do not use frying oils containing GM soya.
All meals subject to availability.

Starters

- **BREAD AND OLIVES (VN,D,G) £5.95**
Mixed olives with toasted bread^① or GF bread and olive oil with Modena balsamic vinegar
- **PRAWN SALAD (D,G) £8.95** ③⑦
Prawns in a marie-rose sauce with salad and either lemon oil or chilli oil. With a slice of granary bread^① with DF butter
- **DUCK & ORANGE PATÉ (D,G) £7.95** ②
A paté of duck and pork liver flavoured with orange cognac liqueur. Served with salad and crusty bread^① or GF bread and DF spread
- **TOMATO & AND CHILLI SOUP (VN,D,G) £6.95** ④
Served with crusty bread^① or GF bread and DF spread
- **SMOKED HADDOCK FISH CAKE (G) £8.95/ £15.95** ⑤
A fish cake of lightly smoked haddock in a light batter with salad and lemon oil. Main version comes with two fish cakes and chips
- **CRISPY CHILLI BEEF £8.95/ £15.95** ①②③④
Spiced, coated strips of beef with a sweet chilli sauce served with salad
- **WOODLAND MUSHROOM ARANCINI (VN,D,G) £7.95**
A medley of porcini, shiitake, chestnut and oyster mushrooms in risotto rice with herbs and flavours of blue cheese coated in a crunchy gluten-free crumb. With salad drizzled with lemon oil

Mains

- **CHICKEN, HAM AND LEEK PIE £16.95** ①②③④
Chicken, ham hock and leeks in a creamy sauce encased in shortcrust pastry. Served with mash, vegetables and gravy
- **SHEPHERDESS PIE (VN,D,G) £16.95** ④
Our oven baked pie of veggie mince, peppers, onions, squash and carrots in a rich gravy and topped with mashed potato^② or dairy-free mash. Served with green beans and garden peas
- **RENDANG BEEFBURGER (D,G) £16.95** ④
Exmoor premium minced beef in Malaysian spices topped with fried onions and iceberg in a soft roll or GF roll with chips and salad
- **SHROOM BURGER (VN,D,G) £16.95** ④
A veggie patty topped with melted cheddar^② or dairy-free cheese, mushrooms, tomato relish and red onions in a soft roll or GF roll with chips and salad
- **AROMATIC MARRAKESH LAMB (D,G) £17.95**
British minced lamb, Moroccan spices, chickpeas, chillis & peppers. With white rice and chilli flatbread^① or GF flatbread
- **SCORCHING CHICKEN CURRY (D,G) £16.95**
British chicken in a rich, hot and spicy sauce. With white rice, poppadom and mango chutney
- **KERALAN CURRY (VN,D,G) £16.95** ④
A delicious sweet curry with cauliflower, red peppers and coconut cream. With white rice and poppadom
- **THE FLOWING SPRING KEBAB £16.95 (D,G)**
Our version of the doner kebab. Pitta bread^① or a GF wrap stuffed with salad and topped with sliced roast West Country lamb. With jalapenos, gherkins, a hot chilli sauce and mint raita^②
- **SHAWARMA KEBAB (VN,D,G) £16.95**
Pitta bread^① or a GF wrap stuffed with salad and topped with spiced shawarmi-style plant-based strips. Comes with jalapenos, gherkins, peppadew sweet peppers, hot chilli sauce and mint raita^② or vegan mint mayo
- **CIDER BATTERED COD OR HADDOCK AND CHIPS (D,G) £16.95/£17.95** ⑤⑥
A fillet of either skinless cod or skinless haddock in our gluten-free Apple Bee cider batter with chips and either garden peas or salad. Add a slice of white bread^① with DF butter for 95p
- **GAMMON, EGGS AND CHIPS (D,G) £15.95** ③
West Country gammon (served cold unless requested hot) plus two fried free range local eggs, chips and salad
- **CHILLI CALZONE (VN,D) £16.95** ①
A large calzone with melted mozzarella^② or vegan style mozzarella. Filled with either our chilli con carne or veggie mixed beans chilli. Both served with salad
- **HOME-MADE PIZZAS INCLUDING GLUTEN FREE, DAIRY-FREE & VEGAN - CHOOSE YOUR OWN FOUR TOPPINGS (VN,D,G) £16.95**
Our light, thin, crispy, hand-made pizzas^① or gluten-free pizzas topped with tomato and mozzarella^② or dairy-free cheese.
Choose up to 4 toppings: Mushrooms, red onions, mixed peppers, olives, capers, gherkins, mixed chillis, Armagedon chillis (very hot!), jalapenos, sweetcorn, sun-dried tomatoes, peppadew sweet peppers, pineapple, chorizo, pepperoni, salami, ham. **Extra toppings £1.50**

Giant Yorkshires £15.95

A giant Yorkshire pudding ①②③ filled with your choice from below. GF Yorkshires ②③ available...

- **BEEF IN RED WINE (G) ⑧**
Slow-cooked, sliced beef in red wine and onions. With vegetables and potatoes
- **LAMB, REDCURRANT AND THYME (G) ⑧**
Slow-cooked West Country lamb in a redcurrant and red wine gravy with thyme and onions. With vegetables and potatoes
- **SLOW-COOKED BBQ RIBLESS PORK (G) ⑧**
Slow-cooked barbecue flavour pork ribs, off the bone, in cider and leeks. With vegetables and mash
- **SAUSAGES & MASH (G)**
Two pork sausages, mash, peas and gravy
- **CHICKEN & MUSHROOMS (G) ⑧⑨**
Chicken in a creamy white wine sauce with mushrooms, leeks, carrots and potatoes
- **SMOKED BACON & CHICKEN (G)**
Slow-cooked chicken with smoked bacon, leeks, red onions and carrots in a rich gravy with mash
- **ROASTED BUTTERNUT SQUASH & VEGETABLES (V,G)**
Butternut squash, sweet potatoes, courgettes, leeks, peppers, aubergines and stuffing with gravy and roast potatoes

Desserts £6.95

- **SYRUP SPONGE PUDDING (V,G) ②③④⑩**
Hot gluten-free sponge topped with syrup. Choose custard or ice cream
- **APPLE AND BLACKBERRY CRUMBLE (VN,D,G)**
With custard, vanilla ice cream or DF vanilla ice cream
- **CHOCOLATE ORANGE PUDDING (VN,D) ①④⑩**
A hot orange sponge pudding topped with chocolate sauce
- **CHURROS (VN,D) ①**
with chocolate sauce, vanilla ice cream or DF vanilla ice cream
- **DAIRY ICE CREAMS £1.95 SCOOP ②**
Cherry Bakewell ①⑩, Vanilla, Rum and Raisin, Scotch Bonnet
- **VEGAN ICE CREAMS £1.95 SCOOP**
Vanilla, Salted Caramel, Coconut, Raspberry Sorbet