

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.



V=Vegetarian ■, VN=Vegan ■
D=Dairy/Milk-Free
G=Made using Gluten-Free ingredients*
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.

December Pub Favourites

■ BREAD AND OLIVES (VN,D,G) £6.95

Mixed olives with toasted bread ① or GF bread and olive oil with Modena balsamic vinegar

■ CHIP BUTTY BAP £5.95 (VN,D,G)

A buttered roll filled with our tasty, thick-cut chips

■ MINI MEXICAN SOMBREROS £8.95 (V,G) ② ③

Two yorkshire puddings ① filled with chilli con carne or mushroom chilli. With tortilla chips and guacamole. GF yorkshires available

■ MACARONI CHEESE BAKE £12.95 (V) ① ② ⑨ ⑩

Macaroni in a creamy sauce with either sun-dried tomatoes or diced chorizo, with a cheese topping and baked in the oven. Add chips for £4.25 or garlic bread for £4.95. *This takes at least 20 minutes as it is oven-baked*

■ GAMMON, EGG AND CHIPS £8.95/ £17.95 (D,G) ③

West Country gammon (served cold unless requested hot) with one fried free range local egg and chips. A main size is available with two eggs, chips and salad

■ COD AND CHIPS £10.95/ £18.95 (D,G) ⑤ ⑥

A small skinless cod tail fillet in gluten-free cider batter with chips. Add garden peas for 95p. A main size is available which includes a choice of peas or salad

■ BEEFBURGER WITH CHEDDAR £17.95 (D,G)

Our burger uses the finest Devon beef mince and seasoning. To enjoy the full flavour we're simply adding burger relish ⑨, tomatoes, onions and iceberg lettuce, topping it with melted cheddar ② and sliced gherkins. Served in a soft white roll ① or GF roll with chips and salad

■ THE FLOWING SPRING KEBAB £18.95 (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 £18.95 (VN,D,G)

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

■ HOME-MADE PIZZAS INCLUDING GLUTEN FREE, DAIRY-FREE & VEGAN - CHOOSE YOUR OWN FOUR TOPPINGS £18.95 (VN,D,G)

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 from:

Mushrooms, red onions, mixed peppers, olives, capers, gherkins, red Thai chillis, Armagedon chillis (very hot!), jalapenos, sweetcorn, pineapple, sun-dried tomatoes, peppadew sweet peppers, chorizo ②, pepperoni ②, bacon, ham.

Extra toppings £1.50

JACKET POTATOES £10.95

A large baked potato served with salad

- Cheddar ② or vegan cheese (VN,V,G)
- Ratatouille with or without grated cheddar ② or vegan cheese (VND,G)
- Chilli Con Carne (D,G) or Mushroom Chilli (VN,D,G) or Mixed Beans (VND,G)
- Shropshire Blue (melted) with mushrooms (V,G)
- Tuna mayo with sweetcorn (D,G) ③ ⑤
- Prawn marie rose (D,G) ③ ⑦

SOFT WHITE ROLLS AND GRANARY SANDWICHES £8.95 GF ROLLS AVAILABLE

All served with salad

- Devon pork sausages & onions (hot) (D,G)
- Brie, cranberry and grapes (V,G) ② ⑧
- Cheddar cheese with pickle or tomato (V,G) ②
- Gammon ham with tomatoes and mustard ⑨ (D,G)
- Bacon (D,G), bacon and fried egg (D,G) ③ or bacon and brie (hot) (G) ②
- Prawn marie-rose (D,G) ③ ⑦
- Tuna mayo ③ ⑤ with sweetcorn or cucumber (D,G)

EXTRAS...

■ GARLIC BREAD £5.95/£6.95 (VN,D,G)

Choose toasted garlic ciabatta bread or have it topped with melted cheese ② or DF cheese. Gluten-free bread available

■ MIXED SALAD £6.95 (VN,D,G)

■ CHIPS £4.95 (VN,D,G)

■ CHEESY CHIPS COMBINATIONS £5.95 (VN,D,G)

With melted cheese ② or dairy-free cheese plus either:
Bacon
Sun-dried tomatoes
Jalapenos

HOT DRINKS

TEAS £2.75 A MUG

Every Day Tea
Green Tea
Mint Tea
Fruit Teas
Decaf

HOT CHOCOLATE £3.25 A MUG

Hot Chocolate
Galaxy Hot Chocolate (Dairy-free/ vegan)

COFFEES £3.25 A MUG

Filter Coffee
Filter Decaf Coffee
Cappucino
Latte
Oat Milk Latte (Dairy-free/ vegan)