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.

The Flowing Spring

INDEPENDENT COUNTRY PUB AND VENUE

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 (C) Celery
(N) Ground Nuts (S) Sesame Seeds (T) Tree Nuts

Faded symbols mean 'may contain'.
We do not use frying oils containing GM soya.
All meals subject to availability.

FAVOURITES MENU

Here's a selection of our favourites, available throughout the festive period in addition to our Festive Menu.

LIGHTER MEALS

SMALL HAKE AND CHIPS £14.95 (D,G) (5)(8)
A small fillet of hake in gluten-free cider batter with chips. Add garden peas for 95p

CRUNCHY CHICKEN & CHIPS £8.95 (D,G) (3)
Chicken slices in a light crispy batter. With chips and salad

SPRING ROLLS (VN,D) £8.95 (1)(4)(C)
Two vegetable spring rolls with beansprouts, peppers, sweetcorn and spices served with salad and a sweet chilli dip

SMALL GAMMON, EGG AND CHIPS £8.95 (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 for £18.95

CHIPS £5.95 (VN,D,G)

CHEESY CHIPS COMBINATIONS £6.95 (VN,D,G)
With melted cheese(2) or dairy-free cheese plus either bacon or jalapenos

CHIP BUTTY BAP £6.95 (VN,D,G)
A buttered (DF spread) roll or GF roll filled with our tasty, thick-cut chips

SANDWICHES & ROLLS ALL £8.95

BRIE, CRANBERRY AND GRAPES (V,G) (2)(8)
Choose sliced malted brown bread(1), soft white roll(1) or gluten-free roll. Served with salad

CHEDDAR CHEESE WITH PICKLE OR TOMATO (V,G) (2)
With pickle or tomato. Choose sliced granary bread(1), soft white roll(1) or gluten-free roll. Served with salad

GAMMON, TOMATO & MUSTARD (D,G)
With tomatoes and mustard(9). Choose sliced malted brown bread(1), soft white roll(1) or gluten-free roll. Served with salad

BACON & EGG/ BACON & BRIE (D,G)
Choose bacon & fried egg(3) or bacon & brie)(2). Choose sliced malted brown bread(1), soft white roll(1) or gluten-free roll. Served with salad

TUNA MAYO (D,G) (3)(5)
With either sweetcorn or cucumber. Choose sliced malted brown bread(1), soft white roll(1) or gluten-free roll. Served with salad (D,G)

JACKET POTATOES ALL £10.95

CHEESE (VN,V,G)
Grated cheddar(2) or vegan cheese. Served with salad

RATATOUILLE (VN,D,G)
Ratatouille with or without grated cheddar(2) or vegan cheese. Served with salad

CHILLI (VN,D,G)
Choose Chilli Con Carne (D,G) or Mushroom Chilli (VN,D,G). Served with salad

TUNA MAYO (D,G) (3)(5)
Tuna mayo with sweetcorn. Served with salad

MAINS ALL £18.95

CIDER BATTERED FISH AND CHIPS (D,G) (5)(8)
A fillet of haddock or hake in our gluten-free cider batter with chips and either garden peas or salad. Add a slice of white bread(1) with butter(2) or DF butter for 95p

THE FLOWING SPRING KEBAB (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 yoghurt(2)

SHAWARMA KEBAB (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, hot chilli sauce and mint yoghurt(2) or vegan mint mayo

GAMMON, EGGS AND CHIPS (D,G) (3)
West Country gammon (served cold unless requested hot) plus two fried free range local eggs, chips and salad

HOME-MADE PIZZAS INCLUDING GLUTEN FREE, DAIRY-FREE & VEGAN - CHOOSE YOUR OWN FOUR TOPPINGS (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:

Mushrooms	Birds eye chillis,	Peppadew peppers
Red onions	Armagedon chillis	Chorizo(2)
Mixed peppers	(very hot!)	Pepperoni(2)
Olives	Jalapenos	Salami
Capers	Sweetcorn	Spicy minced beef
Gherkins	Pineapple	Bacon
Red Thai chillis	Tomatoes	Ham

Extra toppings £2

Please book your table by calling (0118) 9699878. Pre-orders are appreciated, particularly for tables of 6 or more.
*Whilst every effort is made to ensure our food marked 'G' is gluten-free, there is a small risk due to environmental cross-contamination when made and handled