

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



## FREE HOUSE

## Menu

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.

## Starters ALL £8.95

- **CRISPY CHICKEN WITH SALAD (D,G)** ③ ④ ⑤ ⑥  
Lightly battered strips of chicken with a sweet chilli sauce served with salad
- **HEARTY LENTIL AND PEPPER SOUP (VN,D,G)**  
Served with crusty bread ① or GF bread. Butter ② or DF spread available
- **SEABASS FISH CAKE (D,G)** ⑤  
A fish cake of seabass and cod with hints of ginger and lime in gluten-free breadcrumbs with salad and lemon oil
- **INDIAN SCAMPI (D)** ① ⑦ ⑤ ⑥  
Crispy-crumbed king prawns marinated in fenugreek, fennel, cumin, mustard and black onion seeds. Served with salad and drizzled with a chilli mango dressing
- **MEDITERRANEAN BRUSCHETTA (VN,D,G)**  
Our twist on the traditional bruschetta: toasted ciabatta ① topped with oven-roasted cherry tomatoes, olives, capers, peppers, onions and chillis and melted mozzarella ② or dairy-free cheese. Gluten-free bread available

## Mains ALL £18.95

- **CIDER BATTERED COD OR HADDOCK AND CHIPS (D,G)** ⑤ ⑧  
A fillet of either skinless cod or haddock in our gluten-free cider batter with chips and garden peas or salad. Add a slice of white bread ① with DF butter for 95p
- **SPICED CAULIFLOWER & LENTIL PIE (VN,D)** ① ⑨  
Cauliflower, lentils, spinach and potatoes in Indian spices encased in pastry. Served with mash ② or DF mash, gravy and vegetables
- **PORK, CHEESE & JALAPENO BURGER (G)** ② ⑨  
A pork burger with iceberg lettuce topped with jalapenos, melted cheddar and a peach mustard sauce. Served in a soft white roll ① or GF roll with chips and salad
- **BEEFBURGER WITH CHEDDAR (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
- **SPINACH & FALAFEL BURGER (VN,D,G)**  
A falafel burger with spinach and spices topped with mint yoghurt ② or vegan mint mayo, cucumber and iceberg in a soft roll or GF roll. Served with chips and salad
- **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 raita 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, peppadew sweet peppers, hot chilli sauce and mint raita ② or vegan mint mayo
- **SCORCHING CHICKEN CURRY (D,G)**  
British chicken in a rich, hot and spicy sauce. With white rice and a poppadom
- **KERALAN CURRY (VN,D,G)** ⑥  
A delicious sweet curry with cauliflower, red peppers and coconut cream. With white rice and poppadom
- **COTTAGE PIE & CAULIFLOWER CHEESE (G)** ②  
Home-made cottage pie with a dish of cauliflower cheese, all oven baked
- **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
- **CHILLI CALZONE (VN,D)** ①  
A large calzone filled with either our chilli con carne or veggie mushroom chilli and melted mozzarella ② or vegan style mozzarella. Served with 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, red onions, mixed peppers, olives, capers, gherkins, red Thai chillis, Armagedon chillis (very hot!), jalapenos, sweetcorn, pineapple, tomatoes, peppadew sweet peppers, chorizo ②, pepperoni ②, bacon, ham. Extra toppings £2

## Giant Yorkshire Puddings

£18.95

A giant Yorkshire pudding ① ② ③ filled with today's selections from the list below. GF option uses 2 smaller Yorkshires ② ③

- **PORK AND APPLE (G)** ⑧  
Slow-cooked pork in cider with apples. With vegetables and roast skin-on potatoes
- **BEEF IN MERLOT (G)** ⑧  
Slow-cooked beef cooked in Merlot. With vegetables and roast skin-on potatoes
- **HAM HOCK IN CIDER (G)** ⑧ ⑨  
Slow-cooked ham hock in cider with herbs. Served with vegetables and roast skin-on potatoes
- **POACHED SALMON (G)** ⑤  
Poached salmon fillet with vegetables, roast skin-on potatoes and lemon oil
- **ROASTED BUTTERNUT SQUASH & VEGETABLES (V,G)**  
Butternut squash, sweet potatoes, courgettes, leeks and peppers with gravy and roast skin-on potatoes

## Desserts £8.95

- **SYRUP SPONGE PUDDING (V,G)** ② ③ ④  
Hot gluten-free sponge topped with syrup. Choose custard or ice cream
- **APPLE & BLACKBERRY CRUMBLE (VN,D,G)**  
With ice cream ②, DF ice cream or custard ②
- **HOT SPICED PEACHES (VN,D,G)**  
Sliced peaches cooked in aromatic spices and chillis. With vanilla ice cream ② or DF ice cream
- **CHURROS (VN,D)** ①  
with chocolate sauce, vanilla ice cream ② or DF ice cream
- **DAIRY ICE CREAMS (V,G) £2.50 scoop** ②  
Choose from Vanilla, Scotch Bonnet, Gingerbread, Strawberry with Clotted Cream
- **VEGAN ICE CREAMS (VN,D,G) £2.50**  
SCOOP  
Vanilla, Mint Chocolate Chip

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