The Flowing Spring

INDEPENDENT COUNTRY PUB AND VENUE

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 Ⓒ Celery
Ⓝ Ground Nuts Ⓢ Sesame Seeds Ⓣ 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 CHILLI BEEF £9.95/ £18.95 ① Ⓝ Ⓢ Ⓣ
Spiced, coated strips of beef with a sweet chilli sauce served with salad. Main size available

■ HEARTY LENTIL AND PEPPER SOUP (VN,D,G)
Served with crusty bread① or GF bread. Butter② 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 ciabatta① topped with oven-roasted cherry tomatoes, olives, capers, peppers, onions and chillis and melted mozzarella② or dairy-free cheese. Gluten-free bread available

Mains ALL £18.95

■ CIDER BATTERED COD OR HADDOCK AND CHIPS (D,G) ⑤⑧
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 bread① 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 mash② 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 roll① 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 relish⑨ , tomatoes, onions and iceberg lettuce, topping it with melted cheddar② and sliced gherkins. Served in a soft white roll① or GF roll with chips and salad

■ SPINACH & FALAFEL BURGER (VN,D,G)
A falafel burger with spinach and spices topped with mint yoghurt② 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 bread① or a GF wrap stuffed with salad and topped with sliced roast West Country lamb. With jalapenos, gherkins, a hot chilli sauce and mint raita②

■ SHAWARMA KEBAB (VN,D,G)
Pitta bread① 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 raita② or vegan mint mayo

■ SCORCHING CHICKEN CURRY (D,G)
British chicken in a rich, hot and spicy sauce. With white rice and a poppadom

■ AROMATIC VEGETABLE PENANG CURRY (VN,D,G) ⑨
An aromatic coconut sauce with cauliflower, green beans, mangetout and peppers. Served with white rice

■ 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 mozzarella② 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 pizzas① or gluten-free pizzas topped with tomato and mozzarella② 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, chorizo②, pepperoni②, bacon, ham. **Extra toppings £2**

Giant Yorkshire Puddings
£18.95

A giant Yorkshire pudding ①②③ filled with today's selections from the list below. GF option uses 2 smaller Yorkshires ②③

■ PORK AND APPLE (G) ⑧
Slow-cooked pork in cider with apples. With vegetables and roast skin-on potatoes

■ VENISON IN PORT (G) ⑧
Slow-cooked venison cooked in port. With vegetables and roast skin-on potatoes

■ POACHED SALMON (G) ⑤
Poached salmon fillet wth 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) ②③Ⓣ
Hot gluten-free sponge topped with syrup. Choose custard or ice cream

■ APPLE & BLACKBERRY CRUMBLE (VN,D,G)
With ice cream②, DF ice cream or custard②

■ HOT SPICED PEACHES (VN,D,G)
Sliced peaches cooked in aromatic spices and chillis. With vanilla ice cream② or DF ice cream

■ CHURROS (VN,D) ①
with chocolate sauce, vanilla ice cream② or DF ice cream

■ DAIRY ICE CREAMS (V,G) £2.50 SCOOP ②
Choose from Vanilla, Scotch Bonnet, Gingerbread

■ VEGAN ICE CREAMS (VN,D,G) £2.50
SCOOP
Vanilla