

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.

MENU

STARTERS ALL £8.95

- **CRISPY CHILLI BEEF £9.95/ £18.95** ① ④ ⑤ ⑥
Spiced, coated strips of beef with a sweet chilli sauce served with salad. Main size available
- **TOMATO AND BASIL SOUP (VN,D,G)**
Served with crusty bread ① or GF bread. Butter ② or DF spread available
- **SMOKED HADDOCK KEDGEREE FISH CAKE (G)** ② ④ ⑤
Gluten-free smoked haddock kedgerree fish cake with mango. Served with salad
- **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

MAINS ALL £18.95

- **CIDER BATTERED HADDOCK AND CHIPS (D,G)** ⑤ ⑥
A fillet of skinless haddock 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
- **CORNISH PASTY AND CHIPS (VN,D)** ① ④
A cornish pasty of vegetables and plant-based mince in hand-crimped pastry. Served with chips and salad
- **COTTAGE PIE & CAULIFLOWER CHEESE (G)** ②
Home-made cottage pie with a dish of cauliflower cheese, all oven baked
- **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, 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
- **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, birds eye chillis, Armagedon chillis (very hot!), jalapenos, sweetcorn, pineapple, tomatoes, peppadew sweet peppers, chorizo ②, pepperoni ②, bacon, ham. Extra toppings £2

GIANT YORKSHIRE PUDDINGS

ALL £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

- **LAMB WITH REDCURRANT AND RED WINE GRAVY (G)** ⑧
Slow-cooked lamb in a redcurrant and red wine gravy. With vegetables and roast skin-on potatoes
- **BEEF IN MERLOT (G)** ⑧
Slow-cooked beef in Merlot 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. Two smaller vegan yorkshires available

BURGERS ALL £18.95

All our burgers are served in a soft white roll ① or GF roll accompanied by chips and salad

- **PORK, CHEESE & JALAPENO BURGER (G)** ② ⑥
A pork burger with iceberg lettuce topped with jalapenos, melted cheddar and a peach mustard sauce
- **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
- **BEEFBURGER WITH CHEDDAR (D,G)** ②
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 and sliced gherkins
- **MEXICAN BURGER (VN,D)** ①
A mildly spiced bean burger topped with salsa, red onions, iceberg lettuce, cheddar ② or vegan cheese and jalapenos

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