

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.

MAIN MENU

ALL £18.95

- **CIDER BATTERED HADDOCK AND CHIPS (D,G)** ⑤⑧
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
- **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)** ⑨
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
- **FILLED GIANT YORKSHIRE PUDDINGS (V,G)**
A giant Yorkshire pudding ①②③ filled with today's selection from the list below. All come with vegetables and roast skin-on potatoes. Our GF option uses 2 smaller Yorkshires ②③
 - **PORK & APPLE IN CIDER GRAVY (G)** ⑤
 - **BEEF IN MERLOT GRAVY (G)** ⑤
 - **POACHED SALMON WITH LEMON OIL (G)** ⑤
 - **ROASTED BUTTERNUT SQUASH, VEGETABLES & GRAVY (V,G)**

SALADS

ALL £18.95

- A large bowl of salad with iceberg lettuce, peppers, cucumber, tomatoes and red onion topped with your choice from below:
- **POACHED SALMON (D,G)** ⑤
Poached salmon fillet with either lemon oil or chilli oil
 - **CRISPY CHILLI BEEF (D)** ①③⑤⑧⑩
Spiced, coated strips of beef with a sweet chilli sauce
 - **GOAT'S CHEESE (V,G)** ②
Goat's cheese drizzled with basil oil
 - **MEDITERRANEAN SALAD (VN,D,G)**
With added peppadew sweet peppers, olives, capers and sun-dried tomatoes, drizzled with balsamic vinegar
 - **PRAWN MARIE-ROSE (D,G)** ③⑦

BURGERS & HOT DOGS

ALL £18.95

- Our burgers are served in a soft white roll ① or GF roll. Our hot dogs are served in a hot dog roll or GF roll ①. All are accompanied by chips and salad
- **PORK, CHEESE & JALAPENO BURGER (G)** ②⑨
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
 - **LONG DOG (VN,D,G)**
A long frankfurter-style sausage
 - **HOT DOG (VN,D,G)**
A long sausage with hot chilli sauce

SUNDAY ROASTS £18.95 INC. VEGAN & GLUTEN-FREE

All served with vegetables, skin-on roast potatoes and yorkshire puddings. All of this can be made gluten-free and vegan.

ADD CAULIFLOWER CHEESE £5.95

PLEASE ASK FOR TODAY'S SELECTION OF ROASTS

- **SLOW-COOKED BEEF IN MERLOT GRAVY (G,D)** ⑤
- **ROAST PORK WITH APPLE GRAVY (G,D)** ⑤
- **SLOW-COOKED LAMB IN REDCURRANT AND RED WINE GRAVY (G,D)** ⑤
- **CHICKEN BREAST IN ROSEMARY GRAVY (SLICED) (G,D)**
- **POACHED SALMON WITH LEMON OIL (G,D)** ⑤
- **ROASTED BUTTERNUT SQUASH & SWEET POTATOES (VN,G,D)**
Butternut squash, sweet potatoes, courgettes, leeks and peppers. Served with gravy. Vegan and gluten-free yorkshires available.
- **ROASTED STUFFED PEPPER WITH GRAVY (VN,G,D)**
A whole pepper packed with a blend of vegetables, mushrooms, lentils, oats, sunflower and pumpkin seeds. Vegan and gluten-free yorkshires available.

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