

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

- **CRISPY CHILLI BEEF £9.95/ £17.95** ① ③ ⑤ ⑦  
Spiced, coated strips of beef with a sweet chilli sauce served with salad. Main size available
- **TOMATO & BASIL SOUP £8.95 (VN,D,G)**  
Served with crusty bread ① or GF bread and DF spread
- **SALMON & DILL FISH CAKE £8.95/ £17.95 (G)** ② ⑤  
A fish cake of salmon, potato and dill in gluten-free breadcrumbs with salad and lemon oil. Main version comes with two fish cakes, salad and chips
- **INDIAN SCAMPI £8.95 (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
- **WOODLAND MUSHROOM ARANCINI £8.95 (VN,D,G)**  
A medley of porcini, shiitake, chestnut and oyster mushrooms in risotto rice with herbs and flavours of blue cheese coated in a crunchy gluten-free crumb. On a salad drizzled with lemon oil

## Mains ALL £17.95

- **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
- **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 ②, tomatoes, onions and iceberg lettuce, topping it with melted cheddar ②. 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
- **HOT DOG AND CHIPS (VN,D,G)**  
A long, slightly spiced sausage with salsa and fried onions in a hot dog roll ① 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
- **KERALAN CURRY (VN,D,G)** ⑨  
A delicious sweet curry with cauliflower, red peppers and coconut cream. With white rice and poppadom
- **SWEET & SOUR CHICKEN (D,G)** ③ ③ ⑤ ⑦  
Strips of chicken in a light, crunchy batter with our flavoursome sweet and sour sauce, all served over a large bed of salad
- **POACHED SALMON SALAD (D,G)** ⑤  
Poached salmon fillet on a large bed of iceberg lettuce, peppers, cucumber, tomatoes and red onions. Drizzled with either lemon oil or chilli oil
- **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!), Carolina Reaoer chillis (the hottest in the world!), jalapenos, sweetcorn, pineapple, sun-dried tomatoes, peppadew sweet peppers, chorizo ②, pepperoni ②, bacon, ham. Extra toppings £1.50

## 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

- **BEEF IN MERLOT (G)** ⑧  
Slow-cooked beef cooked in Merlot. With vegetables and roast skin-on potatoes
- **VENISON IN RED WINE (G)** ⑧  
Slow-cooked local venison in a red wine gravy with vegetables and roast skin-on potatoes
- **ROAST PORK & APPLE (G)** ⑨  
Roasted, sliced pork in an apple gravy with vegetables and roast skin-on potatoes
- **HAM HOCK IN CIDER (G)** ⑤ 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
- **SAUSAGES & MASH (G)**  
Two pork sausages, mash, peas and gravy

## Desserts £8.95

- **SYRUP SPONGE PUDDING (V,G)** ② ③ ④  
Hot gluten-free sponge topped with syrup. Choose custard or ice cream
- **RUSSET APPLE & GOOSEBERRY CRUMBLE (VN,D,G)**  
Crumble made with local russets and gooseberries. With ice cream ②. DF ice cream or custard ②
- **BELGIAN WAFFLE (V,D)** ① ③ ④ ②  
A waffle with vanilla ice cream ② or DF ice cream and drizzled with a choice of chocolate sauce or toffee sauce ②
- **CHURROS (VN,D)** ①  
with chocolate sauce, vanilla ice cream ② or DF ice cream
- **DAIRY ICE CREAMS £2.50 SCOOP** ②  
Choose from Vanilla, Scotch Bonnet, Gingerbread, Strawberry with Clotted Cream
- **VEGAN ICE CREAMS £2.50 SCOOP**  
Vanilla, Mint Chocolate Chip, Orange Sorbet

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