



## Sample Menu 2019

### Starters

**Bread board sharer**, granary and ciabatta, extra virgin and balsamic, parsley butter... £3.95 (v\*, ve\*)

**Duck and orange pâté**, plum chutney, toasted ciabatta, baby leaf... £5.95 (gf\*)

**Homemade breaded brie wedges**, cranberry sauce, baby leaf salad... £5.95 (v)

**Pan-fried king prawns**, garlic and chilli butter, charred lemon, toasts... £5.95 (gf\*)

**Tempura battered calama ri**, charred lemon, lemon mayonnaise... £5.95

**Soup of the day**, baguette & butter... £5.50 (ve, gf\*)

**Baked rosemary and garlic Camembert sharer**, ciabatta, red onion marmalade... £10.95 (v)

### Mains - Two main courses for £20 (or each £10)

**Jerk chicken**, chargrilled chicken with Jamaican style spicy dry-rub, pineapple and sweetcorn salsa, almond basmati, crème fraise

**Moules marinière**, river exe mussels in white wine, cream, garlic and parsley sauce. *Add baguette and butter... £1.95*

**Soz rump steak and chunky chips**, with mixed leaf garnish. *Add 'grill-garni' of garlic butter mushroom, baked cherry tomatoes and onion rings... £2.95*

**Goat's cheese and pea risotto**, herb oil, parmesan crisp

**Vegan rainbow salad**, cherry tomatoes, raspberries, cucumber, mixed roasted Mediterranean vegetables, almonds, walnuts, pumpkin seeds, black pepper croutons, balsamic glaze (ve, gf\*, v) *Add king prawns... £2.95, grilled chicken... £2.95, goat's cheese... £2.50*

**Horiatiki salad**, Greek feta, tomatoes, cucumber, red onion, black and green olives, extra virgin & oregano (v, gf)

**Sausage casserole**, chorizo, pork sausages, mild spice and smoked paprika tomato sauce, red onion, peppers, bread and chorizo oil

**Cask ale battered haddock**, chunky chips, chunky tartare sauce, charred lemon, mushy peas

**Cowick Barton gourmet burger**, choose handmade steak burger, chicken fillet burger or spinach and falafel burger (gf\*, v), brioche bun, slaw, chutney and chips. *Add blue cheese, mature cheddar or brie...£1.50 smoked streaky bacon... £1.50, Go large - extra burger patty... £2.50*

**Linguine pasta**, roasted Mediterranean vegetables, marinara tomato sauce. *Add garlic ciabatta... £1.50 Add grilled free-range chicken... £2.95, add baked goat's cheese... £2.50, add shaved parmesan... £1.50*

**Vegan bhuna masala**, medium spiced tomato curry, almond basmati, poppadum, mango chutney

**The 'Monk's lunch'**, Mature cheddar, gala apple, on the vine cherry tomatoes, Branston pickle, silver-skin onions, celery, malted baguette (v\*)

**Ham, egg and chips\***, honey & mustard glazed Devonshire ham (served cold), chunky chips, free range eggs, piccalilli

### Special wine offer...

**Two meals and a bottle of wine for £30!** Italian Montepulciano (red) or Pinot Grigio (white)



**Mains - Smaller Portions** (for those smaller appetites that don't like waste) All price £8.95

Hand carved ham (served cold) with fried egg and chips

Fish and chips, tartare and mushy peas

Goat's cheese and pea risotto, parmesan crisp (gf, v\*)

Linguini pasta, Mediterranean vegetables, marinara tomato sauce, garlic ciabatta, parmesan shaves (v\*)

Moules marinière, river exé mussels in white wine, cream, garlic and parsley sauce

**Lunchtime Sandwiches** (Served 12 till 3)

*Sandwiches served on white ciabatta, seeded granary baguette or toasted brioche bun*

**Grilled chicken**, mayonnaise, salad... £6.95 **BLT**, smoked bacon, lettuce, tomato, mayonnaise...£6.95

**Blue cheese**, walnuts, plum chutney... £6.95 (v) **Cheddar**, caramelised red onion chutney... £5.95 (v)

**Devonshire ham**, piccalilli... £5.95 **Hot king prawns**, garlic and chilli, lemon salad... £8.95

**Homemade fish fingers**, tartare sauce... £8.95

*Add small bowl of soup... £2.95, Add chips... £1.95*

**Side Orders:** Mixed side salad/ onion rings/ baked garlic butter mushrooms/ garlic bread/ chips/ brandy and peppercorn sauce... £2.95 (each), cheesy chips... £3.95, extra bread... £1.95

**Puddings Menu**

**Classic vanilla crème brûlée**, raspberries, shortbread... £5.95 (gf\*,v)

**Sticky toffee pudding**, toffee sauce, served hot with ice-cream... £5.95 (v)

**Deep filled baked 'New-York' style cheesecake**, red berry coulis, strawberries... £5.95 (v)

**Tart au citron**, classic lemon tart, raspberries, cream... £5.95 (v)

**Chocolate fudge cake**, salted caramel, served warm with ice cream... £5.95 (v)

**Eton mess**, strawberries, raspberries, meringue, Chantilly whipped cream, red berry coulis... £5.95 (v)

**Local Cheeseboard**, Sharpham Brie (Totnes), Devon Oke (Okehampton), Devon Blue (Totnes), crackers, walnuts, celery, plum chutney and grapes...£8.95

**Ice Cream and Sorbet**

*Farmhouse ice-creams made by expert artisan producers. Three scoops...£4.95*

Stem ginger, strawberries and cream, Madagascan vanilla, honeycomb, salted caramel, double chocolate, mint and chocolate chunks (v, gf\*), vegan vanilla ice-cream and vegan red berry coulis (v, ve, gf)

**Sorbet:** Lemon, raspberry, mango (v, ve, gf)



## Specials

### *Today's homemade specials...*

**Sea bass fillet and king scallops**, olive crushed new potatoes, charred courgette, sauce vierge... £14.95 (*gf*)

**Seafood and chorizo paella**, king prawns, mussels, calamari, peas, tomato, chorizo, saffron rice... £14.95  
(*gf*)

### *Speciality Steaks*

**8oz centre cut Devonshire centre-cut fillet steak**, brandy and peppercorn sauce, chunky chips, garlic flat mushroom, roasted tomatoes & salad garnish... £24.95

**10oz centre cut Devonshire rib-eye steak**, chunky chips, garlic flat mushroom, roasted tomatoes & salad garnish... £19.95

(due to the additional cost of the ingredients of our specials, they are not included in the two for £10 deal)

*v – vegetarian, ve – vegan, ve\* - vegan with amends, gf – gluten free, gf\*- gluten free with amends, Please ask your server for any additional allergen information*