

Light Bites Menu

Served 12pm to 6pm Everyday

Instow
arms

Mexican Nachos

Ideal to share – served with salsa, sour cream, guacamole & jalapeno peppers...

Piri Piri Chicken	£8.95	
Beef Chilli	£8.95	
Mexican Cheese	£7.95	V

Paninis

Served with dressed salad & hand fried crisps...

Tuna Melt	£5.95	
Brie & Bacon	£5.50	
Ham & Cheese	£5.95	
Cheese & Onion	£4.95	V
Goats Cheese & Red Onion Jam	£5.95	V

Sandwiches

Locally baked wholemeal OR white bread...

Brie & Bacon	£5.50	
Home Cooked Ham & Dijon Mustard	£5.50	
Fresh Pollock Fish Fingers & Tartare Sauce	£5.50	
Tuna & Mayonnaise	£4.95	
Instow Cheddar Cheese & Homemade Chutney	£4.95	V
Prawn Marie Rose & Avocado	£5.50	
Fresh Crab & Lemon Mayo	£5.50	

Ploughman's

£7.95

Served with bread, gherkins, pickles & salad...

Instow Cheddar	V
Somerset Brie	V
Exmoor Blue Cheese	V
Pate of the Day	
Home Cooked Ham	

Jacket Potatoes

Served with dressed salad & homemade coleslaw...

Instow Cheddar	£4.95	V
Instow Cheddar & Baked Beans	£5.50	V
Tuna Mayonnaise	£5.95	
Prawn Marie Rose & Avocado	£6.50	
Piri Piri Chicken	£6.25	
Beef Chilli	£5.95	

Three Egg Omelettes

Served with hand cut chips & dressed salad...

Instow Cheddar	£5.95	V
Home Cooked Ham & Cheddar	£6.50	
Cheddar & Mushroom	£6.25	V
Smoked Salmon	£6.95	

Snacks

Mini Cod & Chips	£5.95	
Marinated Olives	£2.25	V
Pistachio Nuts	£1.95	V
Salted Nuts	£1.50	V
Wasabi Nuts	£1.70	V
Thai Peanuts	£1.70	V
Crisps	£0.90	V
Homemade Flapjack	£1.95	V
Homemade Chocolate Brownie	£2.50	V

Sides

Hand Cut Chips	£3.00	V
Skinny Fries	£3.00	V
Garlic Bread	£3.00	V
Add Cheese	£0.50	V

V - Vegetarian