

Starters:

Sharing Boards...

Bread & Olives served with olive oil & balsamic dip with fresh crusty bread £4.25 V

Add: sun blushed tomatoes, feta cheese, Instow cheddar cheese, mixed pickles, red onion jam, extra bread £1.00 V each

Add: cured meats, crayfish, smoked salmon £2.00 each

Whole Baked Camembert – served with warm crusty bread with sun blushed tomato & olive oil glaze, homemade red onion jam & fresh dressed salad £9.95 V

Fish Sharing Board- includes breaded whitebait, beer battered cod goujons, breaded scampi, calamari, served with dressed leaves, tartar sauce & lemon mayo £12.95

Starters:

Soup of the Day served with fresh local crusty bread (please ask a member of staff) £4.50 V

Pate of the Day, red onion marmalade and toast (please ask a member of staff) £4.95

Creamy Garlic Mushrooms, served with fresh crusty bread £5.25 V

Breaded Whitebait served with dressed salad, tartare sauce & crusty bread £5.25

Instow Arms Crispy Chilli Beef served with crusty bread (make it a main with choice of hand cut chips OR skinny fries OR rice – add £5.00) £5.95

River Exe Mussels in garlic, cream & white wine sauce, served with crusty bread £7.25

Green Garden Salad, with balsamic dressing & a choice of:

Greek Feta Cheese £4.95 V

Smoked Salmon & Lemon Mayo £6.25

Prawn & Avocado £6.25

Cajun Chicken Breast & Garlic Mayo £6.95

Also available as a main course (see next page)

Mains:

Seafood

River Exe Mussels in garlic, cream & white wine sauce, served with crusty bread & a choice of hand cut chips OR skinny fries £11.95

Catch of the Day with a mussel & crayfish sauce, either served on a bed of tagliatelle OR new potatoes & wilted spinach £9.95

Beer Battered Cod, hand cut chips OR skinny fries with either pea purée OR garden peas £9.95

Breaded Whole tail Scampi served with hand cut chips OR skinny fries & garden peas £8.95

Meat dishes

Homemade Pie of the Day served with seasonal vegetables & hand cut chips OR skinny fries OR new potatoes £9.95

Beef Chilli Con Carne served with rice, nachos & sour cream £9.95

Main Menu

Served 12pm to 9.30pm Everyday

Instow
arms

Meat dishes *(continued)*

Sausages & Mustard Mash served with red wine gravy & seasonal vegetables £7.95

Homemade Beef Lasagne with garlic bread & dressed salad £8.95

Home Cooked Ham, Fremington Eggs & hand cut chips OR skinny fries £8.25

From the grill

All served with a choice of onion rings, tomato, mushrooms & hand cut chips or skinny fries, OR new potatoes with seasonal veg & dressed salad...

Chargrilled Rib-Eye Steak: 8oz £15.95
10oz £17.95

Chargrilled Sirloin Steak: 8oz £12.95
10oz £14.95

Cajun Chicken Breast £9.95

Add: blue cheese or peppercorn sauce £1.75

Add: a fried egg £0.50

Burgers

Served in a floured bap with dressed salad & hand cut chips OR skinny fries...

Homemade Beef Burger with red onion jam £8.95

Chargrilled Chicken Breast Burger with Cajun mayonnaise £8.95

Add: bacon and cheddar cheese £0.50 each

Pasta and vegetarian

Roasted Mediterranean Vegetable Carbonara served with fresh egg tagliatelle, topped with fresh parmesan shavings £7.95 V

Chicken Chorizo & Red Pepper Tagliatelle in a creamy garlic white wine sauce £9.95

Homemade Goat's Cheese & Red onion Tarte-Tatin served with dressed salad & either hand cut chips OR skinny fries OR new potatoes £8.95 V

Vegetarian Sausage & Mustard Mash served with red wine gravy & seasonal vegetables £7.95 V

Green garden salads

Served with balsamic dressing & fresh crusty bread...

Greek Feta Cheese £7.95 V

Smoked Salmon & Lemon Mayo £9.25

Prawn & Avocado £9.25

Cajun Chicken Breast & Garlic Mayo £9.95

Sides:

Hand cut chips OR skinny fries £3.00 V

Onion Rings £3.00 V

Garlic Bread £3.00 V

Side Salad £2.50 V

Side Veg £1.50 V

Add Cheese £0.50 V

V - Vegetarian