

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.



## MENU

V=Vegetarian, VN=Vegan  
 D=Dairy/Milk-Free G=Gluten-Free  
 \*=option/ except with  
**WHEN ORDERING PLEASE MENTION ANY FOOD INTOLERANCE OR ALLERGY**

ALLERGENS 'FOOD CONTAINS' KEY:

①Gluten, ②Milk, ③Eggs, ④Soya, ⑤Fish, ⑥Molluscs, ⑦Crustaceans, ⑧Sulphites, ⑨Mustard  
 We do not use frying oils containing GM soya

### SMALL MEALS & STARTERS

- **BREAD AND OLIVES £3.50 (VN,D,G\*)**  
A bowl of mixed olives served with warm crusty bread<sup>①</sup> or GF/DF bread\*<sup>③</sup>
- **HOME-MADE SOUP £5.95 (VN,D,G)**  
A choice of tomato, rosemary and chilli, spiced pumpkin and apple or vegetable soup<sup>②</sup> with warm crusty bread<sup>①</sup> or GF bread\*<sup>③</sup>
- **SMOKED HADDOCK FISH CAKE £7.95/£11.95 (G) ②③⑤⑧**  
A fish cake of smoked haddock and potato in batter on a bed of spinach drizzled with hollandaise sauce
- **BARBECUE MUSHROOMS £5.95 (VN,D,G)**  
Button mushrooms in a rich, thick smokey barbecue sauce with chilli flakes
- **DUCK AND ORANGE PATÉ (G) ②**  
Served with salad and warm crusty bread<sup>①</sup> or GF bread<sup>①</sup>
- **VEGGIE 'MEATBALLS' £5.95 (VN,D,G)**  
Four crunchy balls of seeds, pulses and spices in a small bowl of ratatouille
- **RED PESTO PATÉ £7.95 (VN,D,G\*)**  
This tasty vegan paté is served with salad and warm crusty bread<sup>①</sup> or GF bread\*<sup>③</sup> and dairy-free butter. Contains nuts and sesame seeds
- **GARLIC BREAD £3.50 (VN,D,G\*)**  
Dairy-free garlic bread with either crusty bread <sup>①</sup> or gluten-free bread\*<sup>③</sup>

### MAIN MEALS

- **THE FLOWING SPRING KEBAB £12.95 (D\*)**  
Our version of the doner kebab. Slow-roasted British lamb with pickled green chillis, gherkins and all the salad trimmings in pitta bread<sup>①</sup>. With a hot chilli sauce<sup>⑧</sup> and mint raita<sup>②</sup> on the side
- **PORK IN SCRUMPY GRAVY £13.95 (D,G) ④**  
Pork shank (on the bone) in a rich scrumpy gravy with triple-cooked potatoes and fresh vegetables. Contains celery
- **STEAK AND ALE PIE £12.95 ①②③⑤**  
A hearty shortcrust encased pie of steak and ale served with mash, fresh vegetables and gravy. Contains celery
- **VEGGIE MINCE AND ONION PIE £11.95 (VN,D) ①④**  
A scrumptious pie with vegan mince, onions and vegan red wine topped with dairy-free mash. Served with fresh vegetables
- **GAMMON OR SAUSAGES, EGGS AND CHIPS £12.95 (D,G) ③**  
Exmoor gammon (served cold unless requested) or two Devon pork sausages<sup>④</sup> with two fried free range local eggs, chips and salad garnish
- **PUMPKIN, CRANBERRY AND RED ONION TAGINE £12.95 (VN,D,G) ④⑧**  
A highly flavoursome tagine with pumpkins, onions, fruit and spices. Served with white rice
- **BREAKFAST CASSEROLE £10.95 (D) ①③④**  
Exmoor pork sausages, bacon, mixed beans and tomatoes topped with a fried egg! Served with warm crusty bread or chips
- **CIDER BATTERED COD AND CHIPS £8.95/13.95 (D,G) ⑤⑧**  
A fillet of cod in our Stowford Press cider batter. With garden peas, chips and salad garnish. Choose small or large
- **MEDITERRANEAN VEGETABLE RISOTTO £11.95 (V,G) ②⑧**  
Sun-dried tomatoes, courgettes, onions, mushrooms and peppers in a creamy cheese sauce with risotto rice. Contains celery
- **BARBECUE RIBS AND CHIPS £11.95 (D,G) ⑨**  
A whole rack of pork ribs smothered in rich barbecue sauce served with chips
- **SCORCHING CHICKEN CURRY £11.95 (D,G)**  
British chicken in a rich, hot and spicy sauce. Served with white rice, poppadom and mango chutney<sup>2</sup>
- **CHILLI MEXICAN SOMBRERO £11.95 (VN\*,D,G\*) ⑧**  
Our hearty home-made chilli, made with either Exmoor minced beef or our veggie chilli with mixed beans in a giant yorkshire pudding <sup>①②③</sup> with sour cream <sup>②</sup> and tortilla chips. White rice\* is available as a gluten-free/ vegan option
- **SPAGHETTI BOLOGNAISE £11.95 (VN,D) ①④**  
Made with vegan mince, tomatoes, courgettes, aubergines and peppers
- **FRUITY FALAFEL BURGER £11.95 (VN,D,G\*) ⑤**  
Made with chickpeas, spices and apricots, topped with spinach leaves and either tangy tomato relish<sup>⑧</sup> or mint yogurt<sup>②</sup> in a soft roll<sup>①</sup> or GF roll\*<sup>③</sup>. Served with chips and salad garnish
- **'CHICKEN' BURGER £11.95 (VN,D) ①④⑨**  
A breaded chicken-style burger in a soft roll with lettuce and vegan mayo. Served with chips and salad garnish

### HOME-MADE PIZZAS INCLUDING GLUTEN FREE, DAIRY FREE & VEGAN £13.95

Our light, thin, crispy, hand-made pizzas <sup>①</sup> are at least 10" diameter, cooked in our pizza ovens, with tomato and mozzarella<sup>②</sup> or vegan cheese. A slightly smaller home-made gluten-free, dairy-free, vegan<sup>1</sup> base is also available <sup>④</sup>

Choose up to 4 toppings from below, all of which are gluten-free and dairy-free:

Woodland mushrooms, red onions, mixed peppers, olives, capers, fresh chillis, jalapenos, sweetcorn, sun-dried tomatoes, fresh tomatoes, gammon ham, chorizo, pepperoni, bacon *Extra toppings: £1.*

PLEASE NOTE THAT BECAUSE WE HAND-MAKE OUR PIZZAS TO ORDER, THEY DO TAKE SOME TIME AND MAY NOT BE AVAILABLE AT BUSY TIMES. ALSO AVAILABLE AS A TAKE-AWAY