

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.



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

MENU

SMALL MEALS & STARTERS

- **BREAD AND OLIVES £3.50 (VN,D,G)**
A bowl of mixed olives served with ciabatta bread^① or GF/DF bread
- **SMOKED SALMON AND PRAWN SALAD £7.95 (D,G) ③⑤⑦**
Smoked salmon and prawns in marie-rose with salad and sliced malted brown bread^① or GF bread
- **THAI FISH CAKE £7.95/£11.95 (G) ②③⑦⑧**
A fish cake of cod, prawns, lemongrass and mild spices in batter on a bed of salad with sweet chilli dip
- **BEETROOT & QUINOA WITH EDAMAME £6.95 (VN,D,G) ④**
Quinoa, beetroot, blackbeans, edamame and mushrooms served with salad and a spicy mayo dip
- **RED PESTO PATÉ £7.95 (VN,D,G*)**
This tasty vegan paté is served with salad and ciabatta bread^① or GF bread* and dairy-free butter. CONTAINS NUTS AND SESAME SEEDS
- **DUCK AND ORANGE PATÉ £7.95 (G) ②**
Served with salad, red onion chutney and ciabatta bread^① or GF bread^①
- **CHINESE CHILLI BEEF £7.95/ £12.95 ①②③⑨**
Spiced, coated strips of beef with a sweet chilli sauce served with salad. Choose starter or main size

MAIN MEALS

- ■ **THE FLOWING SPRING KEBAB £13.95 (VN,D)**
Our version of the doner kebab. Pitta bread^① stuffed with all the salad trimmings topped with either slow-roasted British lamb or vegan doner meat slices^{①④}. Accompanied by pickled chillis, gherkins, a hot chilli sauce^③ and mint raita*^② or vegan mayonnaise^{④⑨}
- **GAMMON OR SAUSAGES, EGGS AND CHIPS £12.95 (D,G) ③**
Exmoor gammon or two Devon pork sausages^④ with two fried free range local eggs, chips and salad garnish
- **CIDER BATTERED COD AND CHIPS £8.95/13.95 (D,G) ③⑧**
A fillet of skinless cod in our Orchard Pig cider batter. With garden peas, chips and salad garnish. Choose small or large
- **BARBECUE RIBS AND CHIPS £13.95 (D,G) ⑥**
A whole rack of pork ribs smothered in rich barbecue sauce served with chips
- **MACARONI CHEESE WITH SQUASH AND CHILLI (V,G) £12.95 ②**
Tasty, gluten-free macaroni cheese with butternut squash, chilli, sage and tomatoes. Served with either garlic bread (GF available) or a side salad
- **VEGGIE SPAGHETTI BOLOGNAISE (VN,D) £12.95 ①**
Scrumptious spaghetti bolognaise made with mushrooms and walnuts and with grated cheese^② or vegan cheese on the side. Served with either garlic bread or a side salad. CONTAINS TREE NUTS AND CELERY
- **MEDITERRANEAN VEGETABLE RISOTTO £12.95 (V,G) ②⑧**
Sun-dried tomatoes, courgettes, onions, mushrooms and peppers in a creamy cheese sauce with risotto rice. CONTAINS CELERY
- ■ **CHILLI CALZONE £13.95 (VN,D) ①**
A real treat! A huge calzone filled with either our Exmoor minced beef chilli (chilli con carne) or vegan chilli
- **MUSHROOM BURGER £13.95 (VN,D,G) ④**
A patty packed with mushrooms and herbs, topped with cheese or vegan cheese and more mushrooms. In a soft ciabatta roll^① or GF roll with tangy tomato relish^⑨ and iceberg. Served with chips and salad garnish
- **BUTTERNUT, GOAT'S CHEESE AND BEETROOT BURGER £13.95 (V,G) ②**
A juicy vegetarian burger coated in gluten-free breadcrumbs in a soft ciabatta roll^① or GF roll with lettuce. Served with chips and salad garnish
- **FRUITY FALAFEL BURGER £12.95 (VN,D,G*) ⑧**
Made with chickpeas, spices and apricots, topped with either tangy tomato relish^⑨ or mint yogurt^② in a soft roll^① or GF roll*^③. Served with chips and salad garnish
- **SCORCHING CHICKEN CURRY £12.95 (D,G)**
British chicken in a rich, hot and spicy sauce. Served with white rice, poppadom and mango chutney
- **COURGETTE, LEMON AND HERB TAGINE £12.95 (VN,D,G) ⑤**
Our home-made hearty tagine of fresh local courgettes, lemons, herbs and Moroccan spices. Served with white rice

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

Our light, thin, crispy, hand-made pizzas^① are at least 10" diameter, cooked in our stone pizza ovens, with tomato and mozzarella^② or vegan cheese. Our tasty gluten-free, dairy-free, vegan base is also available. We have goat's cheese as an alternative to mozzarella. Choose up to 4 toppings from below, all of which are gluten-free and dairy-free:

Woodland mushrooms, red onions, mixed peppers, peppadew peppers, olives, capers, gherkins, fresh chillis, jalapenos, sweetcorn, fresh tomatoes, gammon ham, chorizo, pepperoni, salami, 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