

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 warm crusty bread^① or GF/DF bread
- **HOME-MADE SOUP £5.95 (VN,D,G)**
Tomato and beetroot soup or mixed vegetable soup^② with warm crusty bread^① or GF bread
- **COD AND ASPARAGUS FISH CAKE £7.95/£11.95 (G) ②⑤**
A fish cake of cod, asparagus, cream and tarragon, coated in gluten free breadcrumbs on a bed of salad with tartare sauce^{③⑨}, garden peas and a few chips
- **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 warm crusty bread^① or GF bread* and dairy-free butter. CONTAINS NUTS AND SESAME SEEDS
- **CHICKEN AND CRANBERRY PATÉ £7.95 (D,G)**
A scrumptious chicken liver paté with cranberries, herbs and a cheeky tequila kick. Served with salad and warm crusty bread^① or GF bread
- **CHINESE CHILLI BEEF £6.95/ £11.95 ①②③⑨**
Coated strips of beef with a sweet chilli sauce served with salad. Choose starter or main size

MAIN MEALS

- **THE FLOWING SPRING KEBAB £12.95 (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}
- **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
- **GAMMON OR SAUSAGES, EGGS AND CHIPS £11.95 (D,G) ③**
Exmoor gammon (served cold unless requested) or two Devon pork sausages^④ with two fried free range local eggs, chips and salad garnish
- **BARBECUE RIBS AND CHIPS £12.95 (D,G) ⑨**
A whole rack of pork ribs smothered in rich barbecue sauce served with 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
- **SQUASH, CRANBERRY AND RED ONION TAGINE £11.95 (VN,D,G)**
Pumpkin, red onions, cranberries and spices. Served with white rice
- **MACARONI CHEESE WITH SQUASH AND CHILLI (V,G) £10.95 ②**
Tasty, gluten-free macaroni cheese with butternut squash, chilli and sage topped with tomatoes and served with either garlic bread (GF garlic bread available) or a side salad
- **MEDITERRANEAN VEGETABLE RISOTTO £11.95 (V,G) ②⑤**
Sun-dried tomatoes, courgettes, onions, mushrooms and peppers in a creamy cheese sauce with risotto rice. Contains celery
- **MUSHROOM WELLINGTON £12.95 (V) ①②**
Flavoursome mushrooms with cranberries, hazelnuts and a brie centre encased in puff pastry. Served with mashed potato, fresh vegetables and gravy
- **CHICKEN, HAM AND LEEK PIE £12.95 ①②③⑨**
A hearty shortcrust encased pie of poached British chicken, ham and leeks in a creamy sauce served with mash, fresh vegetables and gravy. CONTAINS CELERY
- **CHILLI CALZONE £12.95 (VN,D) ①**
A real treat! A huge calzone filled with either our Exmoor minced beef chilli (chilli con carne) or vegan chilli
- **SCORCHING CHICKEN CURRY £11.95 (D,G)**
British chicken in a rich, hot and spicy sauce. Served with white rice, poppadom and mango chutney²
- **VEGGIE QUARTER-POUNDER BURGER £11.95 (VN,D,G)**
A thick and juicy patty made entirely with plant-based ingredients, topped with cheese or vegan cheese. In a soft roll or GF roll with tangy tomato relish^⑨ and served with chips and salad garnish
- **BUTTERNUT, GOAT'S CHEESE AND BEETROOT BURGER £11.95 (V,G) ②**
A juicy vegetarian burger with butternut squash, goat's cheese and beetroot coated in gluten-free breadcrumbs, topped with iceberg lettuce in a soft roll^① or GF roll*. Served with chips and salad garnish

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