

# LUNCH MENU

Home-made Soup with a warm ciabatta roll **V** £5.50

likely to contain Celery, Gluten, Milk - please ask Staff for details

## Freshly Made Sandwiches

*all served on thickly cut white or wholegrain bread with a salad garnish and homemade coleslaw* **Egg, Milk, Mustard**

Cornish Mature Cheddar & Tomato £5.95 **V** **Gluten, Milk**

Cornish Mature Cheddar & Pickle £5.95 **V** **Gluten, Milk, Sulphites**

Westcountry Ham £6.50 **Gluten, Milk**

Home-Cooked Roast Devon Beef £7.95 **Gluten, Milk**

Brie and Cranberry £6.50 **V** **Gluten, Milk**

Devon Crab £7.95 **Gluten, Milk, Crustacean**

## Grilled Panini

*with salad garnish & homemade coleslaw* **Egg, Milk, Mustard**

Cornish Cheddar, Tomato & Herb £6.50 **V**

Cornish Cheddar and Westcountry Ham £6.75

“Hawaiian” - Cheddar, Ham & Pineapple £6.95

Goats Cheese & Devon Red Onion Marmalade £6.95 **V**

Brie and Cranberry £6.75 **V** **all Gluten, Milk**

## Hot Roast Rolls of the Day £8.50

*homecooked roast meat of the day with gravy in a ciabatta roll, with wedge-cut chips, coleslaw & salad garnish*

**Gluten, Milk, Egg, Mustard, Celery**

## Ploughman's Lunches

*all available* **Gluten Free** *with new potatoes instead of bread*

Mature Cornish Cheddar and Ham mixed Ploughmans, with homemade coleslaw, Devon red onion

marmalade, salad and a warm ciabatta roll £9.95

(also available with just ham or just cheese **V**)

**Gluten, Milk, Egg, Mustard**

Devon Crab Salad      £10.95  
*with wholegrain bread and homemade coleslaw*

Gluten, Milk, Crustacean, Egg, Mustard

Goats Cheese Salad *with Devon red onion marmalade* V  
*homemade coleslaw and garlic & herb croutons* £9.95

Gluten, Milk, Egg, Mustard

Fancy Fish Finger Roll      £9.95  
*breaded Plaice goujons in a ciabatta roll,*  
*with wedge-cut chips, homemade coleslaw*  
*& salad garnish*

Gluten, Milk, Egg, Mustard, Celery, Fish

Local Butcher's Sausage & Mash      £9.95  
*with homemade gravy and peas* Celery, Gluten, Milk  
*available with* **Gluten Free** *Sausages & homemade cranberry gravy*

Local Butcher's Pork, Apple & Scrumpy Burger      £10.95  
*with fried onion in a ciabatta roll,*  
*wedge-cut chips, homemade coleslaw & salad garnish*

Gluten, Milk, Egg, Mustard

Local Butcher's 6oz Devon Beef Burger  
*with Cornish Cheddar or Brie & Cranberry*      £9.95  
*with wedge-cut chips, salad garnish & coleslaw*

Gluten, Milk, Egg, Mustard

Deep-Fried Breaded Wholetail Scampi      £10.95  
*with wedge-cut chips, peas, salad garnish*  
*& homemade coleslaw*

Gluten, Milk, Crustacean, Egg, Mustard

Westcountry Ham & Free-Range Eggs      £8.95  
*with wedge-cut chips, peas and homemade coleslaw*

Gluten, Milk, Egg, Mustard

Homemade Roasted Vegetable Lasagne      £10.95      V  
*wedge-cut chips, salad garnish & homemade coleslaw*

Celery, Gluten, Milk, Egg, Mustard, Sulphites

## EVENING MENU

### Starters and Light Meals

Home-made Soup of the Day *with croutons* V £4.20  
*or with croutons and a warm ciabatta roll* £5.50

likely to contain Celery, Gluten, Milk - please ask Staff for details

Homemade Smoked Mackerel Paté  
*with slices of toasted ciabatta* £5.95

Gluten, Celery, Milk (Coleslaw: Egg, Milk, Mustard)

Spicy Cornish Crab Cakes  
*with a sweet chilli dip* £5.50

Gluten, Crustacean, Fish, Egg, Celery (Coleslaw: Egg, Milk, Mustard)

Fish Platter Starter (to share)  
Crab Cakes, Breaded Mackerel Goujons and Scampi  
*with garlic mayo and sweet chilli dips* £10.95

Gluten, Crustacean, Egg, Fish, Mustard, Milk

Goats Cheese and Red Onion Marmalade Crostini £5.95

Gluten (Croutons), Milk, Celery V

*Don't forget to check the  
board for today's fresh  
fish, steaks and other  
specials!*

Deep-Fried Breaded Wholetail Scampi  
*with wedge-cut chips, peas, salad and homemade coleslaw*  
Gluten, Crustacean, Milk, Egg, Mustard **£10.95**

Diced Westcountry Steak slow cooked in real ale  
*In a puff pastry basket, with wedge-cut chips and peas*  
Celery, Gluten, Sulphites **£11.95**

10oz Gammon Steak, Pineapple & Fried Free Range Egg  
*with wedge-cut chips and peas* Gluten, Egg **£11.50**  
(available **Gluten Free** with new potatoes instead of chips)

“Chich” Mild Chicken Curry **£10.95**  
Penang Spicy Vegetable Curry (**vegan**) **£9.95**  
*both served with rice, mango chutney and a poppadum*  
Gluten, Egg, Milk, Mustard, Sulphites  
(both available **Gluten Free** on request)

Local Butcher’s Pork, Apple & Scrumpy Burger  
*and fried onion in a ciabatta roll with wedge-cut chips,  
salad garnish & homemade coleslaw*  
Gluten, Sulphites, Egg, Milk, Mustard **£10.95**

Local Butcher’s 6oz Devon Beef Burger  
*topped with Cornish Mature Cheddar or Brie & Cranberry  
served in a toasted bap with wedge-cut chips,  
salad garnish and homemade coleslaw*  
Gluten, Milk, Egg, Mustard **£9.95**

Homemade Roasted Vegetable Lasagne **V**  
*Wedge-cut chips, salad garnish & coleslaw*  
Celery, Gluten, Milk, Egg, Mustard, Sulphites **£10.95**

Baked Mushroom & Red Onion Pudding  
*(Mushrooms in a rich onion confit in a crispy bread pudding case)*  
*Served with homemade cranberry gravy,  
vegetables and potatoes* **Vegan**  
Celery, Gluten, Soya, Sulphites **£11.95**

## and something sweet...

*Please ask staff for our Daily Specials too!*

(Gluten Free options available)

All puddings are served with a choice of clotted cream, pouring cream, custard or soya cream

*Or add a scoop of*

**Lovington's Somerset Dairy Ice Cream**

*for an extra £1.60* Milk

Caramel Apple Pie Gluten

£4.75

Individual Syrup Sponge Pudding

Contains Egg (Gluten and Dairy Free!)

£4.50

Chocolate Caramel Rockslide Brownie

Milk, Gluten, Egg, Nuts, Soya

£4.95

Banoffee Cookie Crust Cheesecake

Gluten, Milk, Egg

£4.95

## Lovington's Ice Cream

Choose from:

Clotted Cream Vanilla Milk

Double Chocolate Chunk Milk, Soya

Strawberries & Cream Milk

## Children's Choices All £5.50

Local Butcher's Beef Burger with Cheese    **Gluten, Milk**

Devon Pork Sausages    **Celery, Gluten** *available* **Gluten Free** *with mash*

Westcountry Ham and Egg    **Gluten, Egg** *available* **Gluten Free** *with mash*

Homemade Vegetable Lasagne **V**    **Celery, Gluten, Milk**

Breaded Wholetail Scampi    **Gluten, Crustacean**

Cod Fish Fingers    **Gluten, Fish**

**All served with either wedge-cut chips or  
mashed potato, and mixed vegetables or peas**

**(and evenings only)**

**“Chich” Mild Chicken Curry and Rice**    **Egg, Milk, Mustard, Sulphites**    **£5.95**