

For allergy & calorie  
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The Royal & Fortescue Hotel, Boutport Street, Barnstaple, Devon EX31 1HG

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LOUNGE & BAR


Day Menu


## welcome

Our lounge is table service, so please relax and let our team take care of you. All food is served from 11.30am - 2.30pm.


## small plates

**HOUSE SOUP**   6.95  
With white, malted or gluten free bread

**PRAWN SALAD**  431 kcal 10.50  
Prawns in a Marie Rose sauce on a salad of mixed leaves, tomato, cucumber, onion and fresh lemon

**COLD MEAT SALAD**  424 kcal 12.95  
Roasted and sliced beef, turkey and gammon ham with spicy tomato chutney, house salad and your choice of white, malted or gluten free bread

**PLOUGHMANS**  826 kcal 11.95  
Roasted gammon ham with Devon blue, Cornish brie, cheddar, pickled onion, spicy tomato chutney and house salad, with your choice of white, malted or gluten free bread

**DUCK LIVER PARFAIT**  516 kcal 8.75  
Smooth duck liver parfait with a sweet apple & quince jelly, frisée salad and toasted brioche

## sides

**HOUSE CHIPS**   464 kcal 4.00

**HOUSE SALAD**   155 kcal 4.50


**SIDE OF CHEESE** 208 kcal 1.00

Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 kcal a day.

 GLUTEN FREE |  CAN BE GLUTEN FREE (please ask) |  VEGETARIAN |  VEGAN |  CAN BE VEGAN (please ask)

Our menu has been designed so that nearly all of our dishes can be adapted to accommodate many food allergens and preferences, please talk to one of our team before ordering so we can create the best meal for you.

## sandwiches

All of our sandwiches are served with a spicy tomato chutney, house salad, and crisps on your choice of White, Malted or Gluten Free Bread 

**CHEDDAR & PICKLE**  815 kcal 7.50

**PRAWN MARIE ROSE, CRISP LETTUCE** 673 kcal 8.75

**ROAST BEEF, ROCKET WITH HORSERADISH** 680 kcal **OR MUSTARD** 679 kcal 8.25

**GAMMON HAM & MUSTARD** 702 kcal 8.25

**ROAST TURKEY, CRANBERRY & STUFFING** 756 kcal 8.25

**TUNA MAYONNAISE & CUCUMBER** 774 kcal 8.50

**EGG MAYONNAISE, CRESS**  722 kcal 7.75

**TURKEY & HAM, LETTUCE, CUCUMBER, TOMATO & MAYONNAISE** 1034 kcal 8.25


## open ciabattas

All of our open ciabattas are served with a spicy tomato chutney, house salad, and crisps.

**HUMMUS, AVOCADO & FETA**  968 kcal 9.25  
Beetroot hummus, sliced avocado and crumbled feta

**WELSH RAREBIT**  1276 kcal 8.95  
Our classic rarebit is made with local beer, Worcestershire sauce, mature cheddar, and Dijon Mustard

**TUNA MELT** 1143 kcal 9.50  
Gem lettuce, tuna mayonnaise, and melted mature cheddar


**MOZARELLA, PESTO & BASIL**  716 kcal 9.25  
Pesto, mozzarella, sliced tomato, and rocket

## carvery

A choice of perfectly roasted meats with a large selection of seasonal vegetables & potatoes.

	MON-FRI	SUNDAY
<b>CARVERY</b>	11.50	13.50
<b>CARVERY &amp; SWEET</b>	15.00	17.00

## toasties

All of our toasties are served with a spicy tomato chutney, house salad, and crisps on your choice of White, Malted or Gluten Free Bread 

**HOME ROASTED HAM & MATURE CHEDDAR CHEESE** 974 kcal 8.50


**HOME ROASTED HAM & BRIE** 1027 kcal 8.75

**MATURE CHEDDAR CHEESE, TOMATO & RED ONION**  882 kcal 8.25

**HAM, CHEDDAR CHEESE & PINEAPPLE** 1076 kcal 8.75

**BACON, BRIE & CRANBERRY** 1063 kcal 8.75

## baked potatoes

Our freshly baked potatoes are served with a house salad 

**CHEDDAR & BACON** 883 kcal 9.25

**PRAWN MARIE ROSE** 685 kcal 9.95

**TUNA MAYONNAISE & CHEESE** 737 kcal 9.75



**BEEF** 605 kcal **OR VEGETABLE CHILLI**  477 kcal 9.50

**CHEDDAR & BAKED BEANS**  887 kcal 8.75

**CHEDDAR**  725 kcal 8.25

## cream tea

**SCONE & BUTTER**   665 kcal 3.50

**SCONE WITH PRESERVE & DEVONSHIRE CLOTTED CREAM**   743 kcal 5.25

**TRADITIONAL CREAM TEA**   1486 kcal Per person 12.50  
Two scones, preserve and Devonshire clotted cream, served with freshly brewed leaf tea from our fine selection

**FORTESCUE AFTERNOON TEA** 3083 kcal Per person 18.00  
Choose from a selection of leaf teas, an assortment of finger sandwiches, baked fruit scones, Devonshire clotted cream, preserves and a selection of cakes and pastries. Must be pre-booked 24hrs in advance.

**WITH A GLASS OF PROSECCO** Per person 23.00

## cakes, pastries & treats

**TOASTED TEA CAKE WITH BUTTER** 509 kcal 3.50

**TOAST WITH BUTTER & JAMS**  452 kcal 3.25

**LOCAL ICE CREAM**  314 kcal 6.50  
3 scoops, please ask for flavours

**SELECTION OF CAKES, PASTRIES & TREATS**   
Please ask for today's selection Individually priced

## beverages

**TEAS & INFUSIONS** (please ask for flavours)  
Pot of bagged tea 3.75 Pot of loose leaf tea 4.00

**COFFEE** (available either regular or decaffeinated)  
Pot of coffee 4.00 Cafetière 4.25  
Single Espresso 3.50 Double espresso 3.75  
Americano 4.00 Latte 4.25  
Mocha 4.50 Flat white 4.00  
Cappuccino SMALL 3.75 Cappuccino LARGE 4.50  
**Add a Flavour Shot** (please ask for flavours) 1.25

**HOT CHOCOLATE**  
With cocoa dusting 4.50  
With whipped cream, marshmallows and cocoa dusting 4.75