



## how to order

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1. Take a seat at a table in our comfortable RF Lounge & Bar
2. When you are ready, make a note of your table number and come up to our bar to place your order
3. Once you have ordered you can relax and leave everything to us, we will deliver everything to your table

All hot food is served from 11.30am and our last order time for all food, except cold sandwiches, is 2.30pm

## small plates

<b>TODAY'S SOUP</b>  	7.75
With butter and your choice of White G, Malted G, SO or Gluten Free Bread E	
<b>CHICKEN LIVER PARFAIT</b> 	9.50
Smooth chicken liver parfait with sweet red onion jam, lambs lettuce and toasted sourdough E, G, D, SU, SO, N	
<b>PRAWN SALAD</b> 	14.00
Prawns in a Marie Rose sauce on a salad of mixed leaves, tomato, cucumber, onion and fresh lemon CR, M, D, E, F 397 kcal	
<b>COLD MEAT SALAD</b> 	13.00
Roasted and sliced beef, turkey and gammon ham with spicy tomato chutney, house salad and your choice of White, Malted or Gluten Free Bread G, M 656 kcal	
<b>PLoughmans</b> 	13.00
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 G, M, D 1316 kcal	

## sides

<b>HOUSE CHIPS</b>  	4.50
<b>GARLIC BREAD</b>  G, D	5.00
<b>CHEESY GARLIC BREAD</b>  G, D	6.50
<b>HOUSE SALAD</b>  G, M	4.50

## sunday carvery

Served 12pm - 8pm

A choice of 3 mouth-watering meats, plus a vegan and vegetarian option, will be available alongside a selection of freshly prepared vegetables, potatoes and traditional accompaniments.

Please let us know in advance if you are a table of 7 or more.

## baked potatoes

Freshly baked potatoes served with a house salad 	
<b>CHEESE &amp; BACON</b> D, M	987 kcal
<b>PRAWN MARIE ROSE</b> CR, M, D, E, F	741 kcal
<b>TUNA MAYONNAISE &amp; CHEESE</b> F, M, D, E	873 kcal
<b>BEEF M, D OR VEGETABLE CHILLI</b>  M, D	477 kcal
<b>CHEDDAR &amp; BAKED BEANS</b>  M, D	890 kcal
<b>CHEDDAR</b>  M, D	829 kcal

Adults need around 2000 kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

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

D DAIRY G GLUTEN M MUSTARD E EGG MO MOLLUSCS CR CRUSTACEAN C CELERY  
N NUTS F FISH S SESAME SU SULPHUR DIOXIDE SO SOYA P PEANUTS L LUPIN

## 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

 G, M, D 953 kcal

### PRAWN MARIE ROSE, CRISP LETTUCE

G, CR, M, D, E, F 673 kcal

### ROAST BEEF, ROCKET WITH HORSERADISH

G, M, D, E 680 kcal

### OR MUSTARD

G, M, D 679 kcal

### GAMMON HAM

& MUSTARD G, M, D 684 kcal

### ROAST TURKEY, CRANBERRY & STUFFING

G, M, D 756 kcal

### TUNA MAYONNAISE

& CUCUMBER G, F, D, E, M 774 kcal

### EGG MAYONNAISE, CRESS

 G, M, D, E 722 kcal

### TURKEY & HAM, LETTUCE, CUCUMBER, TOMATO & MAYONNAISE

G, M, D, E 912 kcal

## 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

G, M, D 974 kcal

### HOME ROASTED HAM & BRIE

G, M, D 1027 kcal

### MATURE CHEDDAR CHEESE, TOMATO & RED ONION

 G, M, D 882 kcal

### HAM, CHEDDAR CHEESE & PINEAPPLE

G, M, D 1076 kcal

### BACON, BRIE

& CRANBERRY G, M, D 1061 kcal

10.00

## afternoon tea

 

### FORTESCUE AFTERNOON TEA

G, D, E, F, CR, M, N 1938 kcal

Per person 20.00

Westcountry tea or filter coffee, carrot cake, Victoria sponge, mini Eton mess, baked scone with fruit preserve and clotted cream, three demi brioche buns with a selection of fillings.

Must be pre-booked 24hrs in advance.

## beverages

12oz

All hot drinks are prepared using shared equipment. We cannot guarantee any hot drink is entirely dairy-free or allergen free.

### TEA D

Pot of Westcountry tea for one 4.00

Pot of speciality tea for one, choose from: 4.50

Peppermint | Green | Earl Grey | Berry

Red Bush | Darjeeling

### COFFEE D (available either regular or decaffeinated)

Pot of filter coffee for one 4.00

Cafetière for one 4.50

Americano 4.00

Latte 4.50

Mocha 4.50

Flat white 8oz 4.00

Cappuccino 4.50

Add a Flavour Shot (please ask for flavours) 1.50

### HOT CHOCOLATE D

With cocoa dusting 4.50

With whipped cream, marshmallows and cocoa dusting 5.00

## cakes, pastries & treats

### SCONE & BUTTER

  G, D, E 601 kcal

### SCONE WITH PRESERVE & DEVONSHIRE CLOTTED CREAM

  G, D, E 781 kcal

### TRADITIONAL CREAM TEA

  Per person 13.00

Two scones, preserve and Devonshire clotted cream, served with freshly brewed Westcountry tea for one G, D, E 1563 kcal

### TOasted TEA CAKE WITH BUTTER

G, D 441 kcal

### TOAST WITH BUTTER & JAM

 G, D 452 kcal

### DEVON ICE CREAM

1 scoop 110 kcal

2 scoops 220 kcal

3 scoops 330 kcal

Seriously good Yarde Farm Ice Cream made in Plymouth

Clotted Cream Vanilla D, P, N, SO

Chunkie Chocolate SO, D, P, N

Strawberry SO, D, P, N

Mint Choc Chip SO, D, P, N

Salted Caramel E, D, N, SO

Add Clotted Cream D

### SELECTION OF CAKES, PASTRIES & TREATS

Please ask for today's selection Individually priced