



DAY MENU

how to order

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

TODAY'S SOUP V (GF?)	7.75
With butter and your choice of White G, Malted G, SO or Gluten Free Bread E	
CHICKEN LIVER PARFAIT (GF?)	9.50
Smooth chicken liver parfait with sweet red onion jam, lambs lettuce and toasted sourdough E, G, D, SU, SO, N	
PRAWN SALAD (GF)	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 391 kcal	
COLD MEAT SALAD (GF?)	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	
PLOUGHMANS (GF?)	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

HOUSE CHIPS (VE) (GF) 464 kcal	4.50
GARLIC BREAD V G, D 547 kcal	5.00
CHEESY GARLIC BREAD V G, D 931 kcal	6.50
HOUSE SALAD (VE) (GF) M 155 kcal	4.50

sunday carvery

Served 12pm - 9pm

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 (GF)	
CHEDDAR & BACON D, M 987 kcal	9.50
PRAWN MARIE ROSE CR, M, D, E, F 741 kcal	11.00
TUNA MAYONNAISE & CHEESE F, M, D, E 873 kcal	9.50
BEEF M, D OR VEGETABLE CHILLI V M, D 477 kcal	8.50
CHEDDAR & BAKED BEANS V M, D 890 kcal	9.00
CHEDDAR V M, D 829 kcal	8.50

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 (GF?)	
CHEDDAR & PICKLE V G, M, D 953 kcal	8.50
PRAWN MARIE ROSE, CRISP LETTUCE G, CR, M, D, E, F 673 kcal	10.00
ROAST BEEF, ROCKET WITH HORSERADISH OR MUSTARD G, M, D 679 kcal	9.00
GAMMON HAM & MUSTARD G, M, D 684 kcal	8.50
ROAST TURKEY, CRANBERRY & STUFFING G, M, D 756 kcal	9.00
TUNA MAYONNAISE & CUCUMBER G, F, D, E, M 774 kcal	9.00
EGG MAYONNAISE, CRESS V G, M, D, E 722 kcal	8.50
TURKEY & HAM, LETTUCE, CUCUMBER, TOMATO & MAYONNAISE G, M, D, E 912 kcal	9.50

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 (GF?)	
HOME ROASTED HAM & MATURE CHEDDAR CHEESE G, M, D 974 kcal	9.00
HOME ROASTED HAM & BRIE G, M, D 1027 kcal	10.00
MATURE CHEDDAR CHEESE, TOMATO & RED ONION V G, M, D 882 kcal	8.50
HAM, CHEDDAR CHEESE & PINEAPPLE G, M, D 1076 kcal	9.50
BACON, BRIE & CRANBERRY G, M, D 1061 kcal	10.00

afternoon tea **(GF?)** **(VE?)**

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 (GF?) V G, D, E 601 kcal	3.50
SCONE WITH PRESERVE & DEVONSHIRE CLOTTED CREAM (GF?) V G, D, E 781 kcal	5.50
TRADITIONAL CREAM TEA (GF?) V 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	3.50
TOAST WITH BUTTER & JAM (GF?) G, D 452 kcal	3.50
DEVON ICE CREAM V (GF)	
1 scoop 110 kcal	3.00
2 scoops 220 kcal	5.50
3 scoops 330 kcal	7.00
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	1.50
SELECTION OF CAKES, PASTRIES & TREATS (GF?)	
Please ask for today's selection Individually priced	

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.

(GF) GLUTEN FREE **(GF?)** CAN BE GLUTEN FREE (please ask) **V** VEGETARIAN **(VE)** VEGAN **(VE?)** 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