

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

breakfast

Served until 10am

BREAKFAST BRIOCHE BUN ^(GF?)

Warm Brioche Bun with your choice of filling:

Smoked Bacon	E, D, G, S, SO	496 kcal	6.00
Smoked Bacon & Fried Egg	E, D, G, S, SO	600 kcal	7.00
Smoked Bacon, Fried Egg, Cheddar	E, D, G, S, SO	779 kcal	8.00
Smoked Bacon Fried Egg & Sausage	E, D, G, S, SO, SU	721 kcal	10.00
Tofu, Avocado & Chimichurri	E, D, G, S, SO	608 kcal	7.00

LOADED CROISSANT

Smoked Bacon & Cheddar	G, D, E, S, N	410 kcal	8.00
Sautéed Mushrooms	G, D, E, S, N	240 kcal	7.00

bagels

New York style bagels served with dill pickles and crisps

CURED SALMON, CREAM CHEESE & CHIVE ^(GF?)

G, D, S, F, SU 766 kcal 10.50

PASTRAMI, PICKLED RED ONION & CREAM CHEESE ^(GF?)

G, D, S 571 kcal 10.50

HERITAGE TOMATO, AVOCADO & CREAM CHEESE ^(GF?)

G, D, S 573 kcal 9.00

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.

small plates

TODAY'S SOUP **V** **(GF?)** 8.25

With butter and your choice of White G,
Malted G, SO or Gluten Free Bread E

CHICKEN LIVER PARFAIT **(GF?)** 10.00

Smooth chicken liver parfait, spiced tomato chutney,
rocket salad and toasted sourdough

E, G, D, SU, SO, N 890 kcal

PRAWN SALAD **GF** 14.50

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?)** 13.50

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?)** 13.50

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

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 9.00

**PRAWN MARIE ROSE,
CRISP LETTUCE** G, CR, M, D, E, F 673 kcal 10.50

**ROAST BEEF, ROCKET WITH
HORSERADISH** G, M, D, E 680 kcal
OR MUSTARD G, M, D 679 kcal 9.50

GAMMON HAM & MUSTARD G, M, D 684 kcal 9.00

**ROAST TURKEY, CRANBERRY
& STUFFING** G, M, D 756 kcal 9.50

**TUNA MAYONNAISE
& CUCUMBER** G, F, D, E, M 774 kcal 9.50

EGG MAYONNAISE, CRESS **V** G, M, D, E 722 kcal 9.00

**TURKEY & HAM, LETTUCE, CUCUMBER,
TOMATO & MAYONNAISE** G, M, D, E 912 kcal 10.00

**PASTRAMI & EMMENTAL CHEESE,
PICKLES, TOMATO, MUSTARD
MAYONNAISE** G, D, M, E 929 kcal 10.50

CORONATION CHICKEN G, D, M, E 435 kcal 10.50

sides

HOUSE CHIPS **(VE)** **(GF)** 464 kcal 5.00

GARLIC BREAD **V** G, D 547 kcal 5.50

CHEESY GARLIC BREAD **V** G, D 931 kcal 7.00

HOUSE SALAD **(VE)** **(GF)** M 155 kcal 5.00

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 (GF?)

HOME ROASTED HAM & MATURE CHEDDAR CHEESE G, M, D 974 kcal	9.50
HOME ROASTED HAM & BRIE G, M, D 1027 kcal	10.50
MATURE CHEDDAR CHEESE, TOMATO & RED ONION (V) G, M, D 882 kcal	9.00
HAM, CHEDDAR CHEESE & PINEAPPLE G, M, D 1076 kcal	10.00
BACON, BRIE & CRANBERRY G, M, D 1061 kcal	10.50
PASTRAMI & EMMENTAL CHEESE, PICKLES, TOMATO, MUSTARD G, M, D 829 kcal	10.50

baked potatoes

Freshly baked potatoes served with a house salad (GF)

CHEDDAR & BACON D, M 987 kcal	10.00
PRAWN MARIE ROSE CR, M, D, E, F 741 kcal	11.50
TUNA MAYONNAISE & CHEESE F, M, D, E 873 kcal	10.00
BEEF M, D OR VEGETABLE CHILLI (V) M, D 477 kcal	9.00
CHEDDAR & BAKED BEANS (V) M, D 890 kcal	9.50
CHEDDAR (V) M, D 829 kcal	9.00
CORONATION CHICKEN M, D, E 745 kcal	11.00

afternoon tea (GF?) (VE?)

FORTESCUE AFTERNOON TEA 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. Price per person.

cakes, pastries & treats

SCONE & BUTTER (GF?) (V) G, D, E 601 kcal 3.75

SCONE WITH PRESERVE & DEVONSHIRE CLOTTED CREAM (GF?) (V) G, D, E 781 kcal 5.75

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 3.75

TOAST WITH BUTTER & JAM (GF?) G, D 452 kcal 3.75

DEVON ICE CREAM (V) (GF) 1 scoop 110 kcal 3.50
Seriously good Yarde Farm 2 scoops 220 kcal 5.75
Ice Cream made in Plymouth 3 scoops 330 kcal 7.25

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 2.00

SELECTION OF CAKES, PASTRIES & TREATS (GF?)

Please ask for today's selection

Individually priced

hot 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	4.25
Cafetière for one	4.75
Americano	4.25
Latte	4.50
Mocha	4.75
Flat white	8oz 4.25
Cappuccino	4.50
Add a Flavour Shot <i>(please ask for flavours)</i>	1.50

HOT CHOCOLATE ^D

With cocoa dusting	4.50
With whipped cream, marshmallows and cocoa dusting	5.25

cold beverages

ICED LATTE ^D

5.75

Pistachio 261 kcal | Tiramisu 172 kcal | Toffee 192 kcal
Ube Vanilla Macha | Classic 78 kcal

FRAPPUCCINO

5.75

Biscoff G, D, SO 346 kcal
Cookies & Cream G, D, SO 350 kcal
Strawberries & Cream ^D 374 kcal
Pistachio ^{D, SO, N} 380 kcal
Double Chocolate

SMOOTHIES

5.75

Acai, Blueberry, Banana & Mango 172kcal
Matcha, Peach, Pineapple, Spinach,
Banana & Apple 158kcal
Passionfruit, Mango and Pineapple 157 kcal
Avocado, Broccoli, Spinach, Mango,
Coconut, Lime & Ginger 181kcal

COOLERS

5.75

Mango Matcha 188 kcal | Peach Matcha 138 kcal
Ube Lemonade 173 kcal
Watermelon Iced Tea Granita 221 kcal
Strawberry & Lime Sparkler 178 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.

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



B R E N D
COLLECTION

HOTELS | RESTAURANTS | SPAS

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