



AFTERNOON 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

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 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

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 (please ask for flavours)	1.50

HOT CHOCOLATE D

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

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

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

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?)	Individually priced
Please ask for today's selection	

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	