DAY MENU

how to order

1. Find a table in our RF Lounge & Bar.
2. Note your table number and place your order at the bar
3. Sit back and relax, we will bring your order to you!

Hot food is served from 11.30am, with last orders at 2.30pm (excluding cold sandwiches)

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

festive carvery (GF?) 18.00

Mon-Fri 11.45am-2.30pm | Sunday 11.45am-9pm

ROAST BREAST OF TURKEY

ROAST SILVERSIDE OF BEEF

VEGETABLE WELLINGTON (V) (VE?)

All served from the carvery with Brussels sprouts, glazed carrots, roasted parsnips, cauliflower cheese, braised red cabbage, peas, roast potatoes, crispy diced potatoes, sage and onion stuffing, Yorkshire pudding and pigs in blankets.

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

Takeaway Available

small plates

ROASTED CARROT & CUMIN SOUP (GF?) (V) (VE?) 9.00

Herb crème fraîche and garlic croutons

D, G, SO, E *305 kcal*

CHICKEN LIVER PARFAIT (GF?) 9.00

Spiced tomato chutney, sourdough toast and radicchio salad E, D SU, G, SO, N, M, G *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*

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

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

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

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

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* 9.50

HOME ROASTED HAM & BRIE G, M, D *1027 kcal* 10.50

TURKEY, BRIE & CRANBERRY MELT G, SO, D *781 kcal* 12.00

BRIE, CRANBERRY & RED ONION MELT (V) G, SO, D *621 kcal* 11.00

PIGS IN BLANKETS, CHEDDAR & CARAMELISED ONION CHUTNEY with Gravy Dip SO, D, M, SU *1254 kcal* 12.00

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

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

festive afternoon tea

(GF?) (VE?) G, E, D, SO, N, CR, F, M, S, C, SU *1896 kcal* 22.00

Westcountry tea, Christmas tea or filter coffee. Three demi brioche buns filled with turkey, cranberry & stuffing; beef, rocket & horseradish; cheddar & festive chutney. Cranberry, orange & raisin scone with Christmas pudding jam and clotted cream. Espresso martini torte, mince pie, macarons and Black Forest Eton mess.

Must be pre-booked 24hrs in advance. Price per person.
Items may be substituted if you have an allergy.

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)
Seriously good Yarde Farm Ice Cream made in Plymouth
1 scoop *110 kcal* 3.50
2 scoops *220 kcal* 5.75
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 *(please ask for flavours)* 1.50

HOT CHOCOLATE D

With cocoa dusting 4.50

With whipped cream, marshmallows and cocoa dusting 5.25

Chocolate Orange with chocolate whipped cream 5.00

Chocolate & Mint with whipped cream 5.00

Salted Caramel with salted caramel whipped cream 5.00