



## LOUNGE & BAR

### 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

<b>HOUSE SOUP</b> (GF) (V) 7.00 With butter & your choice of white G, malted G, SO or gluten free bread E
<b>PRAWN SALAD</b> (GF) 391 kcal 13.50 Prawns in a Marie Rose sauce on a salad of mixed leaves, tomato, cucumber, onion and fresh lemon CR, M, D, E, F
<b>COLD MEAT SALAD</b> (GF) 656 kcal 11.00 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
<b>PLOUGHMANS</b> (GF) 1316 kcal 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
<b>CHICKEN LIVER PARFAIT</b> (GF) 689 kcal 9.50 Smooth chicken liver parfait with a spicy tomato chutney, frisée salad and toasted sourdough E, G, D, SU, S, SO

## sides

<b>HOUSE CHIPS</b> (V) (GF) (VE) 464 kcal 4.50
<b>HOUSE SALAD</b> (V) (GF) (VE) M 155 kcal 3.50
<b>GARLIC BREAD</b> (V) G, D 547 kcal 4.50
<b>CHEESY GARLIC BREAD</b> (V) G, D 931 kcal 6.00
<b>HOUSE BEER BATTERED ONION RINGS (5)</b> (V) (G, SU) 470 kcal 5.00
<b>TRUFFLE PARMESAN CHIPS</b> (V) (GF) D 586 kcal 5.50
<b>ASIAN SLAW</b> (V) (GF) (VE) S, SU 142 kcal 3.50

## 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)

<b>HOME ROASTED HAM &amp; MATURE CHEDDAR CHEESE</b> G, M, D 974 kcal 8.50
<b>HOME ROASTED HAM &amp; BRIE</b> G, M, D 1027 kcal 9.50
<b>MATURE CHEDDAR CHEESE, TOMATO &amp; RED ONION</b> (V) G, M, D 882 kcal 8.00
<b>HAM, CHEDDAR CHEESE &amp; PINEAPPLE</b> G, M, D 1076 kcal 9.00
<b>BACON, BRIE &amp; CRANBERRY</b> G, M, D 1061 kcal 9.50
<b>MOZZARELLA &amp; PESTO</b> (V) G, M, D, N 905 kcal 8.50
<b>CHEDDAR, CHORIZO &amp; RED ONION</b> G, M, D 1001 kcal 9.00

Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 Kcal a day.

(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 SU SULPHUR DIOXIDE S SESAME SO SOYA P PEANUTS L LUPIN

Although we endeavor to do so, we cannot guarantee that any of our dishes are allergen-free or fulfill dietary requirements due to possible cross-contamination during production.

## baked potatoes

Our freshly baked potatoes are served with a house salad (GF)

<b>CHEDDAR &amp; BACON</b> D, M 987 kcal 9.00
<b>PRAWN MARIE ROSE</b> CR, M, D, E, F 741 kcal 10.50
<b>TUNA MAYONNAISE &amp; CHEESE</b> F, M, D, E 873 kcal 9.00
<b>BEEF OR VEGETABLE CHILLI</b> (V) M, D 477 kcal 8.00
<b>CHEDDAR &amp; BAKED BEANS</b> (V) M, D 890 kcal 8.50
<b>CHEDDAR</b> (V) M, D 829 kcal 8.00

## 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)

<b>CHEDDAR &amp; PICKLE</b> (V) G, M, D 953 kcal 8.00
<b>PRAWN MARIE ROSE, CRISP LETTUCE</b> G, CR, M, D, E, F 673 kcal 9.00
<b>ROAST BEEF, ROCKET WITH HORSE RADISH OR MUSTARD</b> G, M, D 679 kcal 8.50
<b>GAMMON HAM &amp; MUSTARD</b> G, M, D 684 kcal 8.00
<b>ROAST TURKEY, CRANBERRY &amp; STUFFING</b> G, M, D 756 kcal 8.50
<b>TUNA MAYONNAISE &amp; CUCUMBER</b> G, F, D, E, M 774 kcal 8.50
<b>EGG MAYONNAISE, CRESS</b> (V) G, M, D, E 722 kcal 8.00
<b>TURKEY &amp; HAM, LETTUCE, CUCUMBER, TOMATO &amp; MAYONNAISE</b> G, M, D, E 912 kcal 9.00
<b>SMOKED SALMON, CREAM CHEESE, DILL, CUCUMBER</b> F, G, M, D 753 kcal 9.50

## hot sandwiches (GF)

<b>STEAK SANDWICH</b> 1332 kcal 18.00 Steak cooked pink and thinly sliced with rocket, caramelised onions, & mustard mayo served with slaw & a small house salad G, M, D, E, SU, S
<b>WELSH RAREBIT</b> (V) 1382 kcal 9.50 Our classic rarebit is made with local beer, Worcestershire sauce, mature cheddar, and Dijon Mustard, served with a spicy tomato chutney, house salad, and crisps G, D, F, M
<b>TUNA MELT</b> 1672 kcal 13.00 Gem lettuce, tuna mayonnaise, and melted mature cheddar served with a spicy tomato chutney, house salad, and crisps F, G, D, M, E
<b>CHICKEN &amp; CHORIZO SANDWICH</b> 1054 kcal 13.00 Panko chicken, chorizo jam, rocket & harissa mayo, served with slaw & a small house salad G, M, SU, S

## afternoon tea (GF) (VE)

**FORTESCUE AFTERNOON TEA** 1938 kcal Per person 19.00  
Westcountry tea or filter coffee, carrot cake, victoria sponge, eton mess, baked scone with fruit preserve and clotted cream, three demi brioche buns with a choice of fillings. G, D, E, F, CR, M  
Must be pre-booked 24hrs in advance.

**WITH A GLASS OF PROSECCO** Per person 24.00

## beverages

<b>TEA</b>	
Pot of Westcountry tea for one	4.00
Pot of speciality tea for one, choose from:	4.50
Peppermint   Chamomile   Early Grey   Berry	
<b>COFFEE</b> (available either regular or decaffeinated)	
Pot of filter coffee for one	4.00
Cafetière for one	4.50
Americano	12oz 4.00
Latte	12oz 4.50
Mocha	12oz 4.50
Flat white	8oz 4.00
Cappuccino	12oz 4.50
<b>Add a Flavour Shot</b> (please ask for flavours)	1.50
<b>HOT CHOCOLATE</b> 12oz	
With cocoa dusting	4.50
With whipped cream, marshmallows and cocoa dusting	5.00

## cakes, pastries & treats

<b>SCONE &amp; BUTTER</b> (GF) (V) G, D, E 601 kcal 3.50
<b>SCONE WITH PRESERVE &amp; DEVONSHIRE CLOTTED CREAM</b> (GF) (V) G, D, E 781 kcal 5.50
<b>TRADITIONAL CREAM TEA</b> (GF) (V) 1563 kcal Per person 13.00 Two scones, preserve and Devonshire clotted cream, served with freshly brewed Westcountry tea for one G, D, E
<b>TOASTED TEA CAKE WITH BUTTER</b> G, D 441 kcal 3.50
<b>TOAST WITH BUTTER &amp; JAM</b> (GF) G, D 452 kcal 3.50
<b>DEVON ICE CREAM</b> (V) (GF) 314 kcal 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
<b>SELECTION OF CAKES, PASTRIES &amp; TREATS</b> (GF) Individually priced Please ask for today's selection

  
**B R E N D**  
COLLECTION

HOTELS | RESTAURANTS | SPAS