

SUNDAY LUNCH - STARTERS

Cherry tomato, spring onion, red onion, basil and garlic bruschetta infused with balsamic vinegar on toasted foccacia with garlic butter, wild rocket and cucumber ribbon salad (G,V,GFO)	£7	Prawn gambas al ajillo, garlic marinated shell on giant prawns on fresh baked baguette with wild rocket and cucumber ribbon salad, balsamic glaze and fresh lime (G,D,GFO)	£13.50
Spiced maple sticky chicken lettuce wraps with carrot, spring onion, chilli, lime and toasted sesame seeds (N,D,GFO)	£8	Pan seared wild mushrooms in garlic on toasted sour dough with fresh horseradish mayonnaise, truffle oil and pea shoot garnish (G,V,GFO)	£7

SUNDAY ROASTS

Rump of beef	£22	Herb infused butternut squash (V)	£19
Chicken breast wrapped in parma ham	£22	Steak and Ale shortcrust pastry pie	£19

All served with roast potatoes, Yorkshire pudding (G), creamed leeks, buttered cabbage, honey roasted carrots and parsnip, cauliflower & broccoli cheese with a red wine jus (D,G)

FROM THE SEA

Pan fried salmon fillet with ginger, soy, spring onion and honey sauce, crushed chive new potatoes, buttered tender stem broccoli, baby corn and carrots (GFO,D)	£24
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VGASTRO POKE BOWLS

Pan seared tuna steak with soy, ginger and honey glaze OR Teriyaki chicken	£18.95
Griddled halloumi with caramelised red onion & cracked black pepper sauce (V)	£16.95

All our poke bowls come with mango, tomato, onion, lime and coriander salsa, edamame beans, vanilla infused pickled red cabbage, fresh avocado, pickled carrot, sesame ginger seaweed, cucumber ribbons and coriander, lime infused rice (G,N)

DESSERTS

Vanilla and lime panna cotta with fresh sliced mango and lime syrup (D,GFO)	£7	Baked dark chocolate brownie with chocolate sauce, and salted caramel ice cream (GFO,D - gluten free served with vanilla ice cream)	£9
Banoffee waffle with caramel and chocolate sauce and vanilla ice cream (D,G)	£7		
Rhubarb frangipani with Devon custard	£7	Three specially selected cheeses, grapes, crackers & Mrs Mckenzie's tomato kasundi chutney - our crackers may contain traces of nuts (GFO,N,D)	£13
Cookies and cream cheesecake cup with chantilly cream and belgian chocolate sauce	£7		

V = vegetarian • G = gluten (GFO = gluten free option available) • N = nuts • D = dairy. Please always inform us of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. Details of the 14 main allergies available on request. Prices include VAT @ 20%