

LIGHT SNACKS

Served between 12–2pm.

Today's Soup of the Day GF?, VE? Kcal varies daily	9
Freshly Baked Roll G, D, E, N, S, SO, C	
Chicken Liver & Brandy Pate GF? 536 Kcal	14
Chutney and Toasted Brioche G, D, E, SU, C, M	
Traditional Prawn Cocktail GF? 390 Kcal	18
Brown Bread and Butter M, E, CR, C, G, D	
Oak Smoked Scottish Salmon GF? 426 Kcal	20
Dill Pickles, Mixed Salad, Lemon Dressing and Brown Bread and Butter G, D, F, C, M	
Crisp Chicken Goujons 615 Kcal	18
Spiced Tomato Relish and Side Salad G, M, SO, C	
Pearls of Melon GF, VE 34 Kcal	14
Elderflower Syrup, Mixed Berries, Lemon Sorbet and Fresh Mint	
Beetroot & Feta Salad GF, V, VE? 151 Kcal	14
Endive Leaves, Walnuts, Basil Pesto and Balsamic D, N, SU, C, M	
Fresh West Country Crab Salad GF 146 Kcal	21
Gem Lettuce, Dill Pickled Cucumber, Parsley Dressing CR, SU, C, M	

SANDWICHES

Served on a choice of Brown Malted G or Soft Grain White Bread G, White Gluten Free GF, E, or Brown Gluten Free Bread GF, E, with a salad garnish C, M coleslaw M, E and crisps.

Egg Mayonnaise and Mustard Cress GF?, V	14.50
Kcals: White 742 Malted 750 GF White 706 GF Brown 694 G, D, M, E, C	
West Country Mature Cheddar and Apple Chutney GF?, V	14.50
Kcals: White 986 Malted 994 GF White 950 GF Brown 938 G, D, M, E, C	
Flakes of Tuna, Creamy Mayonnaise and Chives GF?	16.25
Kcals: White 679 Malted 687 GF White 643 GF Brown 631 G, D, M, E, C, F	
Local Honey Roasted Ham GF?	16.25
Lambs Lettuce and Wholegrain Mustard	
Kcals: White 620 Malted 628 GF White 584 GF Brown 572 G, D, M, E, C	
Roasted Turkey Breast and Cranberry Sauce GF?	16.25
Kcals: White 670 Malted 678 GF White 634 GF Brown 622 G, D, M, E, C	
Roasted Chicken, Crisp Pancetta and Herb Mayonnaise GF?	16.25
Kcals: White 817 Malted 825 GF White 781 GF Brown 769 G, D, M, E, C	
Roasted Prime Sirloin of Beef GF?	18
Watercress and Horseradish Sauce	
Kcals: White 698 Malted 706 GF White 662 GF Brown 650 G, D, M, E, C, SU	
Oak Smoked Scottish Salmon and Cream Cheese GF?	18
Kcals: White 694 Malted 702 GF White 658 GF Brown 646 G, D, M, E, F, C	
Succulent North Atlantic Prawns GF?	18
Light Marie Rose Dressing	
Kcals: White 789 Malted 797 GF White 753 GF Brown 741 G, D, M, E, CR, C	
Fresh West Country Crab GF?	18
Rocket Leaves and Citrus Mayonnaise	
Kcals: White 746 Malted 754 GF White 710 GF Brown 698 G, D, M, E, CR, C	
Beetroot & Vegan Feta GF?, VE	14.50
Kcals: White 543 Malted 551 GF White 507 GF Brown 495 G, M, E, C, SU	
Vegan Smoked Cheese & Chutney GF?, VE	14.50
Kcals: White 846 Malted 854 GF White 810 GF Brown 798 G, M, E, C	

MIXED PLATTERS & PLOUGHMAN’S

Served between 12-2pm.

The Belmont Daily Salad Bowl GF?, VE? Kcal varies daily	from 18
A Mixed Salad with a Light Dressing C, G, M	
West Country Ploughman’s GF? 1309 Kcal	23
A selection of award-winning West Country Cheeses, Pate, Honey and Mustard Glazed Ham, served with Spiced Apple Chutney, Pickled Onion and a Freshly Baked Bread Roll G, D, M, C, SU, E, N, S, SO	
Mixed Meats Platter GF? 1412 Kcal	28
A selection of Roasted Sirloin of Beef, Turkey Breast, Honey and Mustard Glazed Ham and Pate, served with Dressed Mixed Salad, Potato Salad, Coleslaw and a Freshly Baked Bread Roll G, D, E, C, SU, M, N, S, SO	
Seafood Platter GF? 998 Kcal	30
A Selection of Seafood to include North Atlantic Prawns, Fresh West Country Crab, Smoked Mackerel, Smoked Scottish Salmon, served with Dressed Mixed Salad, Potato Salad and a Freshly Baked Bread Roll G, M, E, CR, C, F, D, N, S, SO	

ROAST & CATCH OF THE DAY

Kcal varies daily

from 18.50

Served with Vegetables and Potatoes
and Traditional accompaniment GF?

VEGETARIAN OF THE DAY

V Kcal varies daily

from 18.50

Served with accompaniment

SIDE ORDERS

French Fries 404 Kcal G	7
Chunky Chips 357 Kcal G	7
Dressed Seasonal Salad VE, GF 20 Kcal C	4
Vegetable & Potatoes of the Day GF?, VE? Kcal varies daily	5.50
Freshly Baked Bread Roll with Butter GF?, V, VE? 380 Kcal D, G, E, N, S, SO	1.75
New Potatoes GF, VE 190 Kcal	5.50

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 SU SULPHUR DIOXIDE S SESAME SO SOYA P PEANUTS L LUPIN

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.

MORNING TEA & COFFEE

Available from 9am. All prices are per person.

Pot of Tea	4.60
Choose from: English Breakfast, Earl Grey, Darjeeling, Assam, Lapsang, Green Tea, Chamomile, Peppermint, Decaffeinated or various fruit teas	
Coffee	5.20
Choose from: Americano, Cappuccino, Latte or Mocha	
Cafetiere of Coffee or Freshly Ground Decaffeinated	4.75
Espresso Single	3.50
Espresso Double	4.60
Hot Chocolate G, D, SO	5.20
Selection of Shortbread Biscuits GF? , V 438 Kcal G, D, E	4.25

SWEETS

A Selection of Freshly Made Sweets GF? , VE? Kcal varies daily	from 10
See our insert menu for details	
A Selection of Ice Creams & Sorbet GF? , VE? Kcal varies daily	
Please ask a member of staff for details D, G	
1 scoop	4
2 scoops	6.50
3 scoops	9
A Selection of Cheese & Biscuits GF? , V Kcal varies daily G, D, E, S, C	10.25

