



We have designed this menu for people who like to share; we like to serve you as a table and bring out the dishes at a relaxed pace....if you wish your food to come out 'quicker' please let us know and we will endeavour to do this.

We are able to offer a range of dishes from our menu if you are celiac, vegan, vegetarian or have any intolerances. A large percentage of our dishes are made to order so please ask your server for advice.

We also stock gluten free bread and pita. Please note that nuts and seeds are used in the kitchen so we cannot guarantee any of our dishes will be nut free. Our mayonnaise and coleslaw is made fresh using raw free range eggs.

TO START

- Olives.....£2.95
- Mixed Olives With Sun Blush Tomatoes
And Garlic In Olive Oil£2.95
- Artisan Breads With Alioli, Balsamic And Olive Oil£4.95
(Contains Gluten, Dairy, Mustard, Egg)
- Oven Baked Whole Loaf Of Garlic Bread.....£4.85
PLEASE ALLOW 10 MINS
Available with cheese at no extra cost.
(Contains Gluten, Dairy, Seeds, Nuts, Wheat)
- Pitta Breads, Homemade Hummus
And Cucumber & Mint Yoghurt£5.95
- Vegetable Mezze.....£10.00
Sun blush tomatoes, olives, pitta bread, hummus, cucumber
yoghurt, roasted peppers and stuffed vine leaves.
(Contains Wheat, Gluten Dairy)
- Meat Platter£15.00
Selection of continental meats, shaved manchego and jalapeño
cheese, olives, artisan bread and homemade alioli.
(Contains Meat, Dairy, Egg, Mustard, Gluten)

MEAT TAPAS

- Selection Of Mediterranean Mixed Meats£4.75
Served on mixed leaves with bread. (Contains Wheat, Gluten, Dairy)
- Slices Of Serrano Ham Served On Mixed Leaves.....£5.15
With shaved manchego cheese and drizzled with olive oil.
(Contains Dairy)
- Chicken And Chorizo Paella£5.95
Cooked with traditional rice from Valencia. (Contains Celery)
- Home Rolled Pork And Beef Meatballs£4.95
In our house tomato sauce and topped with melted cheese.
(Contains Dairy)
- Chorizo Spanish Butter Beans.....£4.85
With pan fried chorizo, garlic and spring onion. (Contains Dairy, Celery)
- Lemon & Honey Chicken Pan-Fried Stickyness.....£5.95
(Contains Celery)
- Whole Cajun Chicken Breast.....£5.75
Cooked on the char grill, sliced and tossed in coriander and lime,
served on mixed leaves with mustard mayonnaise.
(Contains Egg, Mustard)
- Crispy Chilli Beef£5.75
Served with lettuce and soured cream. (Contains Wheat, Gluten, Dairy)
- Oven Roasted New Potatoes With Chorizo Sausage..£4.95
With a red wine & tomato sauce. (Contains Dairy, Celery)

LARGE PAELLA - perfect for sharing

Served with bread and dips.....£30.00
(Contains Wheat, Gluten)

CHOOSE BETWEEN:

Traditional (seafood & chorizo) (Contains Molluscs, Celery, Dairy)

Vegetable (Contains Celery, Dairy)

Chicken And Chorizo (Contains Celery, Dairy)

SEAFOOD DISHES

- Traditional Style Seafood And Chorizo Paella£5.95
With rice from Valencia.
(Contains Meat, Celery, Dairy, Crustaceans, Molluscs)
- Delicious Dusted Calamari.....£5.25
Deep fried and drizzled with honey and sweet chilli.
(Contains Wheat, Gluten)
- Shell Off King Prawns With Chilli-nuts And Honey.....£6.85
(Contains Dairy, Crustaceans, Nuts, Seeds)
- Fresh Scallops.....£7.50
Pan fried with your choice of: garlic butter or Spanish chorizo and
sweet chilli. (Contains Meat, Dairy)
- Chargrilled Sardines£5.50
Served crispy on mixed leaves, drizzled with olive oil and sprinkled
with sea salt. (Contains Fish)
- Delicious Bowl Of Shell On Mussels
(when in season) Small: £6.00 ... Large: £10.00
Cooked in your choice of white wine and garlic cream or chorizo
and garlic cream. (Contains Meat, Dairy, Molluscs)
- Mixed Seafood£5.95
Pan fried with house tomato sauce and a splash of cream.
Contains (Molluscs, Crustaceans, Dairy, Celery)

VEGETABLE TAPAS

- Sweet Potato Fries£4.95
- Vegetable Paella£5.95
Cooked with traditional rice from Valencia. (Contains Celery)
- Traditional Style Tortilla£4.70
With potato, peppers and free-range eggs.
(Contains Wheat, Gluten, Egg, Dairy, Sesame)
- Oven Roasted New Potatoes Topped With
Spicy Tomato Sauce£4.00
(Contains Celery, Dairy)
- Breaded Brie (4)£5.75
Served with sweet chilli jam and dressed leaves.
(Contains Gluten, Dairy)
- Button Mushrooms£4.95
Cooked with white wine, garlic and cream. (Contains Dairy)
- Pimentos De Padron (when in season)£5.00
Small green peppers tossed in olive oil and sprinkled with sea salt.
(Includes the occasional hot pepper)
- Pan Fried Peppers With Rock Salt.....£4.75
Mixed peppers.
- Large Spanish Butter Beans£4.50
Pan fried with garlic, house tomato sauce and spring onions.
(Contains Dairy)
- Stuffed Vine Leaves.....£4.00
Served with yoghurt and cucumber dip. (Contains Dairy)
- Chilled Dish Of Halloumi.....£6.00
Served with peppers, basil oil, mediterranean vegetables and
balsamic glaze. (Contains Dairy)



Where possible all ingredients are locally sourced within the Devon area with Fresh Mussels from Appledore, Artisan bread made locally within the town, to our Spanish ingredients of paella rice from Valencia.

We cook as much of our Main and Tapas dishes as possible to order.

SUPPLIERS:

- Oysters and Mussels - Torridge Oysters And Mussels
 - Artisan Bread - The Gingerbread Man
- Cheese and Meats - Hawkrigde Dairy Farm
- Ales, Wines and Spirits - St Austell Brewery
 - Scallops - Coombe Fisheries

Other suppliers used are Bookers, Ilfracombe Wholesale and Phillip Dennis