

Instow Menu!



Start your Day the Best Way with a Freshly Squeezed Juice!

NEW! Homemade Freshly Squeezed Orange Juice (vn/df/gf) 3.50



NEW! Big West Country Breakfast (gfo/dfo) 15.00

Enjoy a larger version of our Full West Country Breakfast including extra bacon, egg & toast

Johns' Famous Full West Country Breakfast (gfo/dfo) 11.00

Local sausages, bacon, free-range fried egg, mushrooms, roast tomatoes, local white, brown or sourdough toast & butter



Add any extra item ... egg, mushrooms, sausage, bacon rasher 1.50

Johns' Best Breakfast Butty (dfo/gfo) 10.00

The ultimate in breakfast sarnies! Local sausages, bacon & free-range fried egg in sourdough toast

Add an extra ... egg, mushrooms, sausage, bacon rasher 1.50

NEW! Johns Eggs Benedict with Hollandaise – 4 Ways

Served on an English Breakfast Muffin with an option of :

Smoked Salmon 12.00

West Country Bacon 11.00

Chestnut Mushrooms 10.00 (v)

Sliced Avocado 11.00(v)

Veggie Topped Rösti (vn/df/gf) 10.00

Homemade potato & onion rösti, sliced avocado, chestnut mushrooms, wilted spinach, roasted tomatoes

Add a poached or fried egg 1.50



Nourishing Breakfast Pot (v/gf/vno) 7.00

Tim's Greek yogurt or Oatly Oatgurt with Johns homemade granola & berry compote



2 Freshly Baked Pastries (v) 6.50

All butter croissant/choc hazelnut croissant/almond croissant/Portuguese egg tart with local strawberry jam & butter!

Deli Quiches, Tortillas & Hornity

All Deli to Table Meals Served with a Choice of
Homemade Deli Salad or Two Farmer Crisps

12.00

Step One! Pick your Delicious Deli Item!

Bacon, Caramelised Onion & Cheddar Quiche
Sunblushed Tomatoes, Fresh Spinach, Cornish Yarg

Quiche (v)

Caramelised Red Onion, Walnut & Brie Cheese Quiche
(v/gf)

Quiche of the Month – See our Specials Board

Minted Pea, Feta & Roasted Tomato Tortilla (v/gf)

Spanish Chorizo, Sweet Potato & Red Onion Tortilla (gf)

Homemade Hornity (v/gf)

Sliced Potato, West Country Cheese, Fresh Herbs &
Onions. A Johns Twist on a Favourite!

Step Two! Pick Your Homemade Deli Salad!

Look at our Sensational Salad Specials Board to see
our Monthly Salads

Or

Rustic Deli Coleslaw (v/gf)

Potato Salad (vn/df/gf)

Celeriac Remoulade (vn/df/gf)

Or

Two Farmers Lightly Salted Crisps (gf/df)

Deli salad selection Bowl 11.00

Home Made in our Deli Kitchens Made with Local,
Seasonal Quality Seasonal Ingredients.

Choose 3 Salads from our Monthly Salad Board.

NEW! Summer Salad Special

Take a Look at our Specials Board to Discover Our
Summer Salad Special

Deli To Table Platters

Perfect for Two!

The Quintessential Devon Picnic 26.00 (gfo)

Homemade Bacon, Caramelised Onion &
Cheddar Quiche, Local Butcher's Pork Scotch
Egg, Free Range Devon Pork Pie, West Country
Ham & Salad Sandwiches, Somerset Brie & Local
Chilli Jam Sandwiches, Devon Apple Chutney

*Upgrade your Quintessential Picnic to an
Afternoon Tea! Enjoy all this plus 2 Homemade
Scones Cream & Jam, Exmoor Tea or
Roastworks Coffee for 38.00*

The Charcuterie & Cheese 25.00 (gfo)

Mixed Italian Charcuterie Meats, Fresh
Mozzarella, Helford Blue, Kalamata Olives &
Freshly Baked Baguette

The Fish Lovers 25.00 (gfo)

Smoked Salmon, Homemade Local Smoked
Trout Pâté & Seafood Salad with
Freshly Baked Baguette, Butter, Lemon & Salad
Leaves Garnish

Perfect for One!

Devon Ploughman's 15.00

Free-Range Devon Pork Pie, Barber's Vintage
Cheddar, Devon Apple Chutney, Balsamic
Onions, Cherry Vine Tomatoes, Freshly Baked
Multigrain Bread & Butter

Plant Based Ploughman's (vn/df/gfo) 15.00

Homemade Salad of the Week, Houmous,
Mediterranean Olives, Balsamic Onions, Cherry
Vine Tomatoes, Freshly Baked Multigrain Bread
& Olive Oil

v – vegetarian
vn – vegan
gf – gluten free
df – dairy free

vo – vegetarian option
vno – vegan option
gfo – gluten free option
dfo – dairy free option

Sandwiches & Toasties

All Sandwiches & Toasties are Served with a Choice of Homemade Deli Salad or Two Farmer Crisps

Step One! Pick your Sandwich or Toasties

Handpicked Devon Crab (gfo/df) 12.50

Fresh crab, mayo & leaves in a stone baked baguette with a lemon wedge



NEW! Rustic Free Range Roast Chicken & Avocado (df/gfo) 11.50

Roasted free range chicken, sliced avocado, salad, and lemon mayo in grilled sourdough

Supergreen Reuben (vn/df/gfo) 11.50

Crunchy kale, wilted spinach, Bath Culture House seaweed sauerkraut, melted plant-based mozzarella and vegan mayo in griddled sourdough



West Country Ham, Cheese & Chilli Jam Toastie (gfo) 10.50

A real treat with an artisan melting cheese medley & local chilli jam on toasted sourdough

Mozzarella, Sun Blushed Tomato & Pesto Toastie (gfo) 10.50

Melting mozzarella, succulent sun blushed tomatoes and a punchy vegan pesto on toasted sourdough

Step Two! Pick Your Homemade Deli Salad



Look at our Sensational Salad Specials Board to see our Monthly Salads

Or

Rustic Deli Coleslaw (v/gf)

Potato Salad (vn/df/gf)

Celeriac Remoulade (vn/df/gf)

Or

Two Farmers Lightly Salted Crisps (gf/df)

Homemade Devon Pasties

Choose a traditional Devon Pasty served with a house green salad, and a choice of all deli salad or ready salted Two Farmers Crisps 12.00

Devon Chuck Steak, Potato & Onion (df)

Devon Cheddar & Onion (v)

Chunky Devon Root Veg (vn/df)

Summer Specials!
See our Specials Board for
Homemade Salads & More
Tasty Temptations!

Food is freshly prepared to order & always worth the wait!



A Sensational Full Afternoon Tea for Two! 38.00

West country ham & salad sandwiches
Brie & Local Chilli Jam sandwiches
Homemade quiche – bacon, caramelised onion & cheddar
Local butcher's pork scotch egg
Free-range Devon pork pie & Devon apple chutney
Cherry vine tomatoes
2 homemade scones, local farm clotted cream & local strawberry jam
Roastworks coffee or either Exmoor Tea



Devon Clotted Cream Tea (v) 9.00

Homemade scone, local strawberry jam, local farm clotted cream
Includes a Pot of Exmoor Breezy Breakfast/Earl Grey Tea or Roastworks Americano

Visit Our Cake Counter of dreams!

Our Famous Chocolate Brownie 4.50

Traditional chocolate (v) OR salted caramel (v/gf) OR
raspberry & walnut (vn/gf/df)

Homemade Frangipane Tart (v) 4.50

Ask our team for today's flavour

*Add Devon clotted cream or double cream 85p
Add ice cream 2.00*

Summer Specials!

*See our Pudding Specials Board for
Homemade Temptations!*

*Our food is freshly prepared to Order
& Always Worth the Wait!*

Homemade Milkshakes!

NUTS ABOUT BROWNIE (v) 5.25

Chocolate ice-cream, milk, chocolate sauce, fresh
whipped cream & Johns' brownie

MERRY BERRY (v/gf) 4.75

Strawberry ice-cream & milk

BANANADRAMA (v/gf) 4.75

Banana ice-cream & milk

COCO CARAMEL (vn/df/gf) 4.75

Salted caramel ice-cream, oat milk

Fresh Smoothies & Juice!

FRESHLY SQUEEZED ORANGE JUCIE (vn/df/gf) 3.50

Johns freshly squeezed orange

BERRY BLASTER (vn/df/gf) 4.75

Strawberries, banana & almond milk

CLEAN GREEN (vn/df/gf) 4.75

Spinach, avocado, mango, maple & coconut milk

**Roastworks Coffee**

- Americano 3.10
- Latte 3.70
- Iced Latte 3.50/4.25 with Syrup
- Cappuccino 3.30/3.70
- Flat white 3.30
- Mocha 3.90
- Cortado 2.80
- Macchiato 2.80
- Espresso 2.10
- Plant based milk 40p

**Exmoor Tea**

- Breezy Breakfast 3.25
- Devious Decaf 3.25
- Gorgeous Grey 3.25
- Moorish Mint 3.25

**Hot Chocolates & Chai**

- Kokoa Real Hot Chocolates 3.80
- White (v/gf), Milk (vno/gfo/gf), Dark (vno, dfo, gf)
- Henny & Joe's Chai 3.90

**Milkshakes****DELUXE NUTS ABOUT BROWNIE (v) 5.25**

Chocolate Ice-cream, milk, chocolate sauce, fresh whipped cream & Johns' brownie

COCO CARAMEL (vn/df/gf) 4.75

Salted caramel ice-cream & oat milk

MERRY BERRY (v/gf) 4.75

Strawberry ice-cream & milk

BANANADRAMA (v/gf) 4.75

Banana ice-cream & milk

Fresh Smoothies & Fresh Juice**FRESHLY SQUEEZED ORANGE (vn/df/gf) 3.50****BERRY BLASTER (vn/df/gf) 4.75**

Strawberries, banana & almond milk

CLEAN GREEN (vn/df/gf) 4.75

Spinach, avocado, mango, maple, lemon & coconut milk

**Devon Luscombe Organic Drinks & Frobishers Drinks 3.50**

Sicilian Still Lemonade, Cool Ginger Beer, St Clement's Elderflower Bubbly, Raspberry Sparkling Lemonade, Apple Juice & Mango Juice

Local Ale & Cider 4.50**GT ALES - Brewed from the banks of the River Taw in glorious North Devon**

Blonde Ambition 440ml

North Coast IPA 440ml

Exeter Brewery - Devon's original organic real ales

Ferryman 500ml

Avocet 500ml

Sam's Poundhouse Cider- Winkleigh brewery producing Devon cider for over 100 years

Crisp 500ml

Fruity Raspberry 500ml

SANDFORD ORCHARD CIDER- Devon brewery making fresh apple cider since 2002

Devon Red 500ml

Devon mist 500ml

Wine**Bottle 12**

175ml 4.50

250ml 5.50

BELLA MODELLA PINOT GRIGIO 75cl/12.5%

BELLA MODELLA PINOT GRIGIO ROSÉ 75cl/12%

BELLA MODELLA PRIMITIVO 75cl/13.5%

**Sparkling
Bottle: 5.50**

CASA DEFRA 20cl/11% (vn)



