

Instow Takeaway Menu

Johns Take-Away Menu

Step in to our deli exploding with **homemade deli goodies, hot drinks, fresh smoothies & shakes!** Enjoy a selection of **savoury treats** including **sausage rolls, scotch eggs & quiches.** Plus find our **cake counter of dreams** waiting for you!

Breakfast - Served until 1pm

Johns' Best Breakfast Butty (dfo) 8.75

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



Local Sausage & Bacon Baguette (dfo) 5.50

in a white sourdough baguette

Loyalty Card Offer! Sausage & bacon baguette & hot drink 7.50



NEW! Smashed Avocado on Toast (vn/gfo/df) 7.95

With fresh diced tomatoes, red chilli & pea shoots on griddled sourdough

Tempting Toasties

West Country Ham, Cheese & Chilli (gfo) 8.25

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

Mozzarella, Sun blushed & Pesto (gfo) 7.25

Melting Mozzarella, sun blushed tomato on toasted sourdough

Freshly Made Baguettes

Handpicked Devon Crab (gfo/dfo) 9.95

White & brown crab meat with mayonnaise, lemon & mixed leaf salad in a sourdough baguette

Westcountry Ham & Dijon Mustard (dfo) 6.95

with mixed leaf salad in aciabatta

Free Range Chicken Salad (dfo) 6.95

with mayonnaise & mixed leaf salad in a multi-seed baguette

Somerset Brie & Devon Chilli Jam (gfo/v) 6.95

with mixed leaf salad in a sourdough baguette

NEW! Local Cheddar & Johns' Red Onion Marmalade (gfo/v) 6.75

with mixed leaf salad in a sourdough baguette

NEW! Mediterranean Mezze (vn/gfo/df) 6.95

Houmous, fire roasted red pepper, salad leaves, fresh tomato, basil pesto in Italian ciabatta

NEW! Create Your Own Salad Bowl!

Discover our NEW fresh deli salad bar, made from scratch using local, seasonal & quality produce.



Choose your salads from our range of homemade deli salads to create your own salad bowl



Large Salad Bowl 8.95

Small Salad Bowl 6.50

Award winning Devon Pasties! 4.95

Devon chuck steak potato & onion (df)

Devon cheddar & onion (v)

Chunky Devon root vegetable (vn/df)

Our Food & Menu

We're proud to bring you the best of local, homemade, seasonal & quality produce from our deli kitchens. Our food is freshly prepared to order and always worth the wait!

Appledore Takeaway Menu

Johns Take-Away Menu

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in a white sourdough baguette

Loyalty Card Offer! Sausage & bacon baguette & hot drink 7.50



NEW! Smashed Avocado on Toast (vn/gfo/df) 7.95

With fresh diced tomatoes, red chilli & pea shoots on griddled sourdough

Tempting Toasties

West Country Ham, Cheese & Chilli (gfo) 8.25

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

Mozzarella, Sun blushed & Pesto (gfo) 7.25

Melting Mozzarella, sun blushed tomato on toasted sourdough

Freshly Made Baguettes

Handpicked Devon Crab (gfo/dfo) 9.95

White & brown crab meat with mayonnaise, lemon & mixed leaf salad in a sourdough baguette

Westcountry Ham & Dijon Mustard (dfo) 6.95

with mixed leaf salad in aciabatta

Free Range Chicken Salad (dfo) 6.95

with mayonnaise & mixed leaf salad in a multi-seed baguette

Somerset Brie & Devon Chilli Jam (gfo/v) 6.95

with mixed leaf salad in a sourdough baguette

NEW! Local Cheddar & Johns' Red Onion

Marmalade (gfo/v) 6.75

with mixed leaf salad in a sourdough baguette

NEW! Mediterranean Mezze (vn/gfo/df) 6.95

Houmous, fire roasted red pepper, salad leaves, fresh tomato, basil pesto in Italian ciabatta

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Homemade Bubble Waffles!
Only at Johns of Appledore!

Kinder Chocolate Delight (v)

Scoops of local double chocolate & clotted cream
vanilla ice-creams, topped w/Kinder Bueno*
& chocolate sauce

Strawberries & Cream (v)

Scoops of local clotted cream vanilla &
strawberry ice creams topped w/whipped cream,
fresh strawberries & strawberry sauce

Salted Caramel Heaven (v/gfo)

Scoops of salted caramel ice cream, topped w/whipped cream,
Biscoff biscuits* & salted caramel sauce

£6.50

**Make me gluten free with a 99 chocolate flake!*