

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

Instow only

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

Mozzarella, Sun blushed & Pesto (gfo) 7.25

Instow only

Melting Mozzarella, sun blushed tomato on toasted sourdough

Free Range Chicken & Mozzarella (gfo) 8.25

Appledore only

w/Italian basil pesto toasted in a ciabatta roll

Cheeky Cheddar & Chilli (v/gfo) 7.25

Appledore only

w/South Devon Chilli Farm chilli jam!

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 a ciabatta

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!

Instow only

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

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!

Award winning Devon Pasties! 4.95

Devon chuck steak potato & onion (df)

Devon cheddar & onion (v)

Chunky Devon root vegetable (vn/df)

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!*

Spring & Summer Cold Drinks



Fresh Milkshakes & Fresh Smoothies

DELUXE - NUTS ABOUT BROWNIE (v) 5.25

Local double chocolate ice-cream & fresh milk topped w/chocolate sauce, fresh whipped cream & Johns' brownie

CLASSIC STRAWBERRY (v) 4.85

Local strawberry ice-cream & fresh milk

CLASSIC BANANA (v/gf) 4.85

Local banana ice-cream & fresh milk

CLASSIC CHOCOLATE (v) 4.85

Local double choc ice-cream & fresh milk

COCO CARAMEL (vn/df/gf) 4.85

Local salted caramel ice-cream & oat milk

BERRY BLASTER (vn/df/gf) 4.85

Strawberries, banana & almond milk

CLEAN GREEN (vn/df/gf) 4.85

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

Iced Lattes

CLASSIC ICED LATTE 3.75

Add syrup - Vanilla/Hazelnut/Caramel 4.50

Roastworks Coffee

Americano 3.20

Latte 3.80

Cappuccino 3.40/3.80

Flat White 3.40

Henny & Joe's Chai 4.00

Almond/Oat Milk 0.45

Mocha 4.00

Espresso 2.50

Cortado 3.00

Macchiato 3.00

Exmoor Tea

Local & award winning

Breezy Breakfast 3.15

Devious Decaf 3.15

Gorgeous Grey 3.15

Moorish Mint 3.15

Luxury Hot Chocolates - Made with Real Chocolate!

SUPER SMOOTH HOT CHOCOLATE (v/gf)

A classic drink taken to new heights with 58% Venezuelan milk chocolate! 3.95

WHITE HOT CHOCOLATE (v/gf)

Deliciously smooth, creamy taste with Ivory Coast cocoa butter and Madagascar vanilla 3.95

DARK HOT CHOCOLATE (v/vno/gf/dfo)

Delightful hot chocolate with 75% Haiti cocoa. Perfectly balanced & bittersweet 3.95