Johns

Breakfast

Johns Big Breakfast Butty (gfo/dfo)
A local egg together with your choice of local sausages or bacon. Sandwiched in local white, wholemeal or sourdough toast 6.50

Add an extra egg, roast tomato, sausage or bacon rasher + 1.10

Johns Famous Full West Country (gfo)
Local sausages, bacon, free-range fried egg, mushrooms and roast tomato, with local white, wholemeal or sourdough toast and butter 8.25

Add an extra egg, roast tomato, sausage or bacon rasher + 1.10

Veggie Breakfast : Shakshuka (v/dfo/gfo) ★
Two free range eggs baked in a fresh tomato and spinach sauce, served with local white, wholemeal or sourdough toast and butter 8.25

Toast & Toppings!

Your favourites served on local white, wholemeal or sourdough toast:

Freshly Smashed Avocado with chilli flakes (vn/df/gfo) 6.25

Chestnut Mushrooms cooked in local butter (v/vno/dfo/gfo) 5.50

Local Free-Range Poached Eggs (v/dfo/gfo) 5.50

Give yourself a boost with these extra toppings: +1.10 each
Mushrooms, avocado, poached egg, roast tomato, local bacon or sausage

Freshly Baked Croissant (v)
Almond, chocolate or traditional croissant served with local jam 3.00

Toast and Preserves (v/dfo/gfo)
Local white, wholemeal or sourdough toast with local jam or marmalade and butter 2.50

Breakfast Bowls

Nutritious brekkie bowls to set you up for the day!

Create your ideal breakfast bowl by choosing your preferred base and up to three toppings 6.50

Bases: Granola (vn/df/gf) ★
Homecooked porridge (v/vno/gf/dfo)
(Choose semi-skimmed, skinny, coconut, almond, soya or oat milk)

Toppings : Local honey, maple syrup, fruit compote ★, granola ★, sliced banana, coconut flakes, Stapleton Farm yogurt

Deli Discovery Platters

The Perfect Ploughman's
Haytor cheddar (v), free-range pork pie, Devon apple chutney and multigrain sourdough 10.00

Seasonal Salad Deluxe (vn/df/gfo)
Choose two salads from our fresh salad bar and we'll add hummous, olives, vine cherry tomatoes and chunky slices of rustic multigrain loaf with dipping oil (GF bread available) 10.00

New: The Cheese Discovery Experience!
Go on an exciting cheese tasting journey
Deliciously unique to you! See separate menu

Seasonal Specialities

Gooey Homemade Mac n' Cheese ★
Raclette and tasty cheddar cheeses, caramelised leeks and bacon and served with garlic bread 7.00

New! Homemade Spicy Chicken and Bean Stew (gf/df) ★
Peppers, tomatoes, onions, chillies & herbs served with a chunk of freshly baked rustic bread 7.50

Veggie Chilli (vn/df/gfo) ★
Wholesome with Puy lentils, beans, tomatoes and quinoa served with freshly baked rustic bread 8.00

New! Warm Homemade Quiche (vo/gfo) **with Coleslaw** ★
Choose your favourite quiche from our deli selection 7.50

Warm Roasted Roots Salad & Poached Egg (v/gf/df) ★
Roasted root veg, fresh herbs and toasted pumpkin seeds 7.00

Homemade Soup and Half Toastie (vo/vno/dfo/gfo) ★
See specials board for today's fresh soup and toppings from our deli kitchen. Served with a half-sized toastie (choose ham or cheddar with Devon apple chutney) or freshly baked rustic bread if preferred 6.50

Handmade Devon Pasty and Homemade Potato Salad*
Choose a Devon beef steak (df), Devon cheddar and onion (v) or Devon chunky root vegetable pasty (vn/df) 7.00
*potato salad (vn/df/gf)

Key
★: Johns Homemade
v: Vegetarian
vn: Vegan
gf: Gluten Free
df: Dairy Free
gfo: Gluten Free option available
dfo: Dairy Free option available
vo: Vegetarian option available
vno: Vegan option available

Lunch

Deli-Delight Toasties & Sandwiches

Freshly prepared sandwiches, served with a choice of either Two Farmers lightly salted crisps or your preferred salad from our salad bar. Please ask to swap your bread to gluten-free

Croque Monsieur ★
Ham, melting cheese and homemade bechamel sauce 8.25

Grilled Cheese Toastie (gfo)
A real treat with an artisan melting cheese medley and local chilli jam on fresh sourdough 8.25

Hot Devon Crab Toasts (gfo) ★
Brown and white crab meat, artisan cheese, herbs and mustard 8.95

New! Coronation Chickpea (vn/gfo/df) ★
Smashed chickpeas with Otter Vale's coronation sauce, mayo, salad leaves, tomato and red onion on sourdough 8.25

Fresh Devon Crab Sandwich (gfo/dfo)
Hand picked crab meat on either white or brown bread with salad leaves and a wedge of lemon 8.95

West Country Ham Sandwich (gfo/dfo)
Home-cooked ham, Devon apple chutney and salad 6.75

Devon Cheese and Chutney Sandwich (v/gfo)
Local Cheddar, Devon apple chutney and salad 6.75

Salads

Choose 1, 2 or 3 salads below for your bowl 8.00
★ All our salads are freshly made in our Deli kitchen

New! Roasted Butternut Squash & Kale (vn/gf/df)
Red chilli, lime, toasted hazelnuts and za'atar

New! Roasted Aubergine, Red Onion & Quinoa (vn/gf/df)
Almonds, dried apricots and lemon vinaigrette

New! Roasted Winter Roots and Pumpkin Seeds (vn/gf/df)
A sensational seasonal salad including caramelised carrot, squash, beet, parsnip, onion and herbs

Potato Salad (vn/gf/df)
A Johns deli favourite with cornichons, fresh chives and red onion

Rustic Deli Coleslaw (v/gf/df)
Classic recipe with white cabbage, carrots, red and white onion

Add your special ingredient:

Warm Capricorn Goat's Cheese (v/gf)	**4.00**
Local Hot Smoked Trout (gf/df)	**4.50**
Free-Range Chicken (gf/df)	**4.00**

All food is freshly prepared to order and always worth the wait!

Our produce is prepared in our kitchens which use gluten, nuts, milk and other allergens so please tell our team if you have any allergies or dietary requirements.

www.johnsofinstow.co.uk

Johns

Afternoon Tea

Devon Clotted Cream Tea (v)
Local farm clotted cream, local strawberry jam,
two homemade scones and a pot of Miles tea 6.25

Johns' Afternoon Tea for Two (vo/gfo/dfo/vno) ★
Gorgeous selection of handmade finger sandwiches, cakes,
local farm clotted cream, strawberry jam, two homemade scones,
local fudge and a selection of teas or fresh Roastworks coffee
11.95 per person

Can't finish it? We'll pack what is left for you to take home

Add some sparkle with a mini bottle of Prosecco alongside! 200ml 4.75

Cakes, Tarts & Puds

Step over to our Deli counter and discover your favourite!

Our famous brownies ★
Amazing cakes
Delicious puds
Tempting tarts ★
and more...

New! Luxury Hot Chocolates!

Ready for a hot chocolate like never before?
We'll create your hot chocolate by swirling together melting disks of real chocolate. The results this way are amazing!

White Hot Chocolate (v/gf)
Deliciously smooth, creamy taste; extra special with Ivory Coast cocoa butter and Madagascan vanilla 3.00

Super Smooth Hot Chocolate (v/gf)
A classic drink taken to new heights with 58% Venezuelan milk chocolate! 3.00

Dark Hot Chocolate (v/vno/gf/dfo)
Delightful hot chocolate with 75% Haiti cocoa. Perfectly balanced and bittersweet - recognised by the Great Taste Awards 3.00

Fallen in love?
You'll find our hot chocolates available to buy in our deli

Coffee

Americano 2.70
Latte 3.00
Cappuccino 3.00
Flat White 2.70
Cortado 2.50
Macchiato 2.50
Espresso 2.00
Mocha 3.10

Decaffeinated coffee is also available, please just ask.
We use whole milk so let us know if you would prefer skinny, almond, soya, coconut or oat milk

With high quality beans and vintage roasting machines, Roastworks hold the secret to our coffee's perfectly balanced profile.

Find Roastworks ground coffee or beans in our deli to take home!

DEVON·ENGLAND ROASTWORKS Coffee Co.

Speciality Teas

English Breakfast 2.70
Earl Grey 2.70
Morrocan Mint 2.70
Co2 DeCaffeinated 2.70
Green 2.70

Chai 2.70
Chai Latte 3.00
Miles West Country tea 2.30

"Whole leaf tea infusions for a beautiful blend"
Ethically brewed in the UK, by Brew Tea Company

Soft Drinks

Luscombe Organic Sparkling Drinks (from Devon) 2.95
Sicilian lemonade, cool or hot ginger beer,
elderflower bubbly, raspberry lemonade, St Clements

Luscombe Organic Fruit Juices (from Devon) 2.95
Orange juice or apple juice

Isle of Wight 100% Pure Tomato Juice 2.95

Tarka Springs Local Sparkling Water 1.80

Milk Shakes ★ All 3.70

Nutellicious (v/gf)
Luscious blended Nutella, iced milk and Devon vanilla ice-cream
Merry Berry (v/gf)
Devon raspberry ripple ice-cream, strawberries and iced milk
Bananadrama (v/gf)
Fresh 'n' fragrant banana, Devon vanilla ice-cream and iced milk

Smoothies ★ All 3.70

Berry Blaster (vn/gf/df)
The favourite blend of strawberries, bananas and almond milk
Clean Green (vn/gf/df)
Coconut milk, mango, spinach, avocado, lemon and maple syrup
New! Chocolate and Hazelnut Smoothie (vn/gf/df)
Hazelnuts, avocado, chocolate powder, maple syrup and almond milk

Wines & Prosecco - your top choices!

	bottle	250ml	175ml
Trebbiano/Garganega 12.5% (vn) Ponte Pietra Italian white - Crisp, elegant and dry	12	5	4
Pinot Grigio Rosato 12% (vn) Ponte Pietra Italian rosé - Full of strawberries and cherries	14	5	4
Merlot/Corvina 12% (vn) Ponte Pietra Italian red - Cherry pie and plums, juicy and fresh palate	12	5	4
Da Luca Prosecco 11% (vn) Favourite fizz! Peach and apricot aromas, fresh and zingy	15		

Da Luca Mini Prosecco 11% (vn) 200ml bottle 4.75
Mini bottles - Peach and apricot aromas, fresh and zingy

Local Ales & Ciders

COUNTRY LIFE BREWERY 500ml
Brewed in Abbotsham and inspired by the Devon coastline
Old Appledore: Classic session ale, real depth and taste 3.7% 4.00

CLEARWATER BREWERY 500ml
Brewed using fine, natural ingredients, local water, malt and English hops
Real Smiler: Hoppy, crisp, golden ale 3.7% 4.00

GT ALES MICROBREWERY 500ml
Handcrafted in small batches with big flavours
North Coast IPA: Fruity, pale ale 4.3% 4.00

New! RED ROCK BREWERY 330ml (vn)
Award-winning local craft beers, ales and lagers
Craft Pilsner: Clean, crisp & refreshing 4.1% 3.50

SAM'S POUNDHOUSE CIDER 500ml
Winkleigh based brewery producing proper Devon cider for over 100 years!
Crisp: Refreshing and clean 4.5% 4.00

Our licensing laws require alcohol to be served only with food

Our produce is prepared in our kitchens which use gluten, nuts, milk and other allergens so please tell our team if you have any allergies or dietary requirements. Please see key overleaf. www.johnsofinstow.co.uk