

## ~ BREAKFAST ~

Served until 2pm £

<b>Breakfast bowls</b>	6.50
Choose one base and up to three delicious and healthy toppings	
<b>Bases</b>	
Granola <b>V VN GF DF J</b>	
Homemade porridge <b>V GF</b> Choose semi-skimmed, skinny, almond, coconut or oat milk - the choice is yours!	
<b>Toppings</b>	
Local honey, maple syrup, fruit compote <b>J</b> , granola <b>J</b> , sliced banana, coconut flakes, Stapleton Farm yogurt	

### Johns' Best Breakfast Butty **GFO DFO** 6.50

*The ultimate in breakfast sarnies*

Local sausages or bacon and a local yoaker in local white, wholemeal or sourdough toast

### Johns' Famous Full West Country **GFO** 8.25

Local sausages, bacon, free-range fried egg, mushrooms, roast tomato, local white, wholemeal or sourdough toast and butter

**Add an extra ...** egg, mushrooms, sausage or bacon rasher 1.10

### Veggie breakfast - Shakshuka **GFO DFO V J 1** 8.25

Two free range eggs baked in a fresh tomato and spinach sauce, served with local white, wholemeal or sourdough toast and butter

### Mushrooms on toast **GFO DFO V VNO** 5.50

Chestnut mushrooms cooked in local butter on local white, wholemeal or sourdough

### Poached eggs on toast **GFO DFO V** 5.50

Local free-range poached eggs on local white, wholemeal or sourdough

### Fresh avocado on toast **GFO V VN DF** 6.25

With smoked paprika on local white, wholemeal or sourdough

**Add an extra ...** 1.10

### Local sausage, bacon, mushrooms or a free range egg 1.10

### Freshly baked croissant **v** 3

Almond, chocolate or traditional croissant served with local jam

### Toast and preserves **GFO DFO V** 2.50

Local white, wholemeal or sourdough toast, local jam or marmalade and butter

### Sweet french toast **v DF J 1** 7.25

Moreish french toast with fresh fruit, homemade fruit compote, warm maple syrup and icing sugar

#### ~ KEY ~

Look out for this symbol for items unique to Johns of Instow **1**

**J** = Johns Homemade

**V** = Vegetarian

**VN** = Vegan

**GF** = Gluten Free

**DF** = Dairy Free

**GFO** = Gluten free option available

**DFO** = Dairy free option available

**VNO** = Vegan option available

All food is freshly prepared to order, it is always worth the wait

PREMIUM QUALITY  
DELICIOUS

INSTOW  
**Johns**

BRINGING PEOPLE  
TOGETHER THROUGH FOOD  
SINCE 1926

## Individual Deli-Delight boards

**Homemade crab cakes **GF DF J**** 10  
Simply divine, served with crunchy Asian slaw, dill and mustard sauce, and lemon.

**Johns' brilliant Devon ploughman's deli board** 10  
Haytor cheddar(V), free range pork pie, Devon apple chutney and multigrain or sourdough bread.

**Virtuous and vegan deli board **GFO V VN DF**** 10  
A duo of our roasted aubergine and puy lentil salad with crunchy Asian slaw. Served with hummus, olives, vine cherry tomatoes and chunky slices of our rustic multigrain loaf with dipping oil. (GF bread available upon request).

## Sharing Deli-Delight Boards

TO SHARE OR EAT ALL BY YOURSELF!

A chance to enjoy together some of our most popular, local deli produce...

### The ploughman's feast 20

Haytor cheddar (V) and Sharpham Brie (V), together with a free range pork pie and sunblushed tomato, spinach & Trelawny cheese quiche (V). Served with olives, Devon apple chutney and chunky slices of our rustic malted multigrain loaf and butter portion. (GF bread available upon request).

### Deluxe duo: crab & trout **GFO** 20

Dressed Devon crab and local hot smoked trout pate. Served with mayo, fresh lemon wedge, Asian slaw and chunky slices of our rustic malted multigrain loaf and butter portion. (GF bread available upon request).

## ~ LOCAL BY NATURE ~

Everything available at Johns is either made in our own kitchens, or sourced from one of our 150 West Country and artisan suppliers. From sausages to crab to beer, it's local!

## ~ SANDWICHES ~

Sandwich fillings are in delicious white, wholemeal or sourdough bread and served with a side of Asian slaw or Burts Devon lightly salted crisps. **GFO** bread is available on request.

### Fresh Devon crab **GFO DFO** 8.95

Hand picked crab meat, salad leaves and a wedge of lemon

### Chicken club sandwich **GFO DF 1** 8.25

Free range chicken breast, avocado, tomato, lettuce and mayo on toasted sourdough

### Veggie heaven **GFO V VN DF 1** 8.25

With hummus, avocado, carrot, radish and salad greens

### Croque Monsieur **J** 8.25

Ham, melting cheese and homemade béchamel sauce

### Grilled cheese toastie **GFO** 8.25

A real treat with an artisan melting cheese medley and local chilli jam

## ~ SALADS ~

Choose one, two or three of the salads below for your bowl

per bowl 8

### Crunchy Asian slaw

Shredded red cabbage, carrot, spring onion, red onion, mint, coriander, chia seeds, soy & sesame dressing **V VN GF DF J 1**

### Roasted aubergine and puy lentil

With fresh red chilli, herbs (mint, coriander and parsley) and a lemon vinaigrette. **V VN GF DF J 1**

### Spiced tomato, chickpea and fresh herbs

With sumac, cumin, chilli and olive oil vinaigrette **V VN GF DF J 1**

### Spring tabbouleh

Quinoa, sugar snap peas, courgette, fresh mint and parsley **V VN GF DF J 1**

**Add an extra...**

Griddled Dorset halloumi **V GF** 4

Local hot smoked trout **GF DF** 4.50

Free range chicken **GF DF** 4

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 additional dietary requirements

## ~ COFFEE ~

	£
Americano	2.70
Latte	3
Cappuccino	3
Flat white	2.70
Cortado	2.50
Macchiato	2.50
Espresso	2.00
Mocha	3.10

Decaffeinated coffee is also available, please ask  
We use whole milk. If you prefer skinny or oat milk, please ask.



## ~ TEA ~

	£
Speciality teas	
Ever-So-English breakfast	2.70
Ever-So-English decaf	2.70
The Earl of Grey	2.70
Queen of Green	2.70
Feisty Tumeric Guru	2.70
St Clement's Lemon	2.70
Chai latte	3
Miles West Country tea	2.30



## ~ HOT CHOCOLATE ~

	£
Choose white, milk or dark	3

Award winning hot chocolate by Kokoa Collection. Made with real chocolate; a popular favourite at our nearby beach hut!

## ~ 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

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## ~ AFTERNOON TEA ~

	£
Devon clotted cream tea v	6.25
Local farm clotted cream, local strawberry jam, two homemade scones and a pot of Miles tea	
Johns' afternoon tea for two J	per person 11.95
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	
(V GFO DFO VNO available on request)	

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

Add a bit of sparkle with a mini bottle of prosecco each! 4.75pp

## ~ CAKES AND PUDS ~

	£
Come through to the deli and choose your favourite cake or pud	
V VN GF DF options available	
Our famous chocolate brownie v J	3.25
Homemade: choose traditional, salted caramel GF or the seasonal special	
Raspberry and white chocolate meringue v GF 1	6
A giant meringue served with local farm clotted cream and fresh fruit	
Raspberry and almond tart v J	4.25
Homemade, served with local clotted cream	
Slice of homemade cake J	from 3.75
A little slice of heaven! Choose your favourite from our dreamy selection.	
Handmade flapjacks and choccie bakes	3.25
A droolworthy selection of sweet delights for the sweet-toothed	

## ~ SHAKES ~

Nutellicious v GF J	all 3.70
Luscious blended Nutella, iced milk and Devon vanilla ice cream	
Berry marvellous v GF J	
Devon raspberry ripple ice cream, fresh strawberries and iced milk	
Bananadrama v GF J	
Fresh 'n' fragrant banana, Devon vanilla ice cream and iced milk	

## ~ SMOOTHIES ~

Berry blaster v VN GF DF J	all 3.70
The favourite blend of strawberries, bananas and almond milk	
Clean green v VN GF DF J	
Coconut milk, mango, spinach, avocado, lemon and maple syrup	
Hearty oat v VN GF DF J	
Banana, oats, almond milk and maple syrup	

## ~ WINES & PROSECCO ~

	bottle	250ml	175ml
Recommended by Johns			
Trebbiano/Garganega 12.5% v VN	12	5	4
Ponte Pietra Italian white - Crisp, elegant and dry			
Pinot grigio rosato 12% v VN	14	5	4
Ponte Pietra Italian rosé - Full of strawberries and cherries			
Merlot/Corvina 12% v VN	12	5	4
Ponte Pietra Italian red - Cherry pie and plums, juicy and fresh palate			
Da Luca prosecco 11% v VN	15		
Favourite fizz! Peach and apricot aromas, fresh and zingy			
Da Luca mini prosecco 11% v VN	200ml bottle	4.75	
Mini bottles - peach and apricot aromas, fresh and zingy			

## ~ JOHNS' FOOD AND WINE PAIRINGS ~

Not sure which wine goes best with which dish? Here's our pick of the bunch!

A crisp **Trebbiano/Garganega** will pair fantastically with our **Deluxe Duo of Crab and Trout**.

A fruity **Pinot grigio rosato** works perfectly with our **homemade crab cakes**. The queen of rosé wines, it's fruity and great with fish and veggies.

Our heady **Merlot/Corvina** is a stunning match for our **Ploughman's Feast** due to it's lip smacking perfection with meaty and cheese dishes.

## ~ LOCAL ALES AND CIDERS ~

	£
COUNTRY LIFE BREWERY 500ml	4
Brewed in Abbotsham and inspired by the Devon coastline	
Old Appledore classic session ale, real depth and taste 3.7%	
CLEARWATER BREWERY 500ml	4
Brewed using fine, natural ingredients, local water, malt and English hops	
Real Smiler, hoppy, crisp, golden ale 3.7%	
GT ALES MICROBREWERY 500ml	4
Handcrafted in small batches with big flavours	
North Coast IPA, fruity, pale ale, 4.3%	
BARNABY'S BREWHOUSE 330ml	3.50
Unique organic lagers suitable for vegetarians and vegans	
Pilsner organic craft lager, ideal as an aperitif 4.8% v VN	
SAM'S POUNDHOUSE CIDER 500ml	4
Winkleigh based brewery that's been producing proper Devon cider for over 100 years!	
Crisp, refreshing and clean 4.5%	

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