and those little extras...

| Chunky Chips | £4.50 |
|---------------------------|-------|
| French Fries | £4.50 |
| Sweet Potato Fries | £5.50 |
| Cheesy Chips | £5.50 |
| Beer Battered Onion Rings | £4.50 |
| Coleslaw | £2.50 |
| Side Salad | £3.50 |
| Mixed Veg | £3.50 |
| Garlic Bread | £3.50 |
| Cheesy Garlic Bread | £4.50 |
| Warm Bread & Olive Oil | £4.50 |



All served with fries and a choice of salad, beans or peas. All Kid's meals include a free ice cream.

| Chicken Nuggets | £6.50 |
|-------------------------------------|-------|
| Mini Scampi & Chips | £6.50 |
| Sausage & Chips | £6.50 |
| Kid Burger | £6.50 |
| Cheese Burger | £6.50 |
| Mac 'n' Cheese and Garlic Bread (v) | £6.50 |
| Tomato Pasta and Garlic Bread (v) | £6.50 |

LUNCH MENU

BAR & RESTAURANT

54 Boutport St, Barnstaple 01271 344477 lushbarandrestaurant@gmail.com

Find us on **f**



www.lushbarrestaurant.co.uk

Tapas 'n' Light Bites

| Sweet Chilli Chicken£7.50 |
|------------------------------------|
| Dipped and glazed chicken pieces |
| served with salad garnish and sour |
| cream dip. A house speciality! |
| |

Grilled Halloumi (v) Warmed slices of halloumi wedged between beef tomatoes with olive oil and balsamic.

Mini Nachos£7.00 A delicious small portion of our famous spicy chicken Nachos.

Spanish Style Chorizo£7.50 In a warm rich glaze of red wine, garlic, thyme & honey, served with char-grilled bread.

Homemade Soup£6.50 Grilled Mackerel With crusty bread

Buffalo Wings£7.50 Spicy wings with a homemade blue cheese dip and salad garnish.

Breaded Brie (v)£7.50 Delicious melted brie wedges served with a cranberry jam.

Southwest Whitebait£7.50 Lightly coated whitebait with tartare sauce and a wedge of lemon.

Sweet Potato Fries.....£5.50

Mixed Olives & Feta (v).....£6.00 With pita bread and sun dried tomatoes in olive oil.

Posh Cheesy Fries (v).....£5.00 Loaded with mixed cheese and drizzled with balsamic glaze.

Spice it up with jalapenos.....£1.00

Gambas Pil Pil Prawns.....£7.50 Shell-off prawns served in hot olive oil. garlic and chilli.

Mediterranean Brushetta£7.00 Toasted ciabatta topped with fresh tomato, basil pesto and fresh herbs.

Fresh mackerel fillets, served with roasted tomato and red pepper salsa, citrus mayo & warm bread.

Stacked Halloumi Fries£7.50 Served with chilli jam dip.

Mix up any 3 tapas dishes £18.50

Sharing Plates

Smoked salmon, Whitebait, Grilled Breaded brie wedges, buffalo wings, Mackerel, chilli garlic prawns and scampi with tartare sauce, aioli dip and garlic bread.

Mediterranean Anti-pasti Board.....£18.50 Lush Chipotle

A selection of continental sliced meats and cheeses with humus, guacamole, mixed olives, sun blushed tomatoes, plenty of pita bread, tzatziki dip and bread sticks. guacamole and salsa.

Seafood Platter....£20.00 Combo Starter....£18.00

sticky chicken pieces, beer battered onion rings and chunky chips finished with a trio of dips - bbq, sweet chill and mayo.

Chicken Nachos.....£18.50 Pulled chicken and chorizo in a

smoked chipotle sauce on fried tortillas with jalapenos, sour cream,

Salads

Try our BIG Bowls full of exciting fresh salad lightly dressed and served with french fries and coleslaw

With Caesar dressing and garlic croutons.

Grilled Halloumi & Feta - V£14.50 With sun dried tomatoes, mixed seeds and a balsamic glaze.

Chargrilled Chicken & Bacon.....£14.50 Sticky Chilli Chicken£15.00 With warm halloumi pieces.

> Vegan Super Salad£13.50 With quinoa, olives, sunflower seeds, edamame, sunblush tomatoes, mango chilli dressing, and so much more, trust us, this is a super salad!

BAR & RESTAURANT

Mains

Beer Battered Fish & Chips£14.50 Crispy batter and chunky chips, mushy peas, lemon and tartare sauce.

Homemade Fish Pie£14.50 Smoked haddock, prawn, cod and salmon topped with a buttery mash, melted cheddar and a medley of veg.

Exmoor Steak & Ale Pie£15.00 With creamy mashed potato and seasonal vegetables and a rich gravy.

Whole Tail Scampi£14.50 A generous portion of Whitby scampi served with our gourmet chunky chips, peas, salad and tartare sauce.

Mac 'n' Cheese (v)£13.00 Macaroni in a rich and creamy cheese sauce, finished with a triple cheese melted topping, with garlic bread and salad garnish.

Piggy Mac 'n' Cheese£14.50 Our classic Mac with BBQ pulled pork, a crispy bacon & cheese topping and garlic bread.

Beef Chilli Noodles....£13.00 Spicy crispy strips of beef, stir fried vegetables topped with fresh green onions & red chillies, served with prawn crackers.

Lush Katsu Curry£14.50 Choose from lightly breaded chicken or halloumi strips - Our version of this mild spiced dish is served with coconut infused rice, naan bread, poppadom and mango chutney. A house speciality!

Kashmiri Curry.....£13.00 Aromatic curry with garlic, tomato, herb spices and vegetables, served with naan, poppadom & mango chutney. ADD Prawn or Chicken £2.00

Cajun Sweet Potato Chilli.....£13.00 Roasted sweet potato pieces tossed in cajun spices and fresh herbs, in a tasty homemade vegan chilli, served with coconut and thyme rice. (Vegan)

Italian Penne Pasta.....£14.00 Homemade spiced Italian sausage with shallot, fennel seeds and basil tossed in a white wine sauce with fresh herbs and broccoli tops, served with garlic bread. Veg option - £12.00

Hunter's Chicken£14.00 Char-grilled chicken breast, topped with bacon, BBQ sauce and melted cheese, served with fries and homemade coleslaw.

The majority of our dishes can be adapted to suit most dietary requirements with regard to allergens, please ask for help, and we will do our best to create a meal to suit.

> Dishes may vary slightly according to seasons and supply.

Burger Boxes

Our gournet burgers are six ounce prime British Beef and served in a brioche bun with choice of chunky chips or french fries

A 6oz beef burger with baby gem and

Make it Cheesy.....

- Blue cheese & horse raddish sauce

- Trio of mild cheese & lush relish

The Ultimate£14.00 6oz beef burger packed with smoked bacon, onion rings, tomato, cheese and Lush relish.

The Hawaiian£14.00 Butterflied chicken breast topped with bacon, melted cheese, pineapple &

The Just£12.00 The Vegi Deluxe (v)£13.00 Lightly spiced, broad beans, peas, spinach & herbs encased in a crispy crumb, topped with grilled halloumi, onion rings and mayo. (Can be made Vegan - Please ask)

> The Lush Super Stack£16.00 2x 6oz beef burgers with layers of cheddar cheese with onion rings & chipotle sauce. "Not for the faint hearted"

The You've Pulled .. One of our tasty beef burgers piled high with smokey BBQ pulled pork & beer battered onion rings.

Upgrade to sweet potato fries for £1.50

Baguettes and Wraps

Sliced Chicken Breast£10.00 The Ploughmans£10.00 Served with pesto and Monterey Jack cheese. Wrap or baguette.

Steak Baguette£11.50 Served with balsamic caramelised red onions, mustard mayo and rocket.

Spiced Sweet Potato (v).....£10.00 Served with mixed griddled peppers black bean salsa, vegan grated cheese, vegan mayo and salad. Wrap (v) or vegan baguette.

Slices of ham with mature cheddar cheese, chutney and salad. Baguette only.

BBQ Pulled Pork£10.00 Melted mixed cheese, salad leaves and cucumber. Wrap or baguette.

Posh Fish Finger Sandwich......£11.00 Battered fillet of fish with tartar sauce, salad and a lemon wedge. Served in a Italian style baguette.

All served with bistro salad french fries and coleslaw

Our roast comes with a choice of two meats, or vegetarian

- served with all the trimmings!

Available all day