

Chunky Chips	£4.00
French Fries	£4.00
Sweet Potato Fries	£5.00
Cheesy Chips	£5.00
Beer Battered Onion Rings	£4.00
Coleslaw	£2.50
Side Salad	£3.00
Mixed Veg	£3.50
Garlic Bread	£3.50
Cheesy Garlic Bread	£4.50
Warm Bread & Olive Oil	£4.00

Specials from around the globe

> ASK STAFF FOR DETAILS

Meals for King

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 Fish & 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



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

Find us on **f o** www.lushbarrestaurant.co.uk



Tapas 'n' Light Bites

Dipped and glazed chicken pieces served with salad garnish and sour cream dip. A house speciality!

Grilled Halloumi (v) .....£7.50 Warmed slices of halloumi wedged between beef tomatoes with olive oil and balsamic.

Mini Nachos .....£6.50 A Delicious small portion of our chicken nachos.

Homemade Soup .....£6.50 garlic and chilli. 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

Sweet Chilli Chicken ......£7.50 Lightly Dusted Calamari .....£7.50 Served with green leaves, aioli and a lemon wedge.

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

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

Gambas Pil Pil Prawns.....£7.50 Shell-off prawns served in hot olive oil,

Sweet Potato & Black Bean Taco .. £7.00 With guacamole, pepita dip and fresh salsa salad. Vegan

Patatas Bravas .....£6.00 A Spanish classic tapas. Parmentier potatoes in a spicy tomato sauce.

Stacked Halloumi Fries .....£7.50 Served with tzatziki OR chilli jam dip.

sauce and a wedge of lemon. Sweet Potato Fries.....£5.00 *Mix up any* 3 *tapas dishes* £17.50

Sharing Plates

Calamari, whitebait, chilli garlic with tartare sauce, aioli dip and garlic bread.

### Mediterranean

Anti-pasti Board.....£18.00 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.....£18.00 Combo Starter.....£17.00 Breaded brie wedges, buffalo wings, prawns, smoked salmon and scampi sticky chicken pieces, beer battered onion rings and chunky chips finished with a trio of dips - bbq, sweet chill and mayo.

Chicken Nachos.....£18.00 Pulled chicken and chorizo in a smoked chipotle sauce on fried tortillas with jalapenos, sour cream,



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

Chargrilled Chicken & Bacon ....£14.00 Sticky Chilli Chicken ......£14.50 With Caesar dressing and garlic croutons.

With warm halloumi pieces.

Grilled Halloumi & Feta - V ......£14.00 With sun dried tomatoes, mixed seeds and a balsamic glaze.

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!



Mains

Beer Battered Fish & Chips .....£14.00 Crispy batter and chunky chips, mushy peas, lemon and tartare sauce.

Homemade Fish Pie .....£14.00 Smoked haddock, prawn, cod and salmon topped with a buttery mash, melted cheddar and a medley of veg.

Exmoor Steak & Ale Pie .....£14.50 With creamy mashed potato and seasonal vegetables and a rich gravy.

Whole Tail Scampi .....£14.00 A generous portion of Whitby scampi served with our gourmet chunky chips, peas, salad and tartare sauce.

Mac 'n' Cheese (v) .....£12.50 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 .....£13.50 Classic Mac with delicious BBQ pulled pork and garlic bread.

Chicken Satay Noodles.....£13.00 Chargrilled chicken in a creamy roasted peanut satay sauce, stir fried veg and prawn crackers.

Lush Katsu Curry .....£14.00 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!

Caribbean Jerk Chicken .....£13.50 Flavoursome marinated chicken, carnival rice and peas with a bean and coriander salsa. Highly Recommended! Give it an EXTRA Carribean kick £1.00

Lush Vegan Burrito Bowl.....£13.00 Spicy roasted sweet potatoes with green rice, black beans, sweetcorn salsa, guacamole and vegan grated cheese.

## **Italian Style Pappardelle**

Pasta.....£11.50 Thick ribbons of pasta in a rich tomato basil sauce, sun blush tomatoes, drizzles of pesto, parmesan shavings and a garlic ciabatta. Add Beef, Chicken or Prawns for £2.50.

## **Chicken & Smoked**

Pancetta Pie.....£13.50 A flavoursome creamy sauce with asparagus and sweetcorn topped with a puffed pastry lid, mash potato and seasonal vegetables.

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.



or french fries

Choose a 6oz beef burger or a chicken breast with baby gem and tomato. ADD £1.50 Each - Blue cheese & horse raddish sauce - Trio of mild cheese & lush relish

The Ultimate .....£13.00 6oz beef and chorizo burger packed with smoked bacon, onion rings, tomato, cheese and relish.

The Blush Royale.....£13.00 Red onions, tomatoes and jalapenos, griddled together in peri peri spices, topped with cheese and served on one of our chorizo and beef burgers.



8oz Sirloin Steak .....£21.00 This fine cut of English sirloin is served with chunky chips, tomato, peas, mushrooms and beer battered onion rings.

10oz Rump Steak .....£19.00 Cooked to your liking, and served with chunky chips, tomato, mushrooms, beer battered onion rings and peas.

Gammon Steak .....£15.00 A 10oz prime gammon steak served with chunky chips, fried egg, pineapple, tomato, mushrooms, beer battered onion rings and salad.

Blue Cheese & Horseradish, **Cream Peppercorn, Classic Diane** 





and served in a brioche bun with choice of chunky chips

The Just ......£11.00 The Vegi Deluxe (v) ......£12.50 Made with beetroot, butternut squash, quinoa and a touch of goat's cheese topped with halloumi, onion rings and mayo.

> The Lush Super Stack .....£15.50 2x 6oz beef burgers with layers of cheddar cheese with onion rings & chipotle sauce. "Not for the faint hearted"

> The Free From Burger .....£12.50 BBQ lentil and mixed seed burger topped with violife cheese, sun blushed tomatoes and fried onions finished with vegan mayo.



Add a sauce to your steak £2.00

Pan Fried Sea Bass.....£17.00 Fillet of sea bass with a chorizo & garlic potato cake, sauteed samphire & green beans, crispy capers and a red wine & fennel jus.

Pork Rib Eye .....£17.00 Served with crispy sage potato bon bons, pork and sage stuffing, apple compote, bacon crisp, gardens peas, roasted carrot and a white wine & apple sauce.

Roasted Duck Breast ......£17.00 Served with a chargrilled peach puree, herbed saute potatoes, shredded confit duck leg and a port & mandarin jus.

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

Sunday Roast

Available all day

Our roast comes with a choice of two meats, or vegetarian - served with all the trimmings!