



LOUNGE
& TERRACE

MENU

Seasons

SANDWICHES

12.00pm - 9.30pm

All sandwiches are served on white or brown bloomer bread with a dressed side salad and skinny fries

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| ROAST SILVERSIDE OF BEEF 928 kcal GF? | 9.95 |
| Horseradish sauce, rocket G, E, D, N, SU | |
| ROASTED TURKEY BREAST 981 kcal GF? | 9.95 |
| Cranberry sauce, lettuce G, D, M, SU | |
| HOME ROASTED GAMMON HAM 952 kcal GF? | 9.95 |
| Wholegrain mustard, tomato, lettuce G, M, E, SU | |
| MATURE CHEDDAR & RED ONION 1036 kcal V VE? GF? | 9.50 |
| Cheese and red onion mayonnaise G, E, D, M, SU | |
| EGG MAYONNAISE 982 kcal V GF? | 9.50 |
| Watercress G, E, D, M, SU | |
| TUNA MAYONNAISE 984 kcal GF? | 9.50 |
| Cucumber G, E, D, M, F, SU | |
| PRAWN & MARIE ROSE 980 kcal GF? | 10.95 |
| Iceberg lettuce G, C, CR, E, D, M, SU | |
| HOUMOUS & ROASTED RED PEPPER 840 kcal VE GF? G, S, SU, M, S | 9.50 |
| HOUSE CLUB SANDWICH 1007 kcal GF? | 12.95 |
| Chicken, mayonnaise, smoked bacon, lettuce, tomato G, E, D, M, SU | |

SHARING BOARDS

12.00pm - 9.30pm

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| SEASONS MINI SLIDERS 1898 kcal GF? | 17.50 |
| Two mini 'Park' beef burgers and two mini 'Seasons' buttermilk chicken burgers, served with onion rings, coleslaw, skinny fries G, D, SU, E | |
| SEAFOOD PLATTER 992 kcal GF | 18.50 |
| Salt & pepper squid, smoked salmon, crab mayonnaise, crevettes, salsa prawns, lemon mayonnaise F, E, SU, CR, D, MO, G, E | |

SIDE DISHES

12.00pm - 9.30pm

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| SKINNY FRIES 428 kcal GF? | 4.95 |
| CHUNKY CHIPS 428 kcal GF? | 4.95 |
| GARLIC BREAD 350 kcal GF? G, E, D, S | 4.95 |
| With Cheese D | 5.95 |
| SIDE SALAD 65 kcal GF? M, SU | 4.95 |
| HOUSE VEGETABLE & POTATOES GF? | 5.95 |

D DAIRY G GLUTEN M MUSTARD E EGG MO MOLLUSCS CR CRUSTACEAN C CELERY N NUTS F FISH
SU SULPHUR DIOXIDE S SESAME SO SOYA P PEANUTS L LUPIN

Adults need around 2000 kcal a day.

Please let us know of any allergies we should be aware of.

GF Gluten Free GF? Can be Gluten Free (please ask) V Vegetarian

VE Vegan VE? Can be Vegan (Please ask)

LIGHT SNACKS

12.00pm - 2.30pm | 6.00pm - 9.30pm

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| SOUP OF THE DAY ^{GF?} | 7.95 |
| Today's soup, served with Artisan bread | |
| CLASSIC PRAWN COCKTAIL ^{277 kcal GF?} | 9.95 |
| Iceberg lettuce, Marie Rose sauce, brown bread and butter ^{CR, G, C, E, D, M, SU} | |
| HOMEMADE CHICKEN LIVER PATE ^{185 kcal GF?} | 8.95 |
| Toasted crostini, apple chutney, quince jelly | |
| ROAST BAP OF THE DAY ^{GF?} | 10.50 |
| Locally baked soft bap filled with today's home cooked meat served with roast potatoes and traditional accompaniments ^{G, E, SU, M} | |
| MINUTE STEAK ^{840 kcal GF?} | 14.50 |
| Cooked pink, sauteed onion and mushroom, Dijon mustard mayonnaise, rustic sourdough ^{G, E, D, M, S, SO, SU} | |
| WELSH RAREBIT ^{626 kcal V} | 9.95 |
| Doom Bar beer and melted cheese sauce, served on two slices of white or granary toast, with a side salad ^{G, M, E, D, N, S, SO, SU} | |
| BUCK RAREBIT ^{782 kcal V} | 11.95 |
| Doom Bar beer and melted cheese sauce, two poached eggs, served on two slices of white or granary toast, with a side salad ^{G, M, E, D, N, S, SO, SU} | |
| AVOCADO & POACHED EGG ^{876 kcal GF? V} | 9.50 |
| Two poached eggs, smashed avocado, served on toasted rustic sourdough, balsamic glaze ^{G, E, SU, S} | |
| Add Smoked Salmon ^{83 kcal} | 2.50 |
| Add Bacon ^{117 kcal} | 1.95 |

CLASSICS

12.00pm - 2.30pm | 6.00pm - 9.30pm

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| COD & CHIPS ^{1326 kcal GF?} | 15.50 |
| Doom Bar battered cod, homemade tartare sauce, chunky chips, peas ^{G, E, F, D, M, SU} | |
| BREADED SCAMPI ^{1053 kcal} | 15.50 |
| Homemade tartare sauce, chunky chips, peas ^{G, CR, E, F, D, M, SU} | |
| 'SEASONS' HOUSE SALAD ^{V? VE? GF} | 13.95 |
| Honey and lemon dressed salad and your choice of: Grilled Chicken ^{460 kcal} Salmon Fillet ^{354 kcal} Sweet Potato Falafel ^{420 kcal} ^{M, SU} | |
| CHICKEN & BACON CAESAR SALAD ^{690 kcal GF?} | 14.50 |
| Baby gem lettuce, poached egg, herb croutons, Caesar dressing ^{E, D, G, M, F, SU} | |
| OMELETTE ARNOLD BENNETT ^{660 kcal GF} | 13.95 |
| Three eggs, smoked haddock, cream, Parmesan ^{E, D, F} | |
| LINGUINI CARBONARA ^{760 kcal} | 14.95 |
| Pancetta, egg, linguini, Parmesan ^{E, D, G} | |
| MAC & CHEESE ^{690 kcal V GF?} | 12.95 |
| Topped with toasted breadcrumbs, side salad ^{G, D, SU, M} | |
| CHEFS ROAST OF THE DAY ^{GF?} | 14.50 |
| Prepared daily by our team of talented chefs | |
| MUSHROOM, LENTIL & VEGETABLE WELLINGTON ^{450 kcal VE} | 14.50 |
| Red wine gravy, roasted carrot puree ^{SU, G, SO} | |

GRILLS & BURGERS

12.00pm - 2.30pm | 6.00pm - 9.00pm

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| 'PARK' BEEF BURGER 1075 kcal GF? | 14.50 |
| Bacon, mature cheese, tomato relish, toasted bun, skinny fries and coleslaw G, E, D, M, S, SU | |
| SEASONS CHICKEN BURGER 926 kcal GF? | 14.50 |
| Grilled chicken breast, Jerk spiced mayo, tomato relish, toasted bun, skinny fries and coleslaw G, E, D, P, N, SU, S | |
| SEASONS VEGAN BURGER 942 kcal GF? VE | 14.50 |
| 'Moving Mountains' burger, smoked vegan cheese, tomato relish, toasted brioche bun, skinny fries G, M, N, S, SO, SU | |
| 8oz SIRLOIN STEAK 1056 kcal GF? | 19.95 |
| Char grilled with tomato, field mushroom, beer battered onion rings, chunky chips G, SU | |
| Add Peppercorn G, SU or Blue Cheese Sauce SU, D | 2.95 |

DESSERTS

12.00pm - 9.30pm

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| WESTCOUNTRY CHEESE & BISCUITS GF? V | 10.50 |
| Mature cheddar cheese, brie, Devon Blue, red onion chutney, celery and grapes D, SU, G, C, E, S, SO, N | |
| AWARD WINNING 'YARDE FARM' ICE CREAM GF? V | 6.25 |
| 2 scoops of either: Vanilla, Chocolate or Strawberry G, D, E, P, N, SO | |
| FRESH FRUIT PLATE GF? VE? | 7.50 |
| A selection of mixed fruit, fruit sorbet SU | |
| LEMON TART 909 kcal | 7.50 |
| Double cream G, E, D | |
| BANOFFEE PIE 985 kcal | 7.50 |
| Double cream G, D, E, N, SO, SU | |
| STRAWBERRY CHEESECAKE 917 kcal | 7.50 |
| Double cream G, SO, D, SU | |

HOT DRINKS

12.00pm - 9.30pm

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| POT OF TEA OR COFFEE | 4.00 |
| CAFETIERE COFFEE per person | 4.50 |
| MILE'S TEAS FRUIT TEAS FILTER COFFEE | 4.00 |
| SPECIALITY COFFEES | |
| Espresso 3.95 Double Espresso 4.50 Flat White 4.50 Cappuccino 4.50 Cafe Latte 4.50 Americano 4.00 | |
| POT OF HOT CHOCOLATE | 4.50 |
| SYRUPS | 1.00 |
| Choose from: Vanilla, Caramel or Hazelnut syrup | |

CHILDREN'S MENU

12.00pm - 2.30pm | 6.00pm - 9.00pm
3-12 years old

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| SOUP OF THE DAY <small>GF?</small> | 4.95 |
| Today's soup, served with Artisan bread | |
| PRAWN SALAD <small>200 kcal GF</small> | 5.50 |
| Marie Rose sauce <small>CR, E, D, C, M, SU</small> | |
| CHILDREN'S SANDWICHES <small>GF?</small> | 5.50 |
| Served with skinny fries and a choice of the following: Cheese <small>761 kcal D, G</small> Ham <small>680 kcal G</small> Egg <small>891 kcal E, F, D</small> Tuna <small>909 kcal E, G, D</small> | |
| TWO SAUSAGES <small>242 kcal G, SU</small> | 6.50 |
| TWO VEGAN SAUSAGES <small>150 kcal V 50, N, G</small> | 6.50 |
| MINI CHEESE BURGER <small>218 kcal</small> | 6.50 |
| MINI VEGAN BURGER <small>600 kcal V 50, N, G</small> | 6.50 |
| BATTERED COD <small>363 kcal GF? G, E, F, D, M, 50</small> | 6.50 |
| BREADED CHICKEN GOUJONS <small>379 kcal GF</small> | 6.50 |
| ROAST OF THE DAY* <small>GF?</small> | 6.50 |
| Please speak with a member of the team to hear about today's roast | |

All main courses are served with your choice of two side orders.

*Excludes the Roast of the Day.

SIDE ORDERS

Baked Beans 65 kcal 2.50 | Chips 336 kcal 3.00 | Vegetables of the Day 3.00
Side Salad 36 kcal 3.00 | Garden Peas 20 kcal 2.00

AFTERNOON TEA

Monday - Saturday | 2.00pm - 5.00pm
Sunday | 3.00pm - 5.00pm

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| DEVON CREAM TEA <small>1493 kcal GF? V</small> | 12.50 |
| Plain scone, fruit scone, clotted cream and strawberry jam, served with your choice of tea or coffee | |
| SEASONS AFTERNOON TEA <small>2597 kcal GF?</small> | 17.50 |
| Afternoon Tea's is subject to availability, pre-booking required. Plain scone, fruit scone, clotted cream and strawberry jam Sandwiches include: Cucumber & Creme Fraiche Smoked Salmon & Cream Cheese Ham & English Mustard Egg & Watercress Various selection of cakes and pastries Served with your choice of tea or coffee | |

SUNDAY CARVERY

Tables available every Sunday: 12.00pm - 3.00pm

Featuring a mouth-watering selection of roasted meats including:
Beef, Pork, Gammon or Turkey, served with all the traditional trimmings.

CARVERY 14.95 | SWEET 6.95 per person

CHILDREN (3-12 year old) 7.50 per child



THE PARK



B R E N D
COLLECTION

HOTELS | RESTAURANTS | SPAS