

Brasserie Menu

CHINA FLEET MEET DINE DRINK ENJOY UNWIND REFRESH
RELAX RECHARGE SATISFY INDULGE SAVOUR DISCOVER
TREAT FEAST EXPERIENCE NOURISH ENGAGE DELIGHT

all day brunch menu

full english breakfast	£7.75
west country ham/gruyere croissant	£1.95
toasted teacake	80p
bacon, tavistock sausage or free range fried egg roll.	£2.75
smoked salmon, low fat cream cheese bagel	£3.95

panini

cornish brie, tomato chutney V	£4.25
tavistock sausage caramelised red onion relish	£3.95
air-dried ham, rocket and mozzarella	£4.25
bacon and cheddar	£3.95
char grilled vegetable and haloumi V	£4.25

all served with dressed leaves

china fleet classics

west country ham, polbathic fried eggs, chips GF	£6.95
beer battered catch of the day, tartare sauce, chips	£8.95
braised local steak and ale, puff pastry lid, devonshire new potatoes or chips	£7.75
west country steak and blue cheese baguette/chips	£8.25
nachos and dips (guacamole and salsa) V GF	£4.25

chef on the woks

every friday & saturday evening from 6pm.	adult £7.95 child £4.25
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please see our daily specials insert for
jacket potatoes/soup/dessert of the day




wherever possible all our produce is sourced from local suppliers, who in turn try to buy as locally as possible.





we only add cornish sea salt to enhance some flavours on the menu, where suitable we do not add any salt other than what is already present

we use a sunflower spread for sandwiches and rolls and a low fat mayonnaise and cream cheese. there is a choice of flora or butter to accompany toast and teacakes.

burger bar








fleet 7 burger - prime 100% butchers beef burger with chips, topped with bacon, fried onions, mushrooms, cheese slice, tomato, gherkin & mustard mayonnaise	£8.25
chicken breast, bbq sauce, cos lettuce and bacon burger	£7.95
veggie burger, salsa sauce, cheese 	£6.95

pasta/pulse

fresh egg tagliatelle, pesto 	£5.95
fresh egg tagliatelle, grilled west country chicken, pesto	£8.95
open ravioli of spinach, feta, soft poached egg and parsley sauce 	£7.95
sweet corn and sun-dried tomato risotto  	£6.25











all served with dressed salad or garlic bread

light snacks

char-grilled apple, cornish blue cheese and walnut salad  	£3.95/£5.95
mozzarella, plum tomato, red onion and rocket salad  	£3.50 /4.95
smoked salmon, roasted beetroot and crème fraiche 	£4.95/£6.95
grilled west country sardine fillets, toast, lemon butter	£3.95/£5.95
confit duck leg salad, cucumber, spring onion, plum sauce	£4.95/£6.95
classic chicken caesar salad	£4.95/£6.95
baked somerset goats cheese, caramelised onion, rocket  	£4.95/£6.95

smaller sizes -ideal for kids

side orders

cone of chips to take away  	£2.00
chips/cheesy chips  	£2.25/£2.75
onion rings 	£1.50
garlic bread 	£1.50
new potatoes  	£1.95
mashed potato  	£2.50
pasta and olive oil 	£1.95

from the grill

west country sirloin steak, sautéed west country field mushrooms, grilled plum tomato, chips GF	£13.95
tavistock sausage, creamy mash, onion gravy, peas	£6.50
west country catch of the day, warm fennel and new potato salad GF	£10.95
west country chicken breast, chips, basket GF	£6.50
seared catch of the day, creamy mash, parsley butter GF	£11.95
grilled west country mackerel fillet, crushed potato, olive oil, basil, shallot and fine bean salad GF	£7.95
coriander scented fish cake, sweet chilli sauce and noodles	£8.95
seared salmon fillet, rocket, parmesan and tomato salad GF	£6.95

kids

carrot/cucumber/sweet pepper sticks with mayonnaise GF V	£1.50
soup of the day and a sandwich	£3.25
bolognese/pasta/garlic bread	£3.00

items below are served with a choice of chips, pasta, garlic bread, mashed potato, or new potatoes

toad in the hole	£3.25
mini battered fish	£4.25
grilled west country chicken GF	£3.25
cheese and tomato pizza V	£3.25
breaded chicken goujons	£3.50
grilled sausage	£3.25

also your choice of baked beans, peas, salad, or sweetcorn and carrots

local language ice cream cone	£1.70
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please inform your server of any food allergies or dietary requirements

GF gluten free, or alternative available e.g. no mustard

V vegetarian

we pin bone all our fresh fish and make every effort to ensure all bones are removed

hot drinks

coffee made with puro fair trade coffee beans	£1.80
cappuccino expresso and steamed milk foam	£1.95
caffè latte expresso and hot milk	£2.10
espresso made with puro fair trade coffee beans	£1.40
tea	£1.30
fruit/herbal tea	£1.50
hot chocolate	£2.10
deluxe hot chocolate with cream and marshmallows	£2.50
mocha latte with chocolate syrup	£2.50
glass of milk (skimmed or semi skimmed available)	60p

a selection of homemade cakes and pastries are always available from the coffee shop

smoothies

energy refueller raspberry, mango and orange	£2.95
booster strawberry, raspberry and orange	£2.95
energy surge raspberry, blueberry and orange	£2.95
vit c booster mango, strawberry and orange	£2.95
freshly squeezed orange juice	£1.95

china fleet country club member discount applies to this menu

please present your membership card before ordering to obtain a 10% discount

MEET DINE DRINK ENJOY UNWIND REFRESH RELAX FEAST
RECHARGE SATISFY INDULGE SAVOUR DISCOVER TREAT



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