

Lunch & Lighter Bites

Sandwiches 12 noon – 5pm | Lunch & light bites 12 noon – 2:30pm
Cream tea, cakes and hot drinks all day

Light Bites

- Soup of the day** GF DF VE £9.50
North Devon extra mature Cheddar & nigella seed scone, Cornish butter
- Prawn & crayfish cocktail** GF DF £12.95
avocado, compressed cucumber, pink grapefruit, Brixham crab, chicory & dill salad, lemon soda bread
- Arun's smoked haddock arancini** GF DF £9.75
fennel tzatziki, harissa, Old Winchester
- Chicken liver parfait** GF £10.95
truffle butter, chicken skin cracker, pickled wild mushrooms, shallot, Pedro Ximenez gel, hazelnut dukkha, brioche
- Thai sweetcorn & lime leaf fritters** GF DF VE £7.50
peanut, tomato & chili jam, pickles, coriander
- The Bedford eggs royale** GF £16.50
choose smoked salmon & caviar OR smoked ham & porky crumb, buttered baby spinach, poached Black Dog free range eggs, hollandaise sauce, soft muffin, watercress
- Manu's monkfish pakora** GF,DF £12.95
Malabar king prawns, pomegranate, coconut, coriander, jam

Mains

- 28-day aged Dartmoor beef steak of the day** GF DF £38.95
(please ask for today's cut)
herb crusted tomatoes, triple cooked chips, smoked brisket, onion rings, watercress
Sauces: Devon Blue cheese, peppercorn, Café de Paris butter, red wine jus £3.50
- Jail Ale battered sustainable local cod** GF DF £23.95
triple cooked chips, gherkin, Jail Ale pickled egg, crushed pea and mint, tartare sauce, curry sauce, herb salad, malt sea salt, burnt lemon, watercress
- Smoked chicken Caesar salad** GF DF £19.95
baby gem, soft boiled egg, aged parmesan, pancetta crisp, anchovies, sourdough croutons
- The Bedford beef & Dartmoor Jail Ale pie** £27.50
smoked brisket, spring onion, Jail Ale mustard mash, Cornish greens, onion ring, jus, watercress
Sauce: Red wine jus £3.50
- The Bedford curry of the day** GF DF £26.50
(Please ask for today's curry)
- Billy's farm pork chop** GF DF £32.50
Café de Paris butter, charred hispi cabbage, apple & vanilla sauce, Thatcher's cider braised shoulder, champ mash, porky crumb
- Hay smoked Creedy Carver duck** GF,DF £28.50
beetroot molé, confit leg croquette, caramelized chicory, daikon, duck scratchings, nasturtium
- Sweetpea & mint ravioli** DF,VE £22.50
black garlic ketchup, Parmesan, pickled girolles, chicory & herb salad
- Plant-based sirloin steak** GF DF VE £22.50
grilled tomatoes, triple cooked chips, onion rings, chive butter, watercress
- Market fish of the day** GF DF £27.50
(Please ask for today's fish)

Sides

- Sweet potato fries**, masala salt, crème fraîche GF DF VE £6.75
- Triple cooked chips**, aioli GF DF VE £6.75
- This season's best vegetables** GF DF VE £5
- House salad**, Dijon vinaigrette GF DF VE £5
- Buttered Cornish new potatoes** GF DF VE £5
- Charred tenderstem broccoli**, Dijon vinaigrette GF DF VE £6
- Onion rings**, dill crème fraîche, watercress DF VE £5
- Loaded fries**, smoked beef brisket, Godminster Cheddar, beef jus, watercress £9.75

Sandwiches

served with salad & crisps, on granary or white bread

- Coronation chicken** GF DF £10.95
mango, AJ's onion bhaji, coriander
- Davidstow mature Cheddar ploughman's** GF DF VE £12.50
Davidstow mature Cheddar sandwich, Dartmoor Wistman's Cider & apple chutney, pickled onion, gherkin, grapes, boiled egg
- Smoked salmon** GF DF £10.95
dill crème fraîche, pickled shallots, cucumber, cress
- Fish finger & chip butty** £10.95
curried tartare sauce, cress
- The Bedford croque madame** £12.95
sourdough, Bedford ham, Quicke's mature Cheddar, fried egg, porky crumb, mustard cress
- Arun's loaded flatbread** £9.75
Thai sweetcorn & lime leaf fritters, atjar tjampoer, tomato & chilli jam, sambal mayo, roasted peanuts, coriander salad

Desserts

- Lyn's warm treacle tart** £9.25
marinated raspberries, almond crunch, Dunn's Dairy clotted cream, raspberry crisp, sorrel
- The Bedford affogato** GF £9.75
Owens coffee espresso, Salcombe Dairy ice cream, marinated cherries, Chantilly, stroopwafel, Dutch advocaat, chocolate coffee beans
- The Bedford "Apricot melba"** GF £9.75
poached apricot & mint salsa, raspberry tea, almond, Chantilly cream, dark chocolate
- Tamar Valley strawberry trifle** £9.75
macarated strawberries, Joconde sponge, rose jelly, Chantilly, sorbet, crisp
- Dark chocolate & Dartmoor ale cake** £9.75
frosted malt, honeycomb, cream cheese sorbet
- Sticky toffee & fig pudding** GF DF £9.50
caramelized banana, hazelnut praline, vanilla ice cream
- Selection of Salcombe Dairy ice creams** GF DF £8.25
- Selection of Granny Gothard sorbets** GF DF VE £8.25
- West Country cheeses** GF DF VE £12.50
Dartmoor Wistman's Cider & apple chutney, oat cakes, walnuts, grapes

Cream Teas and Sweet Treats

(available all day)

- Devon cream tea** £9
Large warm homemade scone, Hogs Bottom strawberry jam, Langage Farm clotted cream, tea or coffee
- The Bedford's award-winning savoury cream tea** £9.50
Quicke's Cheddar & nigella seed scone, grape & verjus jam, Devon blue cheese butter, walnut, pickled celery, apple crisp, mustard cress, tea or coffee



Homemade cake of the day £4.30 **Homemade cookie** £2.25

Keeping it Local

We are proud to feature some of the best seasonal ingredients from Devon and Cornwall's farmers, fishermen and producers, including:

Howells of Tavistock **Field Fresh** - Saltash
Billy's Farm - Lydford **Tamar Valley Garden Nursery** - Gunnislake
Dole Food Service - Bodmin **Field Fresh** - Saltash
Wild Hart Venison - Cornwood **Wright Brothers** - Brixham
Langage Farm Dairy - Lee Mill **S&J Fisheries** - Ivybridge
Forest Produce - Uffculme **Granny Gothard** - Willand
Creedy Carver - Crediton **Farm Wilder Dartmoor Beef** - Copplestone
Country Cheeses - Tavistock **Salcombe Dairy**
Matford Home Farm **Dunn's Dairy** - Drewsteignton

Food items may contain allergens. If you have a food allergy or intolerance, please inform your server before placing your order. We cannot 100% guarantee the absence of allergens in any dish.
GF: Can be adapted to gluten free DF: Can be adapted to dairy free VE: Can be adapted to vegan



THE BEDFORD HOTEL
In the heart of Tavistock

