

Lunch & Lighter Bites

Sandwiches 12 noon – 5pm | Lunches & Light Bites 12 noon – 2:30pm
Cream tea, cakes and hot drinks all day

Sandwiches

served with salad & crisps, on granary or white bread

Coronation chicken GF DF £10.50
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 £10.50
dill crème fraîche, pickled shallots, cucumber, cress

Fish finger & chip butty £10.50
curried tartare sauce

Festive croque madame £12.50
sourdough, Howells turkey, Cornish brie, cranberry chilli jam,
smoked pancetta, bechamel, fried egg

Arun's loaded chapatti £9.75
cauliflower pakora, red cabbage relish, tomato & chilli jam,
baby gem, tamarind chutney

Light Bites

Keralan spiced parsnip & lentil velouté GF DF VE £8.95
onion bhaji crisp, chickpea, coconut, coriander

The Bedford prawn cocktail GF DF £11.95
Marie Rose, pickled fennel, Brixham crab, pomegranate & chicory salad, sourdough

Szechuan fried chicken GF DF £10.25
goma dare aioli, crispy seaweed

Arun's smoked fishcakes GF DF £9.75
cucumber, saffron & lime aioli

Tempura fried soft shell crab GF DF £13.50
kimchi, lemon curd, seroendeng, coconut, purple shiso salad

Creedy Carver duck & cognac parfait £10.25
thyme & pink peppercorn spiced butter, bitter orange, brioche, mustard cress

AJ's cauliflower pakoras GF DF £8.95
coconut raita, tamarind, pomegranate & coriander, bhel salad

The Bedford eggs royale GF £15.95
choose smoked salmon & caviar OR smoked ham & porky crumb, buttered baby spinach,
poached Black Dog free range eggs, hollandaise sauce, soft muffin, watercress salad

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,
curried tartare sauce, herb salad, malt sea salt, burnt lemon

Seared Plymouth gilt head bream GF DF £26.50
fennel jam, smoked fish cake, pak choi, chive & crayfish beurre blanc, lemon oil

The Bedford smoked chicken Caesar salad GF DF £18.50
baby gem, soft boiled egg, aged parmesan, pancetta crisp, anchovies, sourdough croutons

The Bedford beef & Dartmoor Jail Ale pie £26.50
smoked brisket, champ mash, Cornish greens, onion ring, watercress
Sauce: Red wine jus £3.50

The Bedford curry of the day GF DF £26.50
includes steamed fragrant rice and traditional accompaniments

Wild Hart venison GF DF £32.50
haunch steak, glazed spiced faggot, salsify royale, pickled girolle mushrooms, game chips,
fermented blackberry, jus, nasturtium

Billy's Farm rare breed pork chop GF DF £31.50
hash brown, smoked ham hock, charred tenderstem broccoli,
spiced apple butter, crispy shallots, porky crumb, cress

Aloo tikki pakora GF DF £22.50
celeriac, mint & coconut raita, alleppey & mango curry, buttered greens, pomegranate, herb salad

Plant-based sirloin steak GF DF VE £23.50
grilled tomatoes, triple cooked chips, onion rings, chive butter, watercress

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

Desserts

Lyn's warm treacle tart £8.75
almond crumble, Dunn's Farm clotted cream, blackberries

Kit's ginger & Dartmoor ale molasses pudding £9.75
spiced poached pears, ginger nut crunch, brandy butter ice cream

The Bedford affogato GF DF £9.50
Owens Coffee espresso, Salcombe Dairy ice cream, marinated cherries, Chantilly,
stroopwafel, Dutch advocaat, chocolate coffee beans

The Bedford black forest trifle GF £9.75
dark chocolate mousse, brandy marinated griottine cherries, genoise sponge,
Chantilly, cherry crisp

The Bedford toffee apple & frangipane crumble pie £9.75
Tamar Tipple macerated baby apple, malt ice cream, crème fraîche

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 £10.75
Dartmoor Wistman's Cider & apple chutney, oat cakes, walnuts, grapes

Cream Teas and Sweet Treats

(available all day)

Devon cream tea £8.50
Large warm homemade scone, Hogs Bottom strawberry jam,
Langage Farm clotted cream, tea or coffee

The Bedford's award-winning savoury cream tea £8.95
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 £3.95 **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

