

# 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  
Quicke's 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

**Smoked Plymouth haddock Scotch egg** GF DF £12.95  
celeriac remoulade, roasted pepper gazpacho, chorizo jam, wild garlic

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

**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

**Yemenish malawach flatbread** DF VE £9.95  
whipped goat's curd, din tai fung style cucumber, broad bean & chilli salsa, sesame,  
pomegranate, puffed grains, frisée 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,  
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

**Billy's Farm pork chop boscaiola** GF DF £29.95  
charred hispi cabbage, Dartmoor ale foam, nasturtium, hash brown chips,  
Thatchers Cider braised shoulder croquette, porky crumb

**The Bedford curry of the day** GF DF £26.50  
(Please ask for today's curry)

**Dartmoor lamb** GF DF £29.50  
hay smoked rump, crispy belly, merguez sausage, roasted aubergine,  
broad beans, confit shallots, salsa verde, nasturtium

**Creedy Carver chicken breast** DF £28.50  
charred Cornish leeks, judion bean & nduja cassoulet, wild garlic pistou,  
confit leg croquette, chickweed cress

**Jerusalem artichoke & truffle ravioli** VE £22.50  
broad beans, charred hispi cabbage, wild garlic pistou, wild mushrooms, pickled  
shallots, parmesan, pangritata cracker

**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, Parma ham, wild garlic pesto, sun blushed tomatoes, goat's cheese, 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  
brandy poached cherries, almond crunch, Dunn's Dairy clotted cream,  
cherry 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"** £9.75  
poached apricot & mint salsa, raspberry tea, almond, Chantilly cream, dark chocolate

**Rhubarb & custard** GF £9.75  
vanilla set custard, poached Wye Valley rhubarb, meringue, sorbet,  
lemon verbena, pistachio

**Dark chocolate & Dartmoor ale cake** GF DF £9.75  
frosted malt, honeycomb, cream cheese sorbet

**Sticky toffee & fig pudding** GF DF £9.50  
sea buckthorn, poached raspberries, hazelnut, 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

