

The Bell Inn

Rectory Lane, Parkham, Bideford, Devon,
EX39 5PL Tel 01237 451201



Lunch Menu

Please state at the time of ordering if you require gluten free

Devon ploughman's platter

Served with salad garnish, freshly baked brown granary or white baguette, butter, coleslaw & pickles
(Gluten free bread available)

Parkham cheddar
Delicious homemade pate

Home cooked ham
Selection of cheeses

All for £8.95 (GF)

Ploughman's

Starters

Home made soup of the day (see board) served with warm crusty bread & butter £4.25 (GF)

Home made paté with Cumberland sauce and warm crusty bread £5.95 (GF)

Creamy garlic mushrooms with warm crusty bread £5.75 (GF)

Somerset Capricorn Goats cheese & pickled walnut salad £5.95 (GF)

Classic prawn cocktail served with brown bread & butter £6.50 (GF)

Garlic baguette £3.00 with Parkham cheese topping £3.50

Prawn salad with marie rose sauce £12.95 (GF)

Somerset Capricorn goats cheese and pickled walnut salad with balsamic vinegar and honey dressing
£10.95 (GF)

Our hand carved home cooked local ham £9.95 (GF)

Parkham cheddar & pineapple £10.50 (GF)

Our main course salads are served with home made coleslaw and potatoes of your choice

Salads

Baguettes & Sandwiches

Choose from white or brown granary baguette, brown or white bread

(Gluten free bread available)

Served with salad garnish & coleslaw

Prawns or Prawns with marie rose sauce £6.50 (GF)

Egg Mayonnaise £4.95 (GF)

Bacon, Brie & Cranberry £6.50 (GF)

Tuna Mayonnaise £5.50 (GF)

Home cooked ham with tomato, pickle or mustard £5.50 (GF)

Hot Bacon, lettuce & tomato £6.50 (GF)

Hot sausage with caramelized onion £6.50

Parkham cheese with tomato or onion or pickle £5.50 (GF)

Soup & Sandwich_A small bowl of delicious home made soup plus your choice of sandwich from above
for £1 extra (GF)

Big Soup_A deep bowl (3/4 of a pint) of tasty home made soup with warm crusty bread £5.00

Oven baked jackets served with up to any two selections from below £6.25 (GF)
Parkham cheddar, Home cooked ham, Plain tuna, Tuna mayo, Plain prawn, Prawn marie rose, Baked Beans, Coleslaw, Brie, Hot bacon, Buttery mushrooms
(And if you can't resist it & want three toppings add 95p)

Jacket
Potato

Steaks

10oz Sirloin steak £15.95 (GF)

10oz Rump steak £12.95 (GF)

6oz Rump steak £8.50 (GF)

Served with mushrooms, tomato, peas, battered onion rings and chips.

Gammon steak served with pineapple or egg

Served with mushrooms, tomato, peas and chips. £9.95 (GF)

(Gluten free; No onion rings & option of potatoes, new potatoes or Jacket)

Main Dishes

Home made pie of the day (see specials board) £9.50

Our own Cajun marinated chicken breast £9.95 (GF)

Roast duck breast in a orange & Grand Marnier sauce £11.95

Tender chicken breast cooked in creamy Devon blue cheese with crispy bacon £10.95 (GF)

All served with fresh vegetables or salad & potatoes of your choice

Cheesy chilli con carne & rice served with salad, sour cream & crusty bread £7.95 (GF)

Home cooked ham, local Parkham free range eggs & chips £7.95

Chef's selection: smaller portions of favorite lunches

Ham, egg & chips £6.95 Small scampi, chips & peas £6.95

Small cod, chips & peas £6.95 Sausage, egg & chips £5.75

Fish Dishes

Deep fried beer battered cod with lemon and home made tartare sauce, served with chips & peas £10.95

Deep fried whole tail scampi with lemon and home made tartare sauce, served with chips & peas £9.95

Baked white fish with leeks & lemon topped with cheddar, served with a selection of fresh vegetables or salad & potatoes of your choice £11.95 (GF)

For fresh local fish see specials board

Vegetarian

Spicy lentil stuffed peppers topped with brie and baked £8.95 (GF)

Aubergine parmigiana (Aubergine slowly cooked in a roast tomato sauce layered with mozzarella & Parmesan) £9.25 (GF)

All Served with a selection of fresh vegetables or salad & potatoes of your choice

Spicy Moroccan chickpea & butternut squash stew served with olive, cumin & walnut flatbread, quinoa & sour cream £9.25 (GF)

We don't do fast food we cook fresh food as fast as we can, expect to wait half an hour and at busy times meals may take up to a hour from the time of ordering

Please note if you wish to split your bill between 2 or more debit/credit cards this will incur a 50p charge per card.
Sorry for any inconvenience caused

Due to the presence of Gluten & nuts in our kitchen we are unable to 100% guarantee the absence of these allergens in our menu. In the case of gluten we have implemented best practice procedures which enable us to effectively minimize the risk of cross contamination.