

# The Bell Inn

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



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

Warm crusty bread for two £2.20 (GF)

Warm crusty bread, mixed olives and a balsamic vinegar & olive oil dip for two £6.95 (GF)

Bowl of mixed marinated olives £4.95 (GF)

Tortilla chips topped with Parkham cheddar served with Salsa, guacamole & sour cream £6.95

To Share

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

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, cream slice or Jacket)

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

Main Dishes

## 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)

## Extra bits and bobs

Battered onion rings £1.50  
Pepper & cider sauce £1.95  
Chips £2.50  
Cheesy Parkham cheddar chips £3.50  
Vegetables £2.50

## Local Produce

All steaks are cut here at The Bell  
Pork & Ham joints are from Cornish farmhouse bacon  
Lamb & Pork is sourced from the family farm by Phil Dack, Parkham  
Mussels and oysters from Phoebe Chope at Torridge oysters Appledore  
Our eggs are all free range & from Limebury Farm, Parkham  
Fresh seasonal fruit home grown by Tom Bellew  
Our potatoes are grown by Mike Stevens in Littleham  
We try to source all our fish locally off day boats  
Cheese is produced at Parkham farms or locally sourced at Hawkridge farmhouse dairy  
All Ice cream is produced by Dunstaple Farm, Holsworthy Beacon

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.