

## Starters & Light Bites

Crispy Fried Whitebait <i>Served with tartare sauce</i>	£5.95
Chicken Liver & Port Pate <i>Homemade with crusty bread</i>	£5.95
Chicken Goujons <i>With sweet chilli dip</i>	£5.95
Mediterranean Vegetable Salad (v) <i>Served with mixed leaves and basil oil</i>	£5.95
Soup Of The Day (v) <i>Served with crusty bread</i>	£4.95
Atlantic Prawn Salad <i>Served with mary rose and brown bread</i>	£6.50
Mushrooms in Blue Cheese (v) <i>Served with brown bread</i>	£5.95

## From the Grill

BBQ Baby Back Ribs	£14.95
8oz Mature Sirloin	£18.95
8oz Gammon Steak <i>With a fried egg</i>	£11.95
Butterfly Chicken Breast <i>All our grills are served with roasted tomato, mushroom and chips</i>	£11.95
Why not add a sauce? <i>Blue Cheese sauce, BBQ Sauce, Peppercorn Sauce</i>	£2.50

## From The Sea

Beer Battered Fish 'n' Chips <i>Served with garden peas and tartare</i>	£11.95
Wholetail Scampi 'n' Chips <i>Served with garden peas and tartare</i>	£10.95
Classic Breaded Plaice 'n' Chips <i>Served with garden peas and tartare</i>	£10.95
Jumbo Fish "n" Chips <i>A "Whale" of a Fish served with garden peas and tartare</i>	£15.95

## Under 11s Menu

Mini Fish 'n' Chips <i>Served with garden peas and chips</i>	£4.95
Mini Wholetail Scampi <i>Served with garden peas and chips</i>	£4.95
Classic 4oz Beef Burger <i>Served with garden peas and chips</i>	£4.95
Chicken Breast Nuggets <i>Served with garden peas and chips</i>	£4.95
Tomato Pasta <i>Topped with cheese</i>	£4.95
Under 11's Carvery	£5.95

## FARMHOUSE CARVERY

12:00pm - 2:15pm & 6:00pm to 8:00pm  
*Monday to Saturday*

Adult Carvery - £10.95 Under 11's Carvery - £5.95  
Apricot and Goats Cheese Nut Roast (v) - £10.95

Over 55's Carvery just - £9.50 Monday - Saturday

## MAKE SUNDAY SPECIAL

### Farmhouse Carvery

Adult Carvery £10.95 - 4 meats available. Served all day.

## Pub Classics

Homemade Steak and Ale Pie <i>With chips and garden peas</i>	£11.95
Spicy Vegetable Bean Burger (v) <i>Served with chips and salad</i>	£10.95
Best of British Beef Burger <i>Home made, served with smoked streaky bacon, cheese, tomatoes, pickle &amp; chips</i>	£10.95
Chef's Chicken Curry <i>With basmati rice, naan bread, papadum &amp; chutney</i>	£10.95
Honey Roasted Ham <i>With farm egg and chips</i>	£10.95
Panko Breaded Chicken <i>Served with chips and coleslaw</i>	£10.95
Hunters Chicken <i>Panko breaded chicken topped with BBQ sauce and melted cheese, bacon, served with chips and coleslaw</i>	£11.95
Homemade Vegetable Lasagne (v) <i>Served with chips and salad</i>	£11.95
Homemade Beef Lasagne <i>Served with chips and salad</i>	£11.95
Vegetarian Pasta of the Day (v)	£10.95
Mexican Chicken <i>Chicken breast pieces, pan fried with onions, peppers and Mexican spices, served with chips and salad garnish</i>	£11.95

Please ask for  
**Today's Fish Specials**

Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

## Bloomer Sandwiches or Baguettes

Chicken & Bacon	£8.95
Honey Roasted Ham	£8.95
Atlantic Prawn and Mary Rose	£8.95
Grilled Mediterranean Vegetable and Goats Cheese	£7.95
Turkey and Cranberry	£7.95
Carvery Meat Baguette <i>Choose from today's carvery meats, served with roast potatoes and jug of gravy (served during carvery times only)</i>	£8.95

## The Bowd Inn Salads

Chicken and Bacon Salad	£9.95
Oriental Chicken Salad <i>Chicken Breast pieces, pan fried with vegetables and Teriyaki sauce, served on a bed of mixed leaves</i>	£11.95
Prawn & Mary Rose Salad <i>Served with brown bread</i>	£9.95
Honey Roasted Ham	£9.95
Carvery Meat Salad <i>Choose from today's carvery meats (served during carvery times only)</i>	£10.50
<i>All our salads are served with dressed mixed leaves, cucumber, tomato &amp; peppers</i>	

## Side Orders

Chips	£2.95
Cheesy Garlic Bread	£3.50
Mixed Vegetables	£2.25
New Potatoes	£1.95
Garlic Bread	£2.50
Onion Rings	£2.50
Side Salad	£2.50
Bread and Butter	£1.50
Coleslaw	£1.95
Cheesy Chips	£3.50

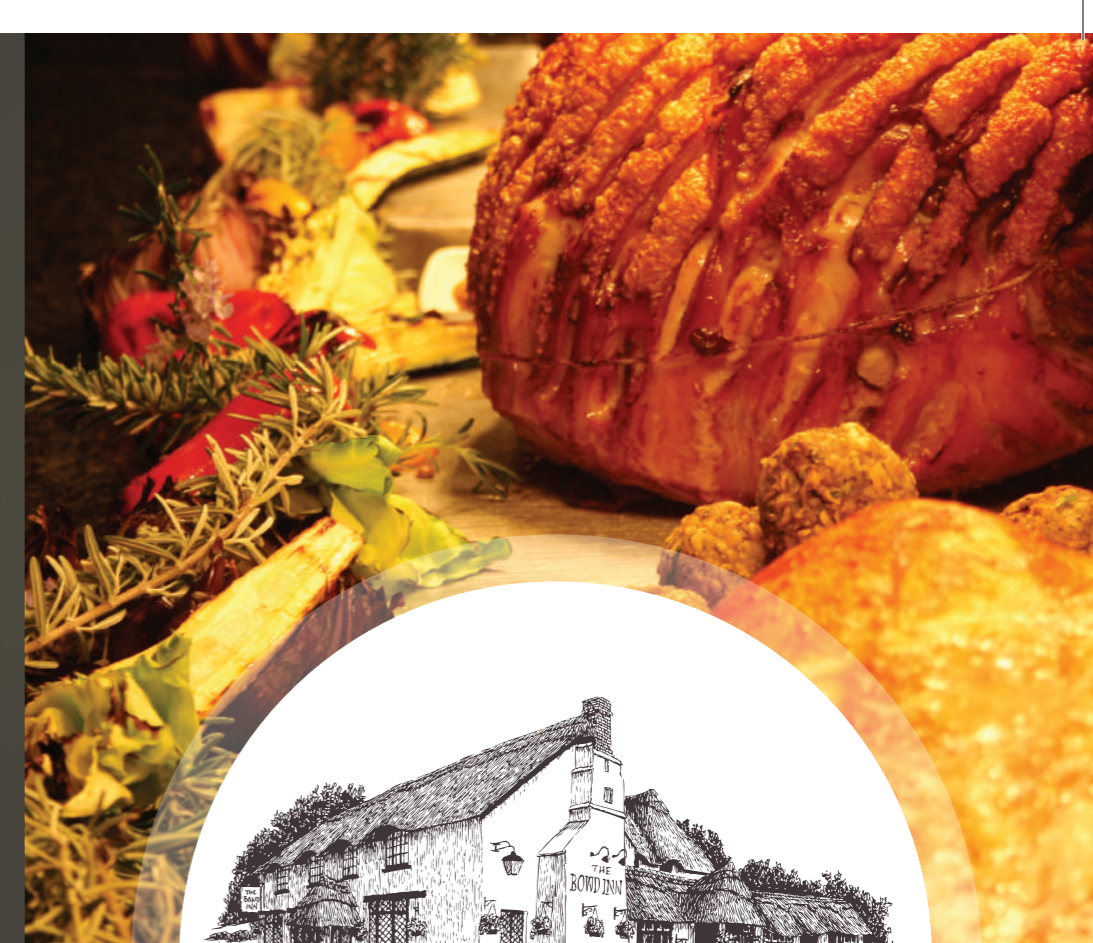
Please ask for  
**Today's Dessert Board**

**WINTER MADNESS 15% Off all "Pub Classics" and "From the Sea" sections for over 55's before 7pm** Monday to Saturday (excludes bank holidays)



### Hot Drinks

Cappuccino	£2.90
Soy Cappuccino	£2.90
Decaff - Cappuccino	£2.90
Caffe Latte	£2.90
Soy Caffe Latte	£2.90
Decaff - Latte	£2.90
Americano	£2.50
<i>With Semi Skimmed Milk</i>	
Americano	£2.50
<i>With Soy Milk</i>	
Decaff Coffee	£2.50
Espresso	£2.40
Decaff Espresso	£2.40
Tia Maria For Liqueur Coffee	£5.00
Whiskey For Liqueur Coffee	£5.00
Baileys For Liqueur Coffee	£5.00
Drambuie For Liqueur Coffee	£5.00
Baileys Latte	£5.60
Add A Shot Of Espresso	£0.50
Hot Chocolate Deluxe	£3.30
Soy Hot Chocolate	£3.30
Breakfast Tea	£2.50
Breakfast Tea With Soy Milk	£2.50
Earl Grey Tea	£2.50
Soy Earl Grey Tea	£2.50
Peppermint Tea	£2.50
Vanilla Syrup	£0.50
Caramel Syrup	£0.50
Hazelnut Syrup	£0.50
Gingerbread Syrup	£0.50



*The*  
**BOWD INN**  
*Sidmouth*

**Pub Classics**

**Carvery Every Day**

**Fish Specials**

**7 days a week you can enjoy our Farmhouse Carvery.**

Satisfy your taste buds with tender slices of beef, turkey or glazed gammon or pork, crispy roast potatoes, Yorkshire puds and unlimited veg and now... we also have lamb on a Sunday!

There's a variety of options to choose from on our menu, whether you're a Vegetarian or just fancy something different. It's a feast for your eyes and your taste buds!