



## *The Rydon Inn*

*Spring 2009*

*A 300-year-old converted Devon Longhouse, steeped in tradition brings with it a duty to serve only fresh locally sourced food. This is the founding cornerstone of the Rydon Inn.*

*We, together with our Head Chef Mark Walters, look forward to being your hosts today.*

*Our motto is:*

*“Great food prepared with skill and served with pleasure.”*

*Dennis & Janice Harper*



## **RYDON BITES...**

<i>Warm Devon roast beef baguette with Cheddar or blue cheese. ©</i>	<i>£6.25</i>
<i>Tiger prawn baguette Marie rose sauce. ©</i>	<i>£6.50</i>
<i>Mature Devon Cheddar ploughman's. © (v)</i>	<i>£6.95</i>
<i>Grilled tappenade with goat's cheese. © (v)</i>	<i>£5.75</i>
<i>Bowl of chips. (v)</i>	<i>£2.90</i>
<i>Cheesy chips. (v)</i>	<i>£3.75</i>

*All dishes marked with (v) are suitable for Vegetarians.  
All dishes marked with © are available in coeliac versions.*

*Gastro Menu Spring 2009*



*TO COMMENCE.....*

<i>Today's freshly prepared soup. © (v)</i>	<i>£4.50</i>
<i>Chicken liver pâté with tomato chutney. ©</i>	<i>£6.00</i>
<i>Tempura tiger prawns.</i>	<i>£6.00</i>
<i>Gravad lax, seasonal leaves, citrus vinaigrette. ©</i>	<i>£6.00</i>
<i>Thai crab cakes, sweet chilli sauce.</i>	<i>£6.00</i>

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## TO FOLLOW ON...

<i>Lightly battered Cornish fish &amp; chips, minted mushy peas.</i>	<i>£11.95/£7.95</i>
<i>Pan fried sea bass, spinach &amp; new potatoes, Tiger prawn or pernod sauce.</i>	<i>£16.75/£11.25</i>
<i>Teriyaki vegetable stir-fry. (v)</i>	<i>£11.50/£7.75</i>
<i>Pork tenderloin medallions with goat's cheese sun blush tomatoes, spinach &amp; rösti potato. ©</i>	<i>£15.95/£10.75</i>
<i>Chicken in red wine sauce, leek &amp; spring onion mash, seasonal vegetables.</i>	<i>£12.95/£8.75</i>
<i>Duck breast, stir-fry vegetables, basmati rice coriander &amp; mandarin sauce. ©</i>	<i>£15.95</i>
<i>Spinach &amp; ricotta cannelloni, Italian salad, garlic bread. (v)</i>	<i>£11.50/£7.75</i>

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## **TO FINISH...**

<i>Crème Caramel.</i>	<i>£5.50/£3.95</i>
<i>Chocolate honeycomb parfait. #</i>	<i>£6.00</i>
<i>Cheese platter - farmhouse mature cheddar, Devon blue, Somerset brie &amp; Mélusine goat's cheese. ©</i>	<i>£ 7.50/£5.50</i>
<i>"Francis Coulson's" sticky toffee pudding.</i>	<i>£6.00/£4.25</i>
<i>"Eton Mess".</i>	<i>£6.75</i>
<i>Selection of Devon farm ice cream. (x) ©</i> <i>£5.50/£3.95</i>	

*(#) Sugar free option available.  
(x) Low sugar vanilla available.*

*£2.00*

### ***Havana Coffee***

*Fresh Ground  
Espresso  
Decaffeinated*

### ***Teas***

*Darjeeling  
Peppermint  
Breakfast  
Earl Grey  
Camomile*

*Latté or Cappuccino*      *£2.50*



## RYDON' LITTLE ONES...

### *“Keep ‘em quiet”*

<i>Today's freshly prepared soup. (v)</i>	<i>£3.50</i>
<i>Rydon mini burger &amp; chips. ©</i>	<i>£7.00</i>
<i>melted cheese.</i>	<i>£1.00</i>
<i>Spinach &amp; ricotta cannelloni. (v)</i>	<i>£7.75</i>
<i>Lightly battered Cornish fish &amp; chips.</i>	<i>£7.95</i>

### *“Perk ‘em up”*

<i>Sticky toffee pudding.</i>	<i>£4.25</i>
<i>Crème caramel.</i>	<i>£3.95</i>
<i>Selection of Devon farm ice cream. © (x)</i>	
<i>£3.95</i>	

*(x) Low sugar vanilla available.*



*We are committed to sourcing all our produce from only the following local suppliers;*

*BN Farm: Meats, poultry,  
North Cott-9 miles. fruit and vegetables.*

*Westacott Eggs: Eggs.  
Petrockstowe-12 miles*

*Dunstaple Farm: Devon Ice cream.  
Holsworthy Beacon-3 miles*

*Dunn's Dairy: Milk and Cream.  
Okehampton-22 miles.*

*Beach House Wet Shop: Fish.  
Bude-9 miles.*

*Matthew Stevens: Fish  
St Ives*

*St Austell Brewery: Beers  
Bude depot-9 miles.*

*Sharps Brewery: Real Ales  
Rock-40 miles*

*Waverley TBS Beers, Wines and spirits  
Bodmin-35 miles*

*Country Life Brewery: Real Ales  
Bideford-15 miles*

*We are proud of our team and thankful to  
these suppliers who have all helped us achieve  
the AA Rosette recognition*



*on March 28<sup>th</sup> 2007.*