

AUTHENTIC THAI CUISINE

TO EAT IN OR TAKE AWAY

at

THE BELL
41 FROGMOOR

LUNCH MENU

- STARTERS -

1. Chicken Satay £4.50
Marinated chicken breast chargrilled and served with cucumber salad and peanut sauce
2. Spring Rolls (v) £4.50
Deep fried spring rolls filled with vermicelli and mixed vegetables, served with a sweet chilli sauce
3. Prawn Tempura £4.50
Deep fried prawns in a light batter and dusted with breadcrumbs, served with a sweet chilli sauce
4. Pork Dumpling £4.50
Steamed dumplings filled with minced pork, water chestnuts and bamboo shoots
5. Thai Fishcakes £4.50
Thai spicy fishcakes served with sweet chilli sauce and a cucumber salad with peanuts
6. Deep Fried Squid £4.50
Deep fried squid in a light batter served with sweet chilli sauce and a cucumber salad
7. Pork Spare Ribs £4.50
Slow cooked pork spare ribs marinated in honey and five spice sauce
8. Crispy Wonton £4.00
Crispy pastry leaf stuffed with marinated minced chicken, served with sweet chilli sauce
9. Chicken Curry Puffs £4.50
A pastry filled with a curried mix of sweetcorn and vegetables
10. Vegetable Tempura (v) £4.50
Deep fried vegetables in a light batter, served with a chilli sauce
11. Vegetable Curry Puffs (v) £4.50
A pastry filled with a curry mix of sweetcorn and vegetables
12. Mixed Starter (for 2 people or more) per person £5.50
A selection of chicken satay, spring rolls, prawn on toast, crispy wonton and curry puff with a variety of sauces

- MAIN COURSES -

All dishes can be Mild/Medium Spicy/Hot & Spicy - please advise the staff of your preference when ordering

13. **Thai Green Curry** with rice £5.95
A famous Thai Green Curry with coconut milk, bamboo shoots, lime leaves, chilli and sweet basil
- Chicken, Prawn or Vegetable (v)
14. **Thai Red Curry** with rice £5.95
A red curry with Thai aubergines, coconut milk, bamboo shoots, chilli and red & green peppers
- Chicken, Prawn or Vegetable (v)
15. **Thai Dry Curry** with rice £5.95
A mild dry red curry with coconut milk and lime leaves
- Chicken, Prawn or Vegetable (v)
16. **Stir fried Thai Sweet & Sour** with rice £5.95
A wok fried combination with pineapple, cucumber, tomatoes and spring onions in a sweet & sour sauce
- Chicken, Prawn or Vegetable (v)
17. **Stir Fried Pork & Ginger** with rice £5.95
A stir fried dish with ginger, red pepper, onions, mushrooms, spring onions and black beans
18. **Prawn or Chicken in Garlic & Black Pepper** with rice £5.95
A stir fried dish with garlic, black pepper and coriander
19. **Stir Fried Chicken & Cashew Nuts** with rice £5.95
A stir fried dish with cashew nuts, onions and mushrooms
20. **Stir Fried Beef in Oyster Sauce** with rice £5.95
Beef stir fried in oyster sauce with mushrooms and spring onions
21. **Stir Fried Squid with Chilli & Onions** with rice £5.95
Squid stir fried in chilli, onions & garlic
22. **Special Fried Rice** £5.95
Fried rice with tomatoes, onions and coriander
- Prawn or Crabmeat
23. **Phad Thai Noodles** £5.50
Stir fried rice noodles with egg, beansprouts, spring onions and coriander
- Prawn or Chicken
24. **Phad Thai Jay (v)** £4.50
Stir fried rice noodles with egg, vegetables and ground peanuts
25. **Phad Siew Noodles** £5.50
Stir fried thick noodles with mixed vegetables in a black bean sauce
- Beef or Chicken
26. **Phad Siew Jay (v)** £4.50
Stir fried thick noodles with mixed vegetables in black bean sauce

Breaded Lemon & Cracked Black Pepper Haddock

With chips and a dressed mix leaf salad

£7.95

Moules Marinières

Bantry Bay mussels cooked in garlic, white wine, cream & onions with fresh herbs

£8.95

Steak & Guinness Pie

Tender chunks of Devon Ruby Red beef slowly cooked in Guinness and finished with a puff pastry lid

£7.95

Caribbean Chargrilled Chicken Breast

Grilled to perfection then topped with smoked bacon, pineapple, melted cheese and a subtle hint of jerk sauce

£8.50

10oz Rump Steak

Succulently chargrilled and served with a dressed mix leaf salad, chips and grilled tomato

£9.95

A Trio of Flavoured Sausages

with caramelised red onions and a rich, red wine jus, all served over a mound of creamy mash

£8.95

BAGUETTES

A selection of freshly baked baguettes, all served with a dressed mix leaf salad

Finest Strips of Rump Steak

Panfried to perfection then finished with melted stilton

£4.95

Roasted Peppers in Sweet Chilli (v)

Topped with buffalo mozzarella cheese

£4.50

Locally made Smoked Jumbo Sausage

with caramelised red onions and bramley apple cider chutney

£4.50

Homemade Devon Ham

with a cherry tomato, passionfruit and red onion pickle

£4.50

BLT

Four slices of chargrilled bacon with tomato and lettuce

£4.50

Ploughmans Baguette

Slices of cheddar and stilton, beer pickle, lettuce, tomato and apple

£4.50

Smoked Peppered Salmon

with lemon dill mayonnaise over dressed salad

£4.95