

The Blue Bowl Inn

Bristol Road, West Harptree, BS40 6HJ Tel: 01761 221269

Why not visit our website www.thebluebowl.co.uk

"In the age of the enigmatic gastropub, places like The Blue Bowl Inn where you can expect a warm welcome and hearty local fare are becoming increasingly difficult to find, and are all the more worth shouting about when you do." FLAVOUR MAGAZINE SEPT 2009

Please notify a member of staff of any food allergies or special dietary requirements you have.

Olives - Garlic Marinated mixed pitted Olives. £1.95

To Start or Just a Snack.

Soup of the Day

Please see our specials board. Served with half a crusty Baguette. £3.25

Butterfly King Prawns

Breaded Butterfly King Prawns served with Garlic Mayonnaise & Salad. £5.95

Chicken Liver Pate with Toast.

£4.95

Prawn Cocktail

Fresh peeled Prawns in Marie Rose sauce, sat on crispy Lettuce with Bread & Butter. £5.50

Potato Shell

Potato Shell filled with Ham, Cheddar Cheese and BBQ sauce. £4.55

Whitebait

Breaded Whitebait deep-fried until crisp, served with salad, Tartare sauce & Bread & Butter. £4.95

Garlic Mushrooms

Mushrooms sautéed in Garlic Butter with crusty Bread & Salad. £4.75

Hot Goats Cheese Salad (Gluten, Wheat & Dairy Free)

Red Onion & Sweet Peppers roasted in Garlic Oil topped with Goats Cheese & Grilled. £4.95

From The Grill.

8oz Sirloin Steak £13.85

8oz Rib Eye Steak £13.85

8oz Fillet Steak £19.90

10oz Rump Steak £13.55

12oz Gammon with Pineapple or Eggs. £10.25

Garlic Steak - Have your Steak cooked in Garlic Butter. £1.35

Surf & Turf – Add a portion of Scampi to your meal. £3.00

Steak & Egg – Have an Egg on top of your Steak. £0.50

Chimichurri Steak - Have your steak covered in Chimichurri sauce (Fiery Chilli, Herbs & Garlic) £1.35

Creamy Peppercorn Sauce or **Red Wine & Stilton Sauce.** £2.10

Every meal from the Grill is served with Chips, Peas, Tomato, Mushrooms & Onion Rings.

House Favourites.

Steak Ale & Mushroom Pie

Shortcrust Pastry pie filled with Tender pieces of Steak cooked with Mushrooms in a real Ale gravy. £8.75

Garlic & Mushroom Chicken Breast

Boneless & Skinless Chicken Breast, cooked with Garlic Butter & Mushrooms £9.75

Faggots

Faggots in Onion gravy served with Mash & Peas. £8.75

Roasted Greek Salad (v)

A salad of Goat's Cheese, Olives, Garlic, Cherry Tomatoes, Peppers and Red Onion served with Garlic Bread & Salad. £8.75

Braised Beef & Stilton

Sliced Beef, slow braised in a rich Stilton gravy, served with Mash & Peas. £9.75

Beef Chilli (Dairy Free)

Hot Beef Chilli served with Rice & Salad. £8.50

Cheddar Pork

Two Pork Loin Steaks cooked in a Cider sauce and marbled with Cheddar Cheese. £9.75

Trio of Lamb

Three Lamb Cutlets slow cooked in a fresh Mint Gravy. £10.95

Liver, Bacon & Onion Casserole

Sliced Lambs Liver, fried Onions & Bacon cooked in a rich gravy, served with Mash & Peas. £8.25

Curry of the Day: Please see our specials board. Served with Rice & Poppadoms. £8.50

Ham, Double Egg, Chips & Salad. £7.95

Traditional Cottage pie served with gravy & vegetables. £8.25

The Harptree Humdinger

Handmade 1/2 Pound Cheese Burger, served with Chips, Salad & Onion Rings. £8.75

+ Fried Egg £0.50

+ 2 Rashers of Bacon £1.55

+ Garlic Mayo, Blue Cheese Mayo, Sweet Chilli or BBQ Sauce. £1.35

Seafood Dishes.

Whole Sea Bass (Wheat & Gluten free)

Fillets of fresh Sea Bass grilled & served with herb butter. £10.95

Beer Battered Cod deep fried in Beer Batter, served with Chips, Peas & Tartare sauce. £8.95

Baked Salmon Steak served with a creamy Lemon & Dill sauce. £9.75

Haddock Mornay

Smoked Haddock Fillet with a rich Cheddar Cheese Cream sauce. £9.50

Traditional Whole Tail Scampi

12 pieces of breaded Scampi, with Chips, Peas & Tartare sauce. £8.95

Chew Trout Fillet

Oven Baked Fillet of Chew Valley Trout served with a Creamy Parsley Sauce. £9.25

Pasta Dishes.

Beef Lasagne Layers of Pasta & Bolognaise, topped with Cheddar Cheese sauce, Garlic Bread & Salad.	£8.50
Macaroni Cheese , Crusty Bread & Salad.(v)	£7.50
Spaghetti Carbonara Our version of a creamy Italian classic made with Bacon, Sliced Mushrooms and Garlic. Served with Garlic Bread & Salad.	£8.95
Vegetable Lasagne served with Garlic Bread & Salad. (v)	£7.95
Spaghetti Bolognaise Beef Bolognaise & Spaghetti served with Garlic Bread & Salad.	£8.25
Pasta Provencale (v) Tomatoes, Garlic, Peppers, Onions, Mushrooms & Olives, cooked in a Tomato & Basil Sauce, tossed over Pasta tubes, topped with melted Cheddar Cheese. Served with Garlic Bread & Salad.	£8.95
Meatballs & Spaghetti Beef Meatballs and Spaghetti in our special recipe Tomato, Garlic & Basil Sauce served with Garlic Bread & Salad.	£8.95

Smaller Appetites.

Fish Fingers, Chips & Peas or Beans	
Sausages, Mash, Peas & Gravy	
Ham, Egg & Chips	
Spaghetti Bolognaise	
Chicken Nuggets, Chips & Peas or Beans	
Scampi, Chips & Peas or Beans	
1/4 Pound Cheese Burger, Chips & Peas or Beans	All at £4.35

Side Orders.

Garlic Bread	£2.00
Cheesy Garlic Bread	£2.75
Onion Rings (8)	£1.60
Chips	£1.75
Salad	£1.75
Crusty Baguette	£1.50
Vegetable Dish	£1.75
Baked Beans	£1.35
Dips for your chips - Garlic Mayo, Blue Cheese Mayo, Sweet chilli or BBQ Sauce .	£1.35

Fancy a Brew?

Tea	£1.10
Coffee	£1.30
Decaffeinated Coffee	£1.10
Espresso	£1.35
Plain Floater Coffee	£1.80
Liqueur Floater Coffee	£3.50
Cappuccino	£1.50
Hot Chocolate	£1.50
Latte	£1.50

All weights are approximate & prior to cooking. All our meat is locally produced & Fish may contain bones.

(v) - Vegetarian Dishes. Our food is homemade and freshly cooked, we apologise for any delay during busy times.