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dream • discover • explore

Eat Exmoor

Your Guide to
the very best food
and drink in the
local area.



Find out where it comes from and
how, where and when to enjoy it.



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Land of plenty

If you love food you'll love Exmoor. Explore the high moorland, dramatic coast, forest, fields, farmland and rivers, small villages and towns and you'll discover a landscape that's inextricably linked to its farming past. With such riches on our doorstep it's no wonder that we are able to produce such fine food and drink and really understand how to make the most of it.

We've highlighted some of our favourite places to see, visit and enjoy, food-wise, in Greater Exmoor.

We hope you like them too.

Jennette
Visit Exmoor



Eat Exmoor Guide

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Seasonal Food

Get a taste of Exmoor with fresh local food.

The beautiful and diverse landscape of Greater Exmoor provides a naturally rich and abundant source of food. Farmers and fishermen have been working the land and reaping the rewards of this bountiful area for hundreds of years.

Coast and countryside, moors, lush valleys and cold clear rivers change with the climate and all contribute to our delicious local produce offering a unique and distinct flavour of Exmoor.

“Minehead is one of our longest-running farmers markets and is in town every Friday March – December”

Discover our seasonal delights at local farmers markets, local farm shops, foodie events, restaurants, cafes, inns and festivals throughout the area. Full details at www.Visit-Exmoor.co.uk

Spring into Summer

Local farmer Stephen Crossman believes the secret of his great tasting asparagus spears is down to the red soil earth and the proximity to the sea. Plump, full-flavoured Withycombe Asparagus (www.asparagusbypost.co.uk) is available mid-April – June direct from the farm shop, local markets and online whilst stocks last.

Exmoor Blueberries (www.exmoorblueberries.co.uk) make the most of the rays to ripen before being harvested in August and September. “When people taste our berries they can’t believe how different they are from the mass produced and often imported varieties,” says farmer, Simon Kiely. “They keep coming back for more.” You can even pick your own on the farm above Exford.

Look out for local fruit bursting with Exmoor sunshine on sale in the late summer months. A lot of pocket money was once earned in the summer holidays by children picking

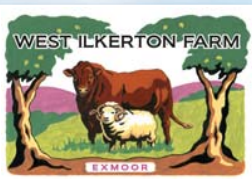
whortleberries – a native fruit that grew wild all over Exmoor. Today the delicious small blue fruits are harder to find; much easier to buy a pot of the perfect purple jam.

Autumn and Festive Fayre.

Autumn is a special time on Exmoor as the moorland heather turns the landscape a hazy shade of purple and the rutting season of its native red deer adds a dramatic note to its soundscape. The area is renowned for its local venison and game. Order from local producers such as Heal Farm (www.healfarm.co.uk) for a hearty feast during the cold winter months.

To celebrate the festivities, lavish foods including Porlock Oysters, Exmoor Caviar, cured meat, smoked trout and speciality cheeses are a real treat. The Big Cheese in Porlock (www.thebigcheeseporlock.co.uk) makes beautiful Christmas hampers showcasing mouth-watering local produce.





WEST ILKERTON FARM RED RUBY DEVON BEEF AND EXMOOR LAMB

Our cattle and sheep are born and raised on the farm, grass-fed, allowed to mature slowly and given a high standard of care throughout their lives.

Devon cattle and Exmoor horn sheep have been bred here for well over a century, so we are keen to conserve this living link with the past along with the farm's wildlife and beautiful scenery.

Beef boxes and lamb boxes can be ordered fresh, packed and labelled for home freezing. Individual packs of meat can be purchased from the farm freezer by prior arrangement.

Enquiries from the catering trade are welcome.

For further details, please contact
The Eveleigh Family, West Ilkerton Farm,
Barbrook, Lynton, Devon EX35 6QA
Telephone(01598) 752310

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Field to Fork

*Part of our enjoyment
in eating good food is
knowing its provenance.*

Hindon Farm (www.hindonfarm.co.uk), a multi award-winning hill stock farm on the National Trust's Holnicote estate at Selworthy, is a family business run by Roger and Penny Webber. A fully certified organic farm that has conservation and care for its animals at its core, guests at the farm's B&B are treated to the best home-made bacon and sausages, hand made by Roger from his Old Gloucester Spot pigs. There's fresh eggs from the chickens and ducks that roam freely too.

Nearby farms follow the same organic and ethical principles, including West Ilkerton Farm beef (www.westilkerton.co.uk) and Little Oak Farm's rare breed pork from pedigree middle white pigs (www.littleoakfarm.co.uk). You can be assured that the animals they have reared have enjoyed the best possible living environment.

Farm and Food Tours

Shaun Bryant has created a bespoke and unique service that links farmers and producers to visitors and enthusiastic customers. "I've lived on Exmoor for over 25 years and always had an interest in farming. I realised that more people wanted to know where their food comes from, so this gave me the idea to bring the public and food together at the source." Providing farm visits across Exmoor, Westcountry Food and Farm Tours (www.westcountry-farmandfood-tours.co.uk) shows how the countryside works, how farms and food producers work, and how special places such as the National Park are protected. "This information will enable guests to make choices in the future which will reduce negative impacts on the environment," adds Shaun.

Farm Boxes

If you want to experience that Exmoor flavour even when you are not here check out the organic meat boxes from Higher Hall Farm (www.higherhallfarm.co.uk) who truly believe that 'traditional, grass fed, low intensity farming of a pedigree flock is the very best way forward for local agriculture.' Exmoor Meat Boxes (www.exmoormeathboxes.co.uk) offer lamb and beef boxes as well as Boer Goat meat, widely acknowledged as one of the finest goat meats in the world.





WEST COUNTRY FARM TOURS

“A real ‘memory’ day” “Totally unique experience”

“A really interesting and informative trip”

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Tours arranged especially to suit you Bespoke tours 2 – 14 people. Dogs are welcome on selected farms All year round, full day, half day, summer evenings.
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Catch of the day

Exmoor boasts the highest sea cliffs in the country and the second largest tidal range in the world, a combination that's as challenging as it is rewarding for its seafarers and fishermen.



At Lynmouth, The Oxenham family have been taking visitors on boat trips and wildlife tours for generations. Between April and September Matthew also sets out lobster pots and delivers to restaurants including The Royal Oak at Winsford and Woods at Dulverton. "I only sell them live, so you need to be able to handle them and know how to cook them yourself," he grins. You can try your hand at sea fishing to catch your own dinner, or buy fresh from the boat. Pop down to Lynmouth Quay early (sailing times depend on tides and weather).



Exmoor Caviar

One of the most famous luxury food products in the world is being made right here on Exmoor. "The water that runs through our farm is natural spring water, straight from the Exmoor National Park, filtered through tilted Devonian slates, shales and sandstones, creating a naturally filtered water" says Kenneth Benning, CEO of parent company London Fine Foods (www.exmoorcaviar.com). "We guarantee this is the freshest caviar you'll ever taste".

Exmoor Caviar is the only sturgeon farm in Britain producing such high quality caviar that it is in demand from top chefs all over the country, counting over 60 Michelin starred restaurants amongst its clients.

To find out more about sea and river fishing, and how to do it yourself on Exmoor at www.visit-exmoor.co.uk/fishing

Porlock Oysters

In nearby Porlock, a community group has made a remarkable contribution to the quality of food produce available on Exmoor by farming oysters. Reviving a tradition that once thrived here but died out in the 1890s due to overfishing, oysters are flourishing once again. The team are limited to working just a few days a month to get access to the oyster beds due to the tidal range, so when you see them on the menu at a local restaurant, you know they're as fresh as can be.

The water quality at Porlock is excellent and the Food Standards Agency has given Porlock Bay Oysters (www.porlockbayoysters.co.uk) a grade A food classification rating, making them among the purest available and a world class product.



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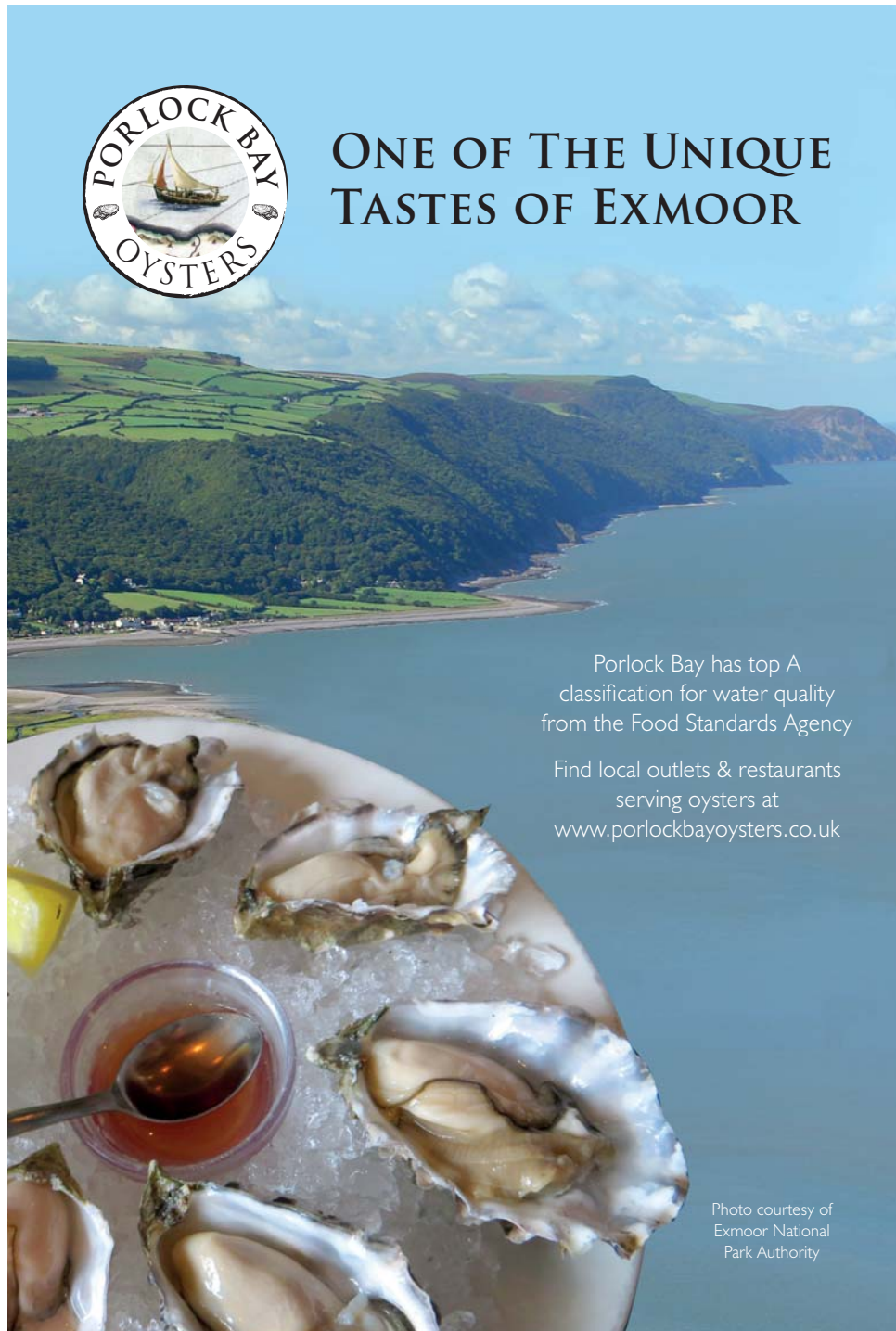
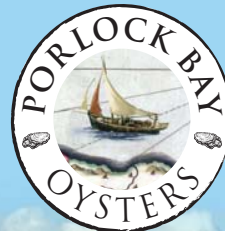


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ONE OF THE UNIQUE TASTES OF EXMOOR

Porlock Bay has top A classification for water quality from the Food Standards Agency

Find local outlets & restaurants serving oysters at
www.porlockbayoysters.co.uk

Photo courtesy of Exmoor National Park Authority

Exmoor Food Map

See overleaf for contact details



Exmoor Food Map Contact details



- 1** Ancient Mariner, Lynmouth
01598 752238 www.bathhotellynmouth.co.uk
- 2** Beach Hotel, Minehead
01643 704765 www.thebeachhotel.org
- 3** Beggars Roost Inn, Barbrook
01598 753645 www.exmoormanor.co.uk
- 4** Big Cheese, Porlock
01643 862773 www.thebigcheeseporlock.co.uk
- 5** Black Venus, Challacombe
04598 763251 www.blackvenusinn.co.uk
- 6** Blue Ball Inn, Countisbury
01598 741263 www.blueballinn.com
- 7** Bridge Inn, Dulverton
01398 324130 www.thebridgeinndulverton.com
- 8** Chapel House Tea Rooms, Dunster
01643 822343 www.chapelhousedunster.co.uk
- 9** Coach House @ Kentisbury Grange
01271 822295 www.kentisburygrange.com
- 10** Cross Lane House, Allerford
01643 863276 www.crosslanehouse.com
- 11** Crown Hotel, Exford
01643 831554 www.crownhotelexmoor.co.uk
- 12** Culbone Inn
01643 862259
- 13** Duck Café, Wimbleball Lake
??????????????
- 14** Dunkery Beacon Hotel
01643 841241 www.dunkerybeaconaccommodation.co.uk
- 15** Dunster Castle Hotel
01643 823030 www.dunstercastlehotel.co.uk
- 16** Exford Tea Rooms
??????????????
- 17** Fox and Goose Parracombe
01598 763239 www.foxandgooseinexmoor.co.uk
- 18** Higher Hall Farm, Brayford
01598 710321 www.higherhallfarm.co.uk
- 19** Hindon Organic Farm
01643 705244 www.hindonfarm.co.uk
- 20** Hunters Inn, Parracombe
01598 463230 www.thehuntersinnexmoor.co.uk

- 21** Jubilee Inn, West Anstey
01398 341401 www.thejubileenn.co.uk
- 22** Luttrell Arms, Dunster
01643 821555 www.luttrellarms.co.uk
- 23** Mandala Pizza Emporium, Porlock
01643 863023 www.themandala.co.uk
- 24** Masons Arms, Williton
www.themasonsarms.com
- 25** Miles Tea & Coffee, Porlock
01643 703993 www.djmiles.co.uk
- 26** No7 The Bistro, Lynmouth
01598 753302 www.7thebistro.com
- 27** Notley Arms, Monksilver
01984 65605 www.notleyarms.co.uk
- 28** Old Ship Aground, Minehead
01643 703516 www.theoldshipaground.com
- 29** Owl & Hawk Centre, Allerford
01643 862816 www.exmoorfalconry.co.uk
- 30** Periwinkle Tea Room, Selworthy
01643 862452
- 31** Porlock Bay Oysters
www.porlockbayoysters.co.uk
- 32** Pyne Arms, East Down
01271 850055 www.pynearms.co.uk
- 33** Quince Honey Farm, s Molton
07169 572401 www.quincehoneyfarm.co.uk
- 34** Redman's Restaurant, Minehead
01643 707711 www.dineatredmans.co.uk
- 35** Reeves, Dunster
01643 821414 www.reevesrestaurantdunster.co.uk
- 36** Rest & Be Thankful, Wheddon Cross
01643 841222 www.restandbethankful.co.uk
- 37** Rising Sun, Lynmouth
01598 753223 www.risingsunlynmouth.co.uk
- 38** Rockford Inn, Brendon
01598 741214 www.therockfordinn.co.uk
- 39** Royal Oak Inn, Luxborough
01984 641498 www.theroyaloakinnluxborough.co.uk
- 40** Royal Oak, Winsford
01643 851455 www.royaloakexmoor.co.uk

- 41** Royal Oak, Withypool
01643 831506 www.royaloakwithypool.co.uk
- 42** Secret Orchard Cider, Nettlecombe
07748 026833 www.secretorchardcider.com
- 43** Ship Inn, Porlock
01643 863288 www.shipinnporlockweir.co.uk
- 44** Smugglers Inn, Blue Anchor
01984 640385 www.thesmugglersinn.co.uk
- 45** Staghunters Inn, Brendon
01598 741222 www.staghunters.com
- 46** Star Inn, Watchet
01984 631367 www.starinnwatchet.co.uk
- 47** Streamcombe Cookery School
01398 322873 www.streamcombecookery.co.uk
- 48** Swan, Bampton
01398 322248 www.theswan.co
- 49** Tarr Farm Inn
01643 851507 www.tarrfarm.co.uk
- 50** Valiant Soldier, Roadwater
01984 640223 www.thevaliantsoldier.co.uk
- 51** Vanilla Pod, Lynton
01598 753706 www.thevanillapodynton.co.uk
- 52** Watersmeet House, Lynmouth
01598 753348
- 53** West Country Farm & Food Tours
01643 863002 www.westcountry-farmandfood-tours.co.uk
- 54** West Ilkerton Farm, Barbrook
01598 752310 www.westilkerton.co.uk
- 55** West Twitchen Ball Farm, S Molton
07990 590613 www.westtwitchenballfarm.co.uk
- 56** White Horse Inn, Exford
01643 831229 www.exmoor-whitehorse.co.uk
- 57** White Horse Inn, Washford
01984 640415 www.exmoorpubs.co.uk
- 58** Withypool Tea Rooms
01643 831279 www.withypoolexmoor.co.uk
- 59** Woods, Dulverton
01398 324007 www.woodsduverton.co.uk
- 60** Yarn Market Hotel, Dunster
01643 821425 www.yarnmarkethotel.co.uk

Cheers!

Cider is synonymous with Somerset. Something to do with the sunshine and warmth that caresses our exceptional apple orchards maybe.

Gold Medal winners at the 2017 British Cider Championships (the biggest cider competition in the world) Secret Orchard Cider is run by childhood friends and local lads Joe Heley and Todd Studley. "Our cider is made using traditional methods and some rare apple varieties that have been growing here on Exmoor for centuries," says Joe. "We don't use chemicals and biodiversity is extremely high in our orchards, which is really important to us." You can order direct from the website (www.secretorchardcider.com) and they often pop up at local farmers markets and food festivals.

The Spirit of Exmoor

Creating an opportunity for artisan distillers, gin is enjoying something of a revival. Long may it last! Husband and wife team Julie Heap and Pat Patel have built up a blossoming business at their home on the banks of the River Lyn on Exmoor by creating Wicked Wolf Gin – the spirit of Exmoor.

Together they work for most of the year to produce their unique blend of 11 botanicals, all distilled separately before being combined to achieve the high quality and consistency they demand. You're sure to be tempted by a glass of Wicked Wolf at any number of bars and restaurants in and around Exmoor, and you'll certainly be popular if you take a bottle home! (www.wickedwolfgin.com) Julie recommends; "Try Wicked Wolf Gin with pink grapefruit or, for a more savoury taste, lime and a sprig of thyme".

Time for tea

Miles Tea and Coffee merchants of Porlock (www.djmiles.co.uk), is a family business that knows how to do hot drinks,



having been at the forefront of the tea and coffee industry since 1888. Continuing to combine traditional methods of blending and tasting tea alongside a state of the art coffee roasting and packing process in Porlock (look out for their Roastery Tours), Miles supplies its high quality tea, coffee and now hot chocolate to cafes, restaurants, shops and hotels across the West Country and beyond.



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of Exmoor*

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PLEASE DRINK RESPONSIBLY



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Kitchen Confidential

Exmoor is home to both Michelin starred Chefs and home-grown talent who all feel incredibly lucky to make use of the 'larder' on their doorstep. On menus across the region you'll find seasonal, ethically produced and sustainable food combined and cooked to perfection to create a quality dining experience.



The award-winning Coleridge Restaurant at The Dunkery Beacon Country House Hotel (www.dunkerybeaconaccommodation.co.uk) is run by chef proprietor John Bradley and his sommelier wife Jane. The menu changes regularly with dishes that take inspiration from the landscape and the traditions of the past. "One local recalls how the villagers would help farmers with the harvest and in return they'd receive a food box at Christmas," recalls John. "It usually included some pork, a pheasant and perhaps even wild mushrooms."

Born and bred on Exmoor, head chef Barrie Tucker at The Luttrell Arms, Dunster (www.luttrellarms.co.uk) is passionate about the local produce available. "In the last 10 years, there has been more emphasis on producing quality local food and drink and its provenance. Exmoor has great local meat, fish and vegetables and this provides us with all the ingredients to make everything on site, including our own bread, ice cream and desserts."

Exmoor Food Festival

Look out for the popular Exmoor Food Festival which takes place each year in February all over the area. Restaurants, pubs and tea rooms will be offering special 'meal deals' to celebrate the best our region has to offer, so do take time to try something new. Foodie events throughout

the month include a Taste Exmoor weekend in Minehead and a Food & Drinks Fair in Porlock. For event information see www.exmoorfoodfest.com

Make it Yourself

For foodies keen to learn how to make the most of the great local produce available on Exmoor, roll your sleeves up for local cookery courses and demonstrations. Ian Jarmarkier at Streamcombe Farm (www.streamcombefarm.co.uk) runs courses providing all the skills you need to bring out the best of the ingredients available including techniques to prepare and cook local game, meat and fish. Having worked with some of the best-known chefs in the country, Ian loves to pass on his passion for great cooking at his farm where you can also stay and experience the good life on Exmoor.





EXMOOR MAGAZINE



For Exmoor, the Quantocks & North Devon
www.exmoormagazine.co.uk

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Visit Exmoor is the area's official tourism body covering Greater Exmoor from North Devon, across Exmoor National Park and into West Somerset and the Quantock Hills. Our website is full of inspiring ideas for your holiday. Fancy a vintage train ride, a wildlife safari, a long-distance trail or a short walk to a good pub? Look no further. From peaceful rural retreats, B&Bs, cosy cottages and award-winning hotels and restaurant we've something for everyone and you are very welcome.



Find out more about what to see and do, where to eat,
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For full menu details,
visit our website
www.7thbistro.com

Just Desserts

Our abundance of natural riches means that the Greater Exmoor area has many suppliers of local jams and preserves. Produced in small quantities, these can be bought from local delis, shops, farmers markets and outside private homes, usually with an old-fashioned honesty box for payment.



It's a fact that our cows produce rich milk. Visitors to the iconic Tarr Steps can sample a real Exmoor Italian Gelato from Liscombe Farm, where Zoe Rose has been churning milk from her own dairy herd to critical acclaim. In the summer months, watch the robot milking the cows while enjoying an ice cream from the farm shop on site - 'from cow to cone' as Zoe aptly puts it. Look out too for Styles Ice-cream (www.stylesicecream.co.uk) freshly made on an Exmoor hill farm and now keeping people happy as far afield as Harrods in London.

Adults might be more tempted by the confectionary delights of 'Grown-up Marshmallows' (www.grownupmarshmallows.co.uk) so-called after one satisfied customer described Janet Thompson's flavoured marshmallows as being; 'too good for kids'. There are 33 flavours, including a gin infused recipe. Her all-natural ingredients are sourced on Exmoor wherever possible.

Say Cheese

As we might have mentioned, the nutrient-rich land on which our animals graze produces a fine quality milk. Add to this the expertise of artisan cheese makers, Ian and Ruby Arnett of The Exmoor Blue Cheese Company (www.exmoorbluecheese.co.uk) and you have a winning combination. Their signature cheese, Exmoor Blue, has been awarded P.G.I. status (Protected Geographical Indication), which ensures that it's made to specified standards using local milk from within the designated area.



Cream tea secrets

Famous for its superb cream teas, frankly, no visit to the south west would be complete without a mouth-wateringly soft scone topped with a dollop of clotted cream and a spoonful of delicious whortleberry jam. Everyone has their favourite haunt and we are continually adding to our list. Try the Periwinkle Tea Room in the chocolate box village of Selworthy or perhaps the iconic Watersmeet House set beside the river near Lynton and Lynmouth. We're looking forward to trying the newly revamped tea rooms in Exford, and the popular Withypool Tea Rooms and smart Chapel House Tea Rooms at Dunster also get our vote.





Exford Bridge Tea Rooms

Chapel Street Exford TA24 7PY
At The Heart of Exmoor



Under New Management – Re-opening Easter 2018
Full refurbishment, exciting new menus, open every day!
Breakfast, lunches, afternoon teas, eat in or takeaway.
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Chapel House





Tea Room

Homemade food served all day
Great coffee
Locally sourced ingredients

2 West Street, Dunster, TA24 6SN



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chapelhousedunster.co.uk

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