

THE BEAR INN

Welcome to **The Bear Inn** (formerly *The Anchor Inn*).
Please bear with us whilst our new team get up to full speed. Thank you for your support!

All of our dishes are homemade at *The Bear Inn*, using fresh, seasonal ingredients.
Plus, our honey is collected from our own hives around Sussex.



NIBBLES

Harissa Hummus, Tortilla, Toasted Hazelnuts **6** (v)(vg)(df)(nuts)
Mixed Olives **4** (v)(vg)(gf)(df)

STARTERS

Frickles, Blue Cheese Dip **8** (v)
Salt & Pepper Fried Calamari, Garlic Mayo, Lemon **9**
Sussex Ham & Cheese Croquette, Dijon Mayo, Sage **9**
Cumberland Chipolatas in a sweet & sticky glaze **8**
Caprese Salad, Mozzarella, Heritage Tomatoes, Balsamic Glaze, Basil Oil **9** (v)(gf)

MAINS

Harvey's Beer Battered Cod, House Chips, Mushy Peas, Tartare Sauce, Lemon **17**
Beef Burger, Two 4oz Patties, Toasted Brioche Bun, Crisp Lettuce, Tomatoes, Gherkins,
Garlic Mayonnaise, House Chips **17** (gfo) (**Add Cheese £1. Add Bacon £1**)
Buttermilk Fried Chicken Burger, Cabbage Slaw, Baby Gem, Sriracha, Brioche Bun, House Chips **17** (gfo)
Moules Mariniere, White Wine, Garlic & Cream, Toasted Ciabatta, House Chips (gf) **18**
Deep Fried Scampi, House Chips, Tartare Sauce, Lemon **17** (df)
Chicken Caesar Salad, Gem Lettuce, Parmesan Shavings, Croutons, House Caesar Dressing **17**
Honey Roasted Ham, Fried Hen's Egg, House Chips, Peas **15** (gf)
Teriyaki Tofu Salad, Broccoli, Peas, Cabbage, Watercress, Teriyaki Sauce **16** (v)(vg)(df)
Grilled Halloumi Salad, Avocado, Soft Hens Egg, Summer Tomatoes, Rocket, Pickled Red Onions **15** (v)(gf)

DESSERTS

English Strawberry Pavlova, Chantilly & Strawberry Ice Cream **8** (v)(gf)
Sticky Toffee Pudding, Honey Ice Cream, Butterscotch Sauce **8** (v)
Honey Cheesecake, Fresh Raspberries **8** (v)
Vegan Brownie, Vanilla Ice Cream **8** (v)(vg)(df)
Trio of Ice Creams **7** (vgo)

SIDES

(v)(vg)(df)(gf)
House Chips **4.5**
Cheesy Chips **5.5**
House Salad
Baby Gem Lettuce,
Summer Tomatoes,
Red Onion **5.5**

(v) vegetarian (vg) vegan (vgo) vg option (gf) gluten free (gfo) gf option
(df) dairy free (dfo) df option (nuts) contains nuts 'Option' = this dish can be adapted. Please ask for details

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12pm-4pm

SANDWICHES

*Sandwiches served with Crisps & Garnish.
Available in White, Brown or Gluten Free Bread.*

Bacon, Brie **9.5** (gfo) / Mature Cheddar, Pickle **9.5** (v)(gfo)
Honey Roasted Ham, English Mustard **9.5** (gfo)

PLOUGHMAN'S

Cheese Ploughman's, Blue Cheese, Cheddar, Pickled Onions,
Cornichons, Chutney, Summer Vine Tomatoes, Apple, Crusty
Roll **15** (v)(gfo)

Sausage Ploughman's, Cumberland Sausage Roll, Honey
Roasted Ham, Pickled Onions Cornichons, Chutney, Summer
Vine Tomatoes, Apple, Crusty Roll **16**

CAKES

Carrot Cake **3.75** (v)
Vegan Blueberry & Banana **3.75** (v)(vg)
Rose & Pistachio Battenberg **3.75** (v)(nuts)
Courgette & Avocado **3.75** (v)(gf)

CREAM TEA

Fruit or plain scone, with clotted cream, strawberry jam
or honey & a pot of tea **6.75** (v)

(v) vegetarian (vg) vegan (vgo) vg option (gf) gluten free
(gfo) gf option (dff) dairy free (dffo) dairy free option