

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)
Sussex Scotch Egg, Locally Sourced Sausage Meat, Parmesan, Bacon Jam **9**
Salt & Pepper Fried Calamari, Garlic Mayo, Lemon **9**
Sussex Ham & Cheese Croquette, Dijon Mayo, Sage **9**
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**
Sussex Bangers, Mustard Mash, Garden Peas, Caramelized Onion Gravy **18**
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)
Chicken Ham & Leek Pie, Seasonal Greens, Creamy Mash, Red Wine Gravy **19**
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)

SANDWICHES & PLOUGHMANS (12pm-4pm)

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

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

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**

DESSERTS

English Strawberry Pavlova, Chantilly & Strawberry Ice Cream **8** (v)(gf)
Baileys Crème Brulee, Coconut Shortbread **8** (v) (gfo)
Honey Cheesecake, Fresh Raspberries **8** (v)
Vegan Brownie, Vanilla Ice Cream **8** (v)(vg)(df)
Trio of Ice Creams **7** (vgo)
Cakes Available - please ask your server for our daily selection

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