

# THE BEAR INN

## LUNCH & DINNER

*All of our dishes are homemade at The Bear, using fresh, seasonal ingredients.*

### FOR THE TABLE

- Mistoliva olives 5.5 v/vg/gf/df**  
**Garlic & rosemary focaccia, olive oil 6 vg/v**  
**Charred padron peppers, vindaloo ketchup 6 v**  
**Hot honey & thyme baked camembert, toasted focaccia, red onion (for two) 18**

### STARTERS

- Salt & pepper calamari, crispy squid rings, aioli, lemon 9.5 df**  
**Chorizo scotch egg, parmesan hollandaise 9**  
**Tempura asparagus, jalapeño mayo v/vg/gf**  
**Ham & cheese croquettes, dijon mayo, crispy sage 8**  
**Roasted tomato hummus, toasted pitta & pine nuts 8 v/vg nuts**

### MAINS

- Sussex beef burger**, two 4oz beef patties, toasted brioche bun, crisp lettuce, tomatoes, cheese, gherkins, burger sauce, house chips, coleslaw **18 gfo/dfo** (Add bacon **1.25**)  
**Flat iron steak (10oz)**, confit cherry tomatoes, tenderstem broccoli, house chips, peppercorn sauce **26 gfo/dfo**  
**Harveys beer battered cod**, house chi ps, peas, tartare sauce, lemon **18 gfo/dfo**  
**Chicken ham hock & leek pie**, seasonal greens, creamy mash, red onion gravy **20**  
**Classic Caesar salad**, gem lettuce, anchovies, croutons, parmesan, Caesar dressing **14** (Add crispy buttermilk chicken **4**)  
**Scampi**, house chips, peas, tartare sauce, lemon **18 df**  
**Frango burger**, buttermilk fried chicken, cabbage slaw, babygem lettuce, sriracha, toasted brioche bun, House chips **18 gfo**  
**Bangers & mash**, pork & leek sausages, creamy mash, seasonal greens, red onion gravy **17**  
**Sussex ham**, fried hen's egg, house chips, peas **16 dt/gto**  
**Heirloom tomato & burrata salad**, charred peaches, pistachio pesto **16 v/gf/nuts**  
**Sticky Gochujang cauliflower with kimchi**, sushi rice **17 v/vg**

### LIGHT BITES 12pm - 2:45pm

- Sandwich of the day served in toasted ciabatta**, with house chips. Please ask your server for todays filling **15 gfo**  
**Three cheese ploughmans**, cheddar, stilton, brie, pickled onions, vine tomatoes, chutney, gherkins, toasted ciabatta **16**  
**Meat ploughmans**, Sussex ham, Tamworth sausage roll, pickled onions, vine tomatoes, chutney, gherkins, toasted ciabatta **17**

### SIDES

- House chips 5 v/vg/gfo/df** / **Cheesy chips 6 v/gfo** / **Side salad**, baby gem lettuce, cherry tomatoes, onion, cucumber **5 v/vgo/gf**

### DESSERTS

- Rhubarb & apple crumble**, ginger oat crumble, custard **8 v/vgo/gf**  
**Chocolate mocha brownie**, caramel ice cream **9 v/mcn**  
**Baileys affogato**, vanilla ice cream, espresso **8 v/gfo/mcn**  
**Eton mess**, English strawberries, Chantilly cream, meringue, pistachio **8 v**  
**Sticky toffee pudding**, butterscotch sauce, caramel ice cream **8 v/mcn**  
**Chefs homemade rum & raisin ice cream 4.5 per scoop v/mcn**  
**Trio of ice creams 7.5 v/vgo/mcn**

Please make your server aware of any allergens prior to ordering

(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

Tables of 10+ will be subject to a 12% service charge