

# 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)

## SUNDAY ROASTS

*All served with Seasonal Greens, Roast Potatoes, Gravy, Yorkshire Pudding*  
Beef Topside **20** (gfo) / Pork Belly **19** (gfo) / Roast Chicken Breast **19** (gfo)  
Vegan Wellington (Roasted Sweet Potato, Peppers & Spinach) **18** (v)(vg)(df)

## 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**)  
**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