

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

Spicy chicken wings, blue cheese mayo 10

Black pudding scotch egg, homemade brown sauce 10

Soup of the day, toasted focaccia 8 gfo/vg/v

Cauliflower cheese croquettes, parmesan, hot sauce 8 v

Classic hummus, toasted pitta & pine nuts 8 v/vg/nuts

MAINS

Sussex beef burger, bacon & onion jam, toasted brioche bun, crisp lettuce, tomato, harissa mayo, house chips 18 gfo/dfo (Add cheese 0.75. Add bacon 1.25)

Flat iron steak (10oz), confit cherry tomatoes, tenderstem broccoli, house chips, peppercorn sauce 26 gfo/dfo

Harvey's beer battered cod, house chips, peas, tartare sauce, lemon 18 gfo/dfo

Steak & Guinness pie, seasonal greens, creamy mash, mustard 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, wild boar & apple sausages, creamy mash, seasonal greens, red onion gravy 17

Sussex ham, fried hen's egg, house chips, peas 16 df/gfo

Catch of the day, roasted new potatoes, tender stem broccoli & caper butter Market Price

Fish pie, smoked haddock, salmon & cod, cheddar potato, seasonal greens 20

Sticky Gochujang cauliflower with kimchi, sushi rice 17 v/vg

SANDWICH OF THE DAY

served in a toasted ciabatta with house chips

please ask your server for today's filling and price v/vgo/gfo/dfo

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

Bramble apple & blackberry crumble, custard 9 v/vg/gf

Biscoff blondie, caramel ice cream 9 v

Baileys affogato, vanilla ice cream, espresso 8 v/gfo/mcn

The Bear sundae, chocolate brownie, honeycomb, caramel sauce, ice cream 9

Sticky toffee pudding, butterscotch sauce, caramel ice cream 8 v/mcn

Chef's 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