



THE BEAR INN



"What could be more important than a little something to eat?"

Winnie the Pooh (A. A Milne)

FOR THE TABLE

MISTOLIVA OLIVES v/vg/gf/df	4.5
GARLIC & ROSEMARY FOCACCIA 5 <i>olive oil. Homemade at The Bear v/vg/df</i>	
CHARGRILLED PADRON PEPPERS 5 <i>smoked sea salt v/vg/gf/df</i>	

STARTERS

SALT & PEPPER CALAMARI 9 <i>crispy squid rings, aioli, lemon df</i>	
TOASTED PITTA BREAD & HUMMUS 6 <i>wild garlic oil, pine nuts v/vg</i>	
GARLIC & ROSEMARY BAKED CAMEMBERT v/gfo (for two) 17 <i>caramelised onion chutney, toasted sourdough</i>	

SUNDAY ROASTS

SUSSEX TOPSIDE OF BEEF 22 <i>Duck fat roast potatoes, creamed spring cabbage, glazed carrots, tenderstem broccoli, beef jus, Yorkshire pudding, horseradish gfo</i>	ROASTED CHICKEN SUPREME 20 <i>Duck fat roast potatoes, creamed spring cabbage, glazed carrots, tenderstem broccoli, Yorkshire pudding, beef jus gfo</i>
SLOW COOKED PORK BELLY 20 <i>Duck fat roast potatoes, creamed spring cabbage, glazed carrots, tenderstem broccoli, beef jus, Yorkshire pudding, apple sauce gfo</i>	ROASTED SWEET POTATO, PEPPER & SPINACH WELLINGTON 19 <i>Roast potatoes, creamed spring cabbage, glazed carrots, tenderstem broccoli, Yorkshire pudding, gravy v/vg/df</i>

MAINS

HARVEYS BEER BATTERED COD, 18 <i>house chips, peas, tartare sauce, lemon gfo</i>	
SUSSEX BEEF BURGER, Two 4oz patties, 17 <i>toasted brioche bun, crisp lettuce, tomatoes, gherkins, burger sauce, house chips, coleslaw gfo</i> <i>Add bacon £1.25 / Add cheese £1.25</i>	
CAULIFLOWER & CHICKPEA 17 BHUNA MASALA, lemon rice, mango chutney, poppadom v/vg/gfo/df	

SIDES

HOUSE CHIPS v/vg/gf/df 4.5	
CHEESY CHIPS v/gf 5.5	
GARDEN SALAD 4.5 <i>lettuce, lemon dressing, parmesan v/vgo/gf</i>	
TENDERSTEM BROCCOLI 5 <i>Sautéed chilli v/vg/gf</i>	

DESSERTS

ETON MESS whipped cream, English 8 <i>strawberries, meringue, pistachio v/nuts</i>	BAILEYS AFFOGATO 8 <i>vanilla ice cream, honeycomb v/gf</i>	STICKY TOFFEE 8 PUDDING <i>butterscotch sauce, caramel ice cream v</i>
HONEY & SEA SALT BROWNIE 8 <i>caramel sauce, vanilla ice cream v</i>	CHOCOLATE & COCONUT 8 TORTE raspberry coulis v/vg	
TRIO OF ICE CREAMS v/vgo 7.5	HOMEMADE RUM & RAISIN ICE CREAM v	4.5 per scoop

PLEASE LET US KNOW OF ANY ALLERGIES OR DIETARY REQUIREMENTS

(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