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 & Guiness 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**
Creamy wild mushroom & roasted butternut squash risotto, grated parmesan **17** v/vgo/gf

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

Brambley 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