



# 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	5-5
GARLIC & ROSEMARY FOCACCIA	6
olive oil v/vg/df	
CHARGRILLED PADRON PEPPERS	6
smoked sea salt v/vg/gf/df	
HOT HONEY & THYME (for two)	18
BAKED CAMEMBERT v/gfo	
toasted focaccia, red onion	

## STARTERS

SALT & PEPPER CALAMARI	9-5
crispy squid rings, aioli, lemon df	
CHORIZO SCOTCH EGG	9
parmesan hollandaise	
SOUP OF THE DAY	8
toasted garlic focaccia v/vg/df/gfo	
TOASTED PITTA BREAD & HUMMUS	7
wild garlic oil, pine nuts v/vg	

## SUNDAY ROASTS

SUSSEX TOPSIDE OF BEEF	23	ROASTED TURKEY BREAST	20
Duck fat roast potatoes, glazed carrots, seasonal greens, roast parsnip, red cabbage, beef jus, Yorkshire pudding, horseradish gfo		Apricot stuffing, duck fat roasted potatoes, braised red cabbage, glazed carrots, brussel sprouts, yorkshire pudding gfo	
SLOW COOKED PORK BELLY	20	ROASTED SWEET POTATO, PEPPER & SPINACH WELLINGTON	19
Duck fat roast potatoes, glazed carrots, seasonal greens, roast parsnip, red cabbage, beef jus, Yorkshire pudding, apple sauce gfo		Roast potatoes, glazed carrots, seasonal greens, roast parsnip, Yorkshire pudding, gravy v/vg/df	

## MAINS

HARVEYS BEER BATTERED COD,	18
house chips, peas, tartare sauce, lemon gfo	
SUSSEX BEEF BURGER, Two 4oz patties,	18
toasted brioche bun, crisp lettuce, tomatoes, cheese, gherkins, burger sauce, house chips, coleslaw gfo	
Add bacon £1.25	
PLANT BASED THAI RED CURRY,	17
squash, corn, cauliflower, seasonal greens, coconut rice v/vg/gfo/df	

## SIDES

HOUSE CHIPS v/vg/gfo/df	5
CHEESY CHIPS v/gfo	6
SIDE SALAD baby gem lettuce, cucumber, cherry tomatoes, onion v/vgo/gf	5
PIGS IN BLANKET	6.5

## DESSERTS

SPICED APPLE, PEAR & STEM GINGER CRUMBLE	8	AMARETTO & MINCE PIE	8	STICKY TOFFEE PUDDING	8
custard v/vg/vgo/gf		AFFOGATO		butterscotch sauce, caramel ice cream v/mcn	
CHOCOLATE & ORANGE BROWNIE	8	vanilla ice cream, espresso v/gfo/mcn		CHEFS HOMEMADE RUM & RAISIN ICE CREAM v/mcn	4-5 per scoop
vanilla ice cream v/mcn		BAILEYS CRÈME BRÛLÉE	8		
TRIO OF ICE CREAMS v/vgo/mcn	7-5	with shortbread biscuit v/gfo			

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