



Winter

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
olive oil. Homemade at The Bear v/vg/df
- CHARGRILLED PADRON PEPPERS** 5
smoked sea salt v/vg/gf/df

- LOCAL HONEY & WALNUT (for two) 17**
- BAKED CAMEMBERT v/gfo/nuts**
caramelised onion chutney, toasted sourdough

STARTERS

- SALT & PEPPER CALAMARI** 9
crispy squid rings, aioli, lemon
- SUSSEX SCOTCH EGG** 9
local sausage meat, hollandaise, parmesan
- WHITE BEAN & LEEK SOUP** 8
toasted garlic focaccia v/vg/df/gfo
- POTATO & MUSHROOM CROQUETTES** 8
miso truffle mayo v/vg

MAINS

- WILD VENISON COTTAGE PIE** 19
Topped with blue cheese mash. Tenderstem broccoli gf
- FLAT IRON STEAK (100z)** 26
Confit cherry tomatoes, tenderstem broccoli, house chips, peppercorn sauce gfo
- COD CHOWDER** 22
Pan fried cod fillet, mussels, potato, greens, pickled cucumber, toasted focaccia
- CHICKEN, HAM & LEEK PIE** 18
Seasonal greens, creamy mash, red wine gravy
- RATATOUILLE RISOTTO** 16
fresh basil, sundried tomatoes v/vg/df
- AUBERGINE PARMIGIANA** 16
Layered roasted aubergine, in a rich tomato sauce, vegan cheese, basil, house salad v/vg/gf
- HARVEYS BEER BATTERED COD** 18
House chips, peas, tartare sauce, lemon gfo
- LAMB BURGER** 17
Harrisa onions, goats cheese, toasted brioche bun, house chips
- SUSSEX BEEF BURGER** 16
Two 4oz patties, toasted brioche bun, crisp lettuce, tomatoes, gherkins, burger sauce, house chips gfo
Add bacon £1.25 / Add cheese £1.25
- CUMBERLAND SAUSAGES & MASH** 16
Seasonal greens, red onion gravy
- HONEY ROASTED HAM** 15
Fried hen's egg, house chips, peas gf/df
- SCAMPI** 18
house chips, peas, tartare sauce, lemon df

SIDES

- HOUSE CHIPS v/vg/gf/df** 4
- CHEESY CHIPS v/gf** 5
- GARDEN SALAD** 4
lettuce, lemon dressing, parmesan v/vgo/gf
- TENDERSTEM BROCCOLI** 5
Sautéed chilli v/vg/gf

SANDWICHES 12pm-2:45pm

Served on white or granary bread, with crisps & salad

HONEY ROASTED HAM & MUSTARD 9.5 gfo

BACON & BRIE 9.5 gfo

MATURE CHEDDAR & PICKLE 9.5 v/gfo

DESSERTS

- WINTER BERRY & APPLE CRUMBLE** 8
vanilla bean custard v/gf
- HONEY & SEA SALT BROWNIE** 8
caramel sauce, vanilla ice cream v
- TRIO OF ICE CREAMS v/vgo** 7.5
- BAILEYS AFFOGATO** 8
vanilla ice cream, honeycomb v/gf
- VEGAN CHOCOLATE BROWNIE** 8
vanilla ice cream v/vg
- PETE'S HOMEMADE RUM & RAISIN ICE CREAM** v 4.5 per scoop
- STICKY TOFFEE PUDDING** 8
butterscotch sauce, caramel ice cream v

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