

# 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  
Tomato, rosemary & garlic focaccia olive oil 6 vg/df  
Chargrilled padron peppers, smoked sea salt 6 v/vg/gf/df  
Hot honey & thyme baked camembert, toasted focaccia, red onion (for two) 18 v/gfo

### STARTERS

- Salt & pepper calamari, crispy squid rings, aioli, lemon 9.5 df  
Chorizo scotch egg, parmesan hollandaise 9  
Tempura asparagus, jalapeño mayo v/vg/gf 8  
Soup of the day, toasted garlic focaccia v/vg/df/gfo 8  
Ham & cheese croquettes, dijon mayo, crispy sage 8  
Beetroot hummus & toasted pitta, pine nuts 8 v/vg/nuts

### MAINS

- Sussex beef burger, two 4oz beef patties, toasted brioche bun, crisp lettuce, tomatoes, cheese, gherkins, burger sauce, house chips, coleslaw 18 gfo/dfo (Add bacon 1.25)  
Flat iron steak (10oz), confit cherry tomatoes, tenderstem broccoli, house chips, peppercorn sauce 26 gfo/dfo  
Harveys beer battered cod, house chips, peas, tartare sauce, lemon 18 gfo/dfo  
Braised lamb shoulder, mint & pea pie, seasonal greens, creamy mash, red wine 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, baby gem lettuce, sriracha, toasted brioche bun, House chips 18 gfo  
Bangers & mash, pork & leek sausages, creamy mash, seasonal greens, red onion gravy 17  
Sussex ham, fried hen's egg, house chips, peas 16 df/gfo  
Oyster mushroom, tomato & lentil lasagne, garlic flat bread 17 v/vg  
Sweet & sour aubergine, walnuts, pomegranate, rice 17 v/vg

### LIGHT BITES 12pm - 2:45pm

- Sandwich of the day Served in toasted ciabatta, with house chips. *Please ask your server for today's filling* 15 gfo  
Three cheese ploughmans, cheddar, stilton, brie, pickled onions, vine tomatoes, chutney, gherkins, toasted ciabatta 16  
Meat ploughmans, Sussex ham, Tamworth sausage roll, pickled onions, vine tomatoes, chutney, gherkins, toasted ciabatta 17

### 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

- Rhubarb & apple crumble, ginger oat crumble, custard 8 v/vgo/gf  
Chocolate mocha brownie, caramel ice cream 9 v/mcn  
Baileys affogato, vanilla ice cream, espresso 8 v/gfo/mcn  
Glazed lemon tart, raspberry curd 8 v  
Sticky toffee pudding, butterscotch sauce, caramel ice cream 8 v/mcn  
Chefs 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