



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 4

Homemade at The Bear.

Served with olive oil v/vg/df

CHARGRILLED PADRON PEPPERS 4

Smoked sea salt v/vg/gf/df

SMALLS

SALT & PEPPER CALAMARI 8

Crispy squid rings, aioli, lemon

HAM HOCK TERRINE 8

Pistachios, pickled red onion, mustard crème, crispy capers, crostinis gfo/nuts

CHARGRILLED AUBERGINE MEZE 6

Hummus, pomegranate, toasted focaccia v/vg



Our fresh fish is locally caught on the South coast fishing boats, and delivered to us daily



COD CHOWDER

Pan fried cod fillet, mussels, potato, greens, pickled cucumber, toasted focaccia

Small 10.5

Main 19

SMOKED BACON &

CIDER MUSSELS

Served with toasted focaccia gfo

Small 10

Main 18

Mains include house chips

MAINS

FLAT IRON STEAK (100z)

Confit cherry tomatoes, broccoli, house chips, peppercorn sauce gfo

24

CHICKEN, HAM & LEEK PIE

Seasonal greens, creamy mash, red wine gravy

16

HARVEYS BEER BATTERED COD

House chips, mushy peas, tartare sauce, lemon

16

HONEY ROASTED HAM

Fried hen's egg, house chips, peas gf

15

THE BEAR BEEF BURGER

Two 4oz patties, toasted brioche bun, crisp lettuce, tomatoes, gherkins, burger sauce, house chips gfo

16

Add bacon £1. Add cheese £1

CUMBERLAND SAUSAGES

Mustard mash, garden greens, caramelized onion gravy

17

ROASTED BUTTERNUT

SQUASH & SAGE RISOTTO

Pine nuts, parmesan v/vgo/nuts

15

SANDWICH OF THE DAY

Toasted ciabatta, with house chips.

Please ask your server for our daily

sandwich filling & price gfo

SIDES

GARDEN SALAD

Crisp lettuce, lemon dressing, parmesan v/vgo/gf

4

HOUSE CHIPS v/vg/gf/df 4

CHEESY CHIPS v/gf 5

TENDERSTEM

BROCCOLI

Sautéed chilli v/vg/gf

5

AFTERS

DARK CHOCOLATE TART

Clotted cream ice cream, pistachios v/nuts

8

BAILEYS AFFOGATO

Vanilla ice cream, honeycomb v

7

LEMON TART

Raspberry curd v

8

VEGAN CHOCOLATE BROWNIE

Vanilla ice cream v/vg

7

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*