



Autumn

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

STARTERS

SALT & PEPPER CALAMARI 9
crispy squid rings, aioli, lemon df

TOASTED PITTA BREAD & HUMMUS 6
wild garlic oil, pine nuts v/vg

CHORIZO SCOTCH EGG 9
parmesan hollandaise

HOT HONEY & THYME (for two) 17
BAKED CAMEMBERT v/gfo
toasted ciabatta, red onion

MAINS

CHARGRILLED FLAT IRON STEAK, 28
8oz Steak, roasted cherry tomatoes, broccoli,
chips, peppercorn sauce gf

STEAK & ALE PIE 20
creamy mash, seasonal greens, red wine gravy

HARVEYS BEER BATTERED COD, house chips, 18
peas, tartare sauce, lemon gfo

FRANGO BURGER, buttermilk fried chicken, 18
cabbage slaw, baby gem lettuce, sriracha,
toasted brioche bun, house chips

SUSSEX BEEF BURGER, Two 4oz patties, 17
toasted brioche bun, crisp lettuce, tomatoes,
gherkins, burger sauce, house chips, coleslaw gfo
Add bacon £1.25 / Add cheese £1.25

CAULIFLOWER & CHICKPEA 17
BHUNA MASALA, lemon rice, mango
chutney, poppadom v/vg/gfo/df

SUSSEX HAM, fried hen's egg, house chips, 16
peas gf/df

SCAMPI, house chips, peas, tartare sauce, 18
lemon df

BUTTERNUT SQUASH & SAGE RISOTTO 18
v/vg/gf

LOADED CHIPS

BRISKET LOADED CHIPS 9
house chips topped with smoked beef brisket,
jalapeños & sriracha ketchup

CHIPS 'N' GRAVY 8
house chips, topped with cheese,
gravy & bacon

LIGHT BITES

SANDWICH OF THE DAY Toasted 14
ciabatta, with house chips. Please ask your
server for our daily sandwich filling gfo

SIDES

HOUSE CHIPS v/vg/gf/df 4.5

CHEESY CHIPS v/gf 5.5

GARDEN SALAD lettuce, lemon 4.5
dressing, parmesan v/vgo/gf

DESSERTS

TREACLE TART 8
clotted cream v

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

APPLE & BLACKBERRY 8
CRUMBLE custard v/vg/gf

CHEFS HOMEMADE RUM & RAISIN ICE CREAM v

STICKY TOFFEE 8
PUDDING
butterscotch sauce,
caramel ice cream v

4.5
per
scoop

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