



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

STARTERS

SALT & PEPPER CALAMARI crispy squid rings, aioli, lemon df	9
TOASTED PITTA BREAD & HUMMUS wild garlic oil, pine nuts v/vg	6
CHORIZO SCOTCH EGG parmesan hollandaise	9
HOT HONEY & THYME BAKED CAMEMBERT v/gfo (for two)	17
toasted ciabatta, red onion	

SUNDAY ROASTS

SUSSEX TOPSIDE OF BEEF Duck fat roast potatoes, glazed carrots, seasonal greens, roast parsnip, red cabbage, beef jus, Yorkshire pudding, horseradish gfo	22	ROASTED CHICKEN SUPREME Duck fat roast potatoes, glazed carrots, seasonal greens, roast parsnip, red cabbage, beef jus, Yorkshire pudding gfo	20
SLOW COOKED PORK BELLY Duck fat roast potatoes, glazed carrots, seasonal greens, roast parsnip, red cabbage, beef jus, Yorkshire pudding, apple sauce gfo	20	ROASTED SWEET POTATO, PEPPER & SPINACH WELLINGTON Roast potatoes, glazed carrots, seasonal greens, roast parsnip, Yorkshire pudding, gravy v/vg/df	19

MAINS

HARVEYS BEER BATTERED COD, house chips, peas, tartare sauce, lemon gfo	18
SUSSEX BEEF BURGER, Two 4oz patties, toasted brioche bun, crisp lettuce, tomatoes, gherkins, burger sauce, house chips, coleslaw gfo Add bacon £1.25 / Add cheese £1.25	17
CAULIFLOWER & CHICKPEA BHUNA MASALA, lemon rice, mango chutney, poppadom v/vg/gfo/df	17

SIDES

HOUSE CHIPS v/vg/gf/df	4.5
CHEESY CHIPS v/gf	5.5
GARDEN SALAD lettuce, lemon dressing, parmesan v/vgo/gf	4.5
TENDERSTEM BROCCOLI Sautéed chilli v/vg/gf	5

DESSERTS

TREACLE TART clotted cream v	8	BAILEYS AFFOGATO vanilla ice cream, honeycomb v/gf	8	STICKY TOFFEE PUDDING butterscotch sauce, caramel ice cream v	8
HONEY & SEA SALT BROWNIE caramel sauce, vanilla ice cream v	8	APPLE & BLACKBERRY CRUMBLE custard v/vg/gf	8		
TRIO OF ICE CREAMS v/vgo	7.5	CHEFS HOMEMADE RUM & RAISIN 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