



# THE BEAR HOTEL

## ALFRESCO MENU

*Please always inform your server of any allergies  
or intolerances before placing your order*

### APERITIFS

**Y Bont Handcrafted Gin & Fever Tree Tonic** £6.50  
**Aperol Spritz** £8.50, **Glass of Henriot Champagne** £8

### NIBBLES & SMALL PLATES

**Mixed Olives** £4

**Warm Artisan Breads & Olives** £6.50

**Soup of The Day** *Bread & Butter (V)(GFO)* £6.50

**Potted Crayfish** *Clarified Butter, Toast (GFO)* £8.95

**Belly Pork Bites** *Gochujang Glaze, Sesame Seed & Spring Onion (GF)* £7.95

**Cinnamon Pickled Cauliflower Florets** *Tahini, Pomegranate Molasses (VG)(GF)* £7.95

**Heritage Tomato Caprese Salad** *Mozzarella Di Bufala, Toasted Pine Nut, Salsa Verde (GF)(V)* £8.95

**Bear Charcuterie Board** *Olives, Sundried Tomatoes, House Pickles, Bread* £19.95 (To share)

**Grilled Aubergine** *Beetroot Houmous, Baba Ghanoush (VGO)(GF)* £8.50

**Pan Seared Scallops** *Pancetta, Peas & Oyster Nage* £9.95/£17.95

**Duck Salad** *Hoi-Sin Sauce, Spring Onion, Sesame Seeds* £9.50

**Calamari** *Garlic & Lemon Mayonnaise* £7.95/£13.95

**Moules Marnier** *Chunky Loaf (GFO)* £8.95

### OPEN SANDWICHES

*All Served on Home Made Olive Focaccia (Served lunch time only)*

**Grilled Aubergine** *Tahini, Hummus, Lemon Juice (VG)* £8.50

**Home Smoked Trout** *Bagna Cauda Sauce, topped with Anchovies* £8.50

**Slow Braised Pulled Pork** *Jalapenos & Tossed Spring Onion Salad* £8.50

**Prawn & Crayfish Cocktail** *Bloody Mary Marie Rose, Rocket* £8.50

*A discretionary service charge of 10% will be added to your bill, all tips go to the team.  
Please let us know if you would like this to be removed.*

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## BIGGER PLATES

**Tuscan Butterbean Stew** Grilled Aubergine (VG)(GFO) £13.95

**Primavera Risotto** Broad Beans, Petit Pois & Chives (VG)(GF) £12.95

**Moules Marnier** Skin on Fries, Chopped Parsley (GFO) £15.95

**Grilled Seabass** Heritage Tomato & Red Onion Fricassee (GF) £15.95

**Glamorgan Pale Ale Battered Haddock** Pea Compote, Lemon, Triple Cooked Chips £14.95

**French Trimmed Chicken Breast** Dauphinoise, Chardonnay Velouté £16.50

**Twice Cooked Lamb Belly** Spiced Tomato & Butterbean Cassoulet, Coriander & Mint Yoghurt (GF) £15.95

**Niçoise Salad** Green Beans, Potato, Tynyaia Farm Egg, Tomato, Jersey Royals (GF) £11.95

Add Confit Duck Leg +£4.50 Add Smoked Trout +£5 Add Feta +£3

## GRILL

All Served with Triple Cooked Chips, Plum Tomato & Baked Portobello Mushroom (GF)

**Locally Sourced 28 Day Dry Aged 8oz Ribeye** £21.95

**10oz Horseshoe Gammon Steak** Tynyaia Farm Egg, Grilled Pineapple £15.95

Peppercorn Sauce £3.50, Garlic Sauce £3.50, Blue Cheese Sauce £3.50

## BURGERS

All Served with House Triple Cooked Chips, Beef Tomato, Rocket & Brioche Bun

**Matthew Barratt's Burger** Monterey Jack, Bacon, Fried Egg, Cracked Black Pepper Mayo £15.50

**Plant Based Patty** Sweet Chilli Glaze, Brioche Style Bun (VG) £14.50

**Piri Piri Chicken Stack** Lemon Garlic Aioli, Brioche Style Bun £15.50

## SIDES

Chunky Hand Cut Chips £3.95, Chopped Salad £3.95, Vegetable Pot £3.95

Watercress & Rocket Salad £3.95, Parmesan Jersey Royals £4.95

## DESSERTS

**Lemon Curd Tart** Raspberries (V) £7.95

**Brecon Gin & Tonic Cheesecake** Berry Compote (V) £7.95

**Chocolate & Orange Brownie** Orange Sorbet (VG)(GF) £7.95

**Sticky Toffee & Caramelised Date Pudding** Butterscotch Sauce (V) £8.50

**Chocolate Golden Syrup Steamed Sponge Pudding** Vanilla Ice Cream £8.50

**Mango & Passionfruit Bavaois** Mango coulis £8.50

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# WINE LIST

## WHITE

	Origin	175ml/250ml	Bottle
Los Picos Reserve Sauvignon Blanc	Chile	£5/£7	£20.95
Marques de Caceres Excellens Blanco	Spain		£21.95
Los Picos Reserve Chardonnay	Chile	£5/£7	£20.95
Capriano Pinot Grigio/Glera	Italy	£6/£7.50	£21.95
Oude Kaap Chenin Blanc	South Africa	£6/£7.50	£21.95
Allan Scott, Marlborough, Sauvignon Blanc	N Zealand	£7.50/£9.25	£27.95
Sancerre Blanc Cherrier Pere st Fils	French		£35.95
Chateau du Seuil Graves Blanc	French		£30.95

## ROSE

Los Picos Reserve Cabernet Sauvignon Rose	Chile	£5/£7	£20.95
Marques de Caceres Excellens Rosado	Spain	£6/£7.50	£21.95
Capriano Pinot Grigio Blush	Italy	£6/£7.50	£21.95
Paradise Point Zinfandel Rose	USA	£6.25/£7.95	£22.95
Whispering Angel, Provence Grenache	France		£34.95

## RED

Los Picos Reserve Merlot	Chile	£5/£7	£20.95
Oude Kaap Reserve Shiraz	S Africa	£6/£7.50	£21.95
Marques de Caceres Excellens Crianza	Spain	£6.50/£8.50	£24.95
Bodega Privada Malbec, Bonarda	Argentina	£6.50/£8.50	£22.95
El Vinculo Crianza La Mancha	Spain		£24.95
Montepulciano D'Abr Rosso DOC	Italian		£21.95
Fleurie Dom Aufran	French		£27.95
Musar Jeune	Lebanon		£27.95
Allan Scott Pinot Noir	New Zealand		£33.95

## SPARKLING & CHAMPAGNE

Prosecco Spumante Borgo Del Col Alato	Italy		£28.95
Prosecco Spumante Borgo Alato Rosato	Italy		£28.95
Henriot Brut Souverain	French		£40
Pommery Brut Royal	French		£50
Pommery Brut Rose	French		£60
Laurent Perrier Cuvee Rose NV	France		£95

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