



## THE BEAR HOTEL

# SAMPLE SUNDAY MENU

### STARTERS

**Soup of The Day** Hand Rolled Halen Môn Butter (V)(GFO) 6.50

**Salmon & Crayfish Tian** Pickled Cucumber 8.00

**Tempura Vegetables** Szechuan Sauce & Sesame (VG) 7.50

**Chicken Liver Parfait** Onion Chutney Crostini 7.95

### MAINS

**Slow Matured Topside of Glamorgan Beef** Yorkshire Pudding 16.50

**Roast Leg of Welsh Lamb** Mint Sauce 16.50

**Belly Pork** Apple Sauce 16.50

**Pearl Barley & Nut Assiette** Plant Based Gravy (VG) 13.95

**Pan Seared Sea Bass** Warm Tartar Sauce 16.50

*All served with Roast Potatoes & Vegetables*

### SIDE ORDERS

Vegetable Pot 3, Cauliflower Cheese 4

Roasted Potatoes 3, Swede Mash 4

### DESSERTS

**Sticky Toffee Pudding** Butterscotch Sauce & Ice Cream 7.95

**Lemon Tart** Chantilly Cream 7.95

**Vanilla & Tonka Bean Rice Pudding** White Chocolate & Fresh Raspberries 7.95

**'Cowbridge Mess'** Meringue, Chantilly Cream & Berry Compote 7.95

(V) Vegetarian, (VO) Vegetarian Option, (VG) Vegan, (VGO) Vegan Option, (GF) Gluten Free, (GFO) Gluten Free Option  
Always inform a member of the team of any allergies before placing your order as not all ingredients can be listed.  
Detailed allergen information is available on request. Our fish dishes may contain small bones; please take care.  
We cannot guarantee the total absence of allergens in our dishes.