

THE BEAR

COWBRIDGE

November Menu

Fixed Price Menu Offer

Two Course £20

Three Course Menu £24

Available Monday to Thursday

12pm to 2:30pm & 5pm to 7pm

Choose from the menu items marked with a *

Sandwiches Available 12-5pm

White or Malted Bloomer with House Salad

Welsh Beef Topside

Horseradish & Rocket 9.50

Smoked Salmon

Chive Cream Cheese & Cucumber 9.50

Sweet Beetroot

Pear & Pickled Red Cabbage (VG) 9.50

Glazed Welsh Pale Ale Rarebit

Caramelised Onion Relish (V) 9.50

Snacks Available 12-9pm

Mixed Olives (VG & GF) 4

Homemade Breads Salted Butter (V & VGO) 4

Hand Rolled Pork & Apple Sausage Roll Brown Sauce 5

Millionaire Potato Gratin Cubes Truffle Shavings & Welsh Cheddar (V) 5

Starters Available 12-9pm

Soup of The Day Sour Dough Bread (GFO) (VG) 7*

Monkfish Scampi Lemon Butter Sauce 9.50

Compressed Ham Hock & Parsley Terrine Apricot Jam & Toast (GFO) 8*

Y- Fenni Cheese & Leek Arancini Braised Tomato, Welsh Cheddar (V) 9

Tempura Cauliflower Crispy Leeks, Marmite Butter (VG) 8*

Brecon Venison Scotch Egg Smoked Bacon Chilli Jam 9

Bloody Mary Seafood Cocktail Homemade Bread & Butter (GFO) 10.50

Caramelized Parsnip & Kale Salad Toasted Hazelnut, Pomegranate & Apple (VG) 8 / 15

Please let us know if you have any allergies or require information or require information on any ingredients in our dishes.
A discretionary optional service charge of 10% will be added to your bill, all proceeds go to the team.

THE BEAR

C O W B R I D G E

Pub Available 12-9pm

Braised Hispi Cabbage Butternut Squash & Sage Hash, Gravy (VG)	15*
Local Ale Battered Haddock Pea Compote, Chargrilled Lemon, Hand Cut Chips	16.50
Hunters Chicken Streaky Bacon, Leek & Caerphilly Gratin, Smoked BBQ Sauce (GF)	16.50
Welsh Beef & Ale Pie Mash, Mushy Peas, Crispy Onions, Three Day Gravy Reduction	16.50
Bears Own Recipe Sausage Swirl Whipped Potato, Caramelised Onion Jus	16.50*
Coed -Y-Mwstwr Honey & Clove Roasted Ham Tynyaia Eggs, Hand Cut Chips (GFO)	15
Welsh Chuck Beef Burger Baby Gem, Beef Tomato, Burger Relish Mayo (GFO)	15*
Add Rarebit 3 / Bacon 2	

Mains Available 12-2.30 & 5-9pm

Catch Of The Day Please Ask For Todays Catch	19*
Beetroot Gnocchi Roasted Beetroot Cashew Cream (VG)	17
Welsh 28 Day Dry Age 6oz Fillet Dauphinoise Potato, Shallot & Red Wine Jus	35
Welsh 28 Day Dry Aged 8oz Ribeye Hand Cut Chips Steak Garnish (GF)	26
Add Pepper Sauce / Garlic Cream Reduction 3	

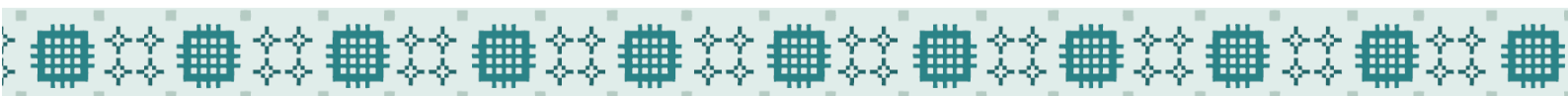
Sides

Mixed Side Salad	4
Rarebit Mac & Cheese	4
Coed -Y-Mwstwr Honey Roast Root Vegetables	4
Hand Cut Chips	4
Braised Red Cabbage & Cinnamon	4
Garlic Buttered Kale	4

Puddings Available 12-9pm

Honey & Black Mountain Brandy Cheesecake Biscoff Crumb, Salted Caramel Cream	8
Sticky Toffee & Caramelised Date Pudding Butterscotch Sauce (V)	7*
Vanilla Steamed Sponge Pudding Coconut & Strawberry Jam (V)	7
Cinnamon Poached Old Rectory Williams Pear (VG & GF)	7*
Bear Mess Meringue, Fruits of the Forest, Vanilla Cream (V & GF)	8*
Apple & Blackberry Crumble Fresh Custard (V)	8
Add Welsh Dairy Ice Cream, Fresh Custard or Welsh Double Cream	+1.50

Please let us know if you have any allergies or require information or require information on any ingredients in our dishes.
A discretionary optional service charge of 10% will be added to your bill, all proceeds go to the team.





THE
BEAR
COWBRIDGE

Little Bear Cubs

Starters

Garlic Bread	4
Tomato Soup (vg)	4

Mains

Welsh Sausage	6
Battered MSC Cod Goujons	6
Chicken Nuggets	6
Plant Based Burger (vg)	6

Above All served with a choice of hand cut chips, mashed potato, baked peas or peas

6

Glazed Three Cheese Macaroni	6
Roasted Tomato Pasta (vg)	

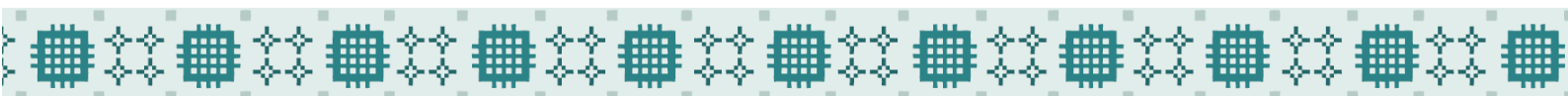
Desserts

Sticky Toffee & Caramelised Date Pudding, Butterscotch	4.50
Belgian Waffle, Vanilla Ice Cream	5.50
Two Scoops Of Ice Cream Choice Of Vanilla, Strawberry Or Chocolate	3.75

Drinks

Cordial & Water	1.50
Fruit Shoot	2
Appetizer	3.50
J20 Orange & Passion Fruit	3.50

Please let us know if you have any allergies or require information or require information on any ingredients in our dishes.
A discretionary optional service charge of 10% will be added to your bill, all proceeds go to the team.





THE
BEAR
COWBRIDGE

Festive Menu Two Courses 25 | Three Courses 32

While You Wait

Mini Farmhouse Loaf Rolled Salted Butter

To Start

Roasted Parsnip & Apple Soup Parsnip Crisps (VG & GF)

Ham Hock Terrine Sage & Silver Skin Compote

Salmon & Caper Butter Terrine Pickled Fennel

Carpaccio Of Golden Beetroot Walnut Brittle, Curly Endive (VG & GF)

To Follow

Ballotine Of Turkey Breast Wrapped In Parma Ham, Served With All The Trimmings

Welsh Ale Braised Blade Of Beef Horseradish Creamed Potato, Pancetta & Thyme Reduction

Pan Seared Hake Puy Lentil Cassoulet

Stuffed Potimarron Pearl Barley & Nut Bake, Pan Juices (VG & GF)

To Finish

Traditional Christmas Pudding Barti Rum Soaked Raisins, Brandy Cream

Honey & Brandy Cheesecake Chantilly Cream

Orange Pannacotta Spiced Cranberry Compote

Cinnamon Roasted Plums Vanilla Ice Cream (VG & GF)

Please let us know if you have any allergies or require information or require information on any ingredients in our dishes.
A discretionary optional service charge of 10% will be added to your bill, all proceeds go to the team.





THE
BEAR
COWBRIDGE

Festive Sunday Menu Two Courses 25 | Three Courses 32

Starters

Parsnip & Apple Soup Parsnip Crisp (VGO)(GFO)	7
Ham Hock Terrine Sage & Silverskin Compote	9
Thyme Roasted Peaches Raspberry Emulsion & Rocket (VG)(GF)	8
Salmon & Caper Butter Terrine Pickled Fennel	9

Roasts

Slow Matured Topside of Glamorgan Beef Yorkshire Pudding	16.50
Roast Leg of Lamb Mint Sauce	16.50
Ballotine of Turkey Breast Wrapped in Parma Ham	16.50
Assiette of Nut & Braised Pearl Barley (VG)	14

All served with Roast Potatoes & Seasonal Vegetables

Mains

Catch of The Day Dauphinoise Potatoes , Lemon Hollandaise	18
--	----

Sides

Vegetable Pot 3 Roasted Potatoes 3 Buttered New Potatoes 4 Cauliflower Cheese 4

Desserts

Traditional Christmas Pudding Barti Du Rum Soaked Raisins, Brandy Cream	8
Honey & Brandy Cheesecake Vanilla Cream	8
Orange Pannacotta Spiced Cranberry Compote	8
Cinnamon Roasted Plums Vanilla Ice Cream (VG) (GF) `	8

Please let us know if you have any allergies or require information or require information on any ingredients in our dishes.
A discretionary optional service charge of 10% will be added to your bill, all proceeds go to the team.

