



THE BEAR

HOTEL

LUNCH MENU

NIBBLES

Warm Artisan Breads Balsamic & Oil & Olives £6

Glazed Mini Pork Cumberland Sausage Pot £6

Chef's Soup of The Day (V) £6

Pork Liver Pate, Toasted Sourdough & Sundried Tomato Salad £6

Smoked Salmon & Prawn Tian, Dill Crème Fraiche £6

SANDWICHES

Roast Glamorgan Beef & Horseradish £6

'Tynyaia Farm' Free Range Egg & Mayo £6 (V)

Chicken & Bacon, Mayonnaise, Shredded Lettuce £6

Cured Ham, Salad & Mustard Mayonnaise £6

Pole & Line Caught Tuna, Red Onion & Mayonnaise £6

Sun Blushed Tomato, Humus & Shredded Carrot £6 (VG)

'Bloody Mary' Prawn Cocktail, Baby Gem £6.50

Smoked Salmon & Dill Cream Cheese £7.50

SIDES

Chunky chips £3.50, Chopped Salad £3.50,

Peppercorn Sauce £3, Garlic Sauce £3

(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



NIBBLES

Warm Artisan Breads Balsamic & Oil & Olives £6

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Smoked Salmon & Prawn Tian, Dill Crème Fraiche £6

MAIN COURSE

Duo of Plaice with Fondant Potato and Warm Tartar sauce £16

Pan Seared Stone Bass, Squid Ink Risotto (GF) £18

Pan Seared Gnocchi, Mediterranean Compote (VG) £13

Rolled Pork Belly, Garlic Mashed Potato, Mustard reduction (GFO) £15

French Trimmed Chicken Breast, Dauphinoise, Pinot cream (GF) £16

Local Ale Battered Cod, Grilled Lemon, Pea Compote & Chips (GFO) £14

Roasted Lamb Rump, Fondant potato, Brunoise of Vegetables & Salsa Verde (GF) £22

Ale Braised Ox Cheek, Creamed Celeriac, Caramelised Silverskins Ale Reduction (GF) £20

Greek Salad; Aged Feta, Cucumber, Tomato, Red Onion, Olives & Mixed Leaves (V, GF) £11

ADD Chicken £3

BURGERS

All served in Brioche Bun, Baby Gem & Chunky Chips (GFO)

6oz Welsh Beef Burger, Bacon, Fried egg & Melted Cheese £14

Plant Based Burger, Chili Sauce (VG) £13

Cajun Chicken Stack, Cucumber Yoghurt £13

GRILL

All served with house Chips

10oz Gammon Steak, Tynyaia Farm Egg & Grilled Pineapple £15

Locally Sourced 28 Day Dry Aged 8oz Ribeye Steak £19

Pan Seared Locally Sourced 28 Day Dry Aged Fillet Steak £25

SIDES

Chunky chips £3.50, Chopped Salad £3.50, Vegetable Pot £3.50

Peppercorn Sauce £3, Garlic Sauce £3

DESSERTS

Baked Vanilla Cheesecake, Summer Berry Compote £6

Dark Chocolate Brownie, chocolate fudge sauce £7

Sticky Toffee Pudding Butterscotch, Vanilla ice cream £7

Coconut Panacotta, Pineapple & Rum Compote £6

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TABLE D'HOTE MENU

STARTERS

Chef's Soup of The Day (V)
Artisan Bread

Shredded Cured Ham Salad
Piccalilli

Smoked Salmon & Prawn Tian
Dill Crème Fraiche

MAIN COURSE

Rolled Pork Belly & Apple Sauce

Duo of Plaice, Fondant Potato & Warm tartare Sauce

Sundried Tomato & Olive Tapenade Risotto (VG)

DESSERTS

Toffee Pudding, Butterscotch Sauce, Vanilla Ice-cream

Warm Chocolate Brownie, Vanilla Pod Ice Cream

Baked Vanilla Cheesecake, Forest Fruit Compote

2 COURSE £15

3 COURSE £19

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WINE LIST

WHITE

	Origin	175ml/250ml	Bottle
Los Picos Reserve Sauvignon Blanc	Chile	£4.65 / £6.25	£18.95
Marques de Caceres Excellens Blanco	Spain		£19.95
Los Picos Reserve Chardonnay	Chilie	£4.65 / £6.25	£18.95
Capriano Pinot Grigio/Glera	Italy	£5.70/£7.70	£19.95
Trebbiano IGT Rubicone La Casada	Italy	£5.70/£7.70	£19.95
Kotuku, Marlborough Sauvignon blanc	N Zealand	£6.55/£8.50	£23.95
Allan Scott, Marlborough, Sauvignon Blanc	N Zealand		£26.95

ROSE

Los Picos Reserve Cabernet Sauvignon Rose	Chile	£4.65 / £6.25	£18.95
Marques de Caceres Excellens Rosado	Spain	£5.20/£6.70	£19.95
Capriano Pinot Grigio Blush	Italy	£5.70/£7.20	£19.95
Paradise Point Zinfandel Rose	USA	£5.85/£7.70	£20.95
Whispering Angel, Provence Grenache	France		£34.95

RED

Los Picos Reserve Merlot	Chile	£4.65 / £6.25	£18.95
Rubicone IGT Sangiovese La Casada	Italy	£5.70/£7.20	£19.95
Oude Kaap Reserve Shiraz	S Africa	£5.85/£7.70	£20.95
Marques de Caceres Excellens Crianza	Spain	£5.70/£7.20	£20.95
Bodega Privada Malbec, Bonarda	Argentina	£6.25/£8.25	£21.95
El Vinculo Crianza La Mancha	Spain		£24.95

SPARKLING & CHAMPAGNE

Prosecco Spumante Borgo Del Col Alato	Italy		£25.95
Henriot Brut Souverain	French		£35.00
Laurent Perrier Brut NV	France		£46.95
Laurent Perrier Cuvee Rose NV	France		£70

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LITTLE BEARS

MAINS

Battered Cod Goujons, Chips & Peas
'Mini Bangers & Mash', Baked Beans
Chicken Nuggets, Peas & Chips
Pasta Topped with Fresh Tomato Sauce
All £4.75

DESSERTS

Ice Cream Sundae - £2.75
2 Scoops of either:
Vanilla, Strawberry or Chocolate ice cream
topped with a choice of chocolate or strawberry sauce

DRINKS

Fruit Shoots £1.80
Kids Fruit Juice Glass £1.50
Appetizer £2.25
J20; Orange & Passion Fruit or Apple & Mango - £2.50