



# THE BEAR

HOTEL

## LUNCH MENU

### NIBBLES & LIGHT BITES

Warm Artisan Breads Balsamic & Oil & Olives £6

Honey Roasted Pigs In Blankets £6

Sage & Onion Arancini Balls. Garlic Mayo (V) £6.50

Soup of the Day, Freshly Baked Bread (V) £6

Smoked Haddock Kedgeree, Poached "Tynyaia Farm" Free Range Egg (GF) £8

Blue Cheese Pannacotta, Walnuts, Port & Red Onion Marmalade (V) (GF) £7

Pan Roasted Wood Pigeon Breast, Wild Mushroom Fricassee, Jus £8

### SANDWICHES

Roast Glamorgan Beef & Horseradish £6

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

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 (VG) £6

'Bloody Mary' Prawn Cocktail, Baby Gem £6.50

Smoked Salmon & Dill Cream Cheese £7.50

(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

## MAIN COURSE

- Ox Stew, Root Vegetables, Sour Dough Wedge, Salted Butter £15  
Confit Shoulder of Lamb, Minted Mash Potato, Roast Baby Carrots Mint Jus £18 (GFO) £18  
French Trimmed Chicken Breast, Dauphinoise Potato, Pinot Cream (GFO) £16  
Local Ale Battered Cod, Grilled Lemon, Pea Compote & Chips (GFO) £14  
Duo of Plaice With Fondant Potato & Warm Tartar Sauce £16  
Beetroot & Port Risotto, Goats Cheese Crumble (V)(VGO) £14  
100z Gammon Steak, Tynyaia Farm Egg & Grilled Pineapple £15  
Locally Sourced 28 Day Dry Aged 8oz Ribeye Steak £19
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## OSCARS AT THE BEAR

- Nachos, Guacamole, Sour Cream & Cheddar (V) £9  
Five Bean Chilli, Lime Infused Basmati (VG) £13  
Chuck Beef Pattie, Monterey Jack Cheese, Pigs In Blanket, Brioche Bun & Triple Cooked Chips £15  
Turkey Pattie, Wensleydale Cheese, Pigs In Blanket, Brioche Bun & Triple Cooked Chips £14  
BBQ Pulled Pork, Jalapeno Mayo, Chorizo, Fried Egg, Brioche Bun & Triple Cooked Chips £14  
Plant Based Burger, Sweet Chilli Sauce, Triple Cooked Chips (VG) £13
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## SIDES

- Chunky Hand Cut Chips £3.50, Chopped Salad £3.50, Vegetable Pot £3.50  
Peppercorn Sauce £3, Garlic Sauce £3

## DESSERTS

- Sticky Toffee Pudding, Butterscotch, Salted Caramel Ice Cream £7  
Golden Syrup Steamed Sponge, Traditional Custard £7  
Red Wine Poached Pear, Red Wine Stock Syrup £7  
White Chocolate Brioche Bread & Butter Pudding , Vanilla Ice Cream £7  
Peanut Butter Brownie, Berry Compote £7

# DINNER

## NIBBLES & STARTERS

- Warm Artisan Breads, Olives, Balsamic & Olive Oil £6  
Honey Roasted Pigs In Blankets £6  
Sage & Onion Arancini Balls. Garlic Mayo (V) £6.50  
Soup of the Day, Freshly Baked Bread (V) £6  
Pan Seared Scallops, Lentil & Chorizo Cassoulet £9  
Smoked Haddock Kedgeree, Poached Tynyaia Farm Free Range Egg (GF) £8  
Blue Cheese Pannacotta, Walnuts, Port & Red Onion Marmalade (V) (GFO) £7  
Pan Roasted Wood Pigeon Breast, Wild Mushroom Fricassee, Jus £8

## MAIN COURSE

- Ox Stew, Root Vegetables, Sour Dough Wedge, Salted Butter £15  
Confit Shoulder of Lamb, Minted Mash Potato, Roast Baby Carrots Mint Jus £18 (GFO) £18  
French Trimmed Chicken Breast, Dauphinoise Potato, Pinot Cream (GFO) £16  
Local Ale Battered Cod, Grilled Lemon, Pea Compote & Chips (GFO) £14  
Duo of Plaice With Fondant Potato & Warm Tartar Sauce £16  
Pan Seared Hake, Fondant Potato & Hot Tarte Sauce (GFO) £16  
Beetroot & Port Risotto, Goats Cheese Crumble (V)(VGO)£14  
10oz Gammon Steak, Tynyaia Farm Egg & Grilled Pineapple £15  
Locally Sourced 28 Day Dry Aged 8oz Ribeye Steak £19

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Chuck Beef Pattie, Monterey Jack Cheese, Pigs In Blanket, Brioche Bun & Triple Cooked Chips £15  
Turkey Pattie, Wensleydale Cheese, Pigs In Blanket, Brioche Bun & Triple Cooked Chips £14  
BBQ Pulled Pork, Jalapeno Mayo, Chorizo, Fried Tynyaia Farm Egg, Brioche Bun & Triple Cooked Chips £14  
Plant Based Burger, Sweet Chilli Sauce, Triple Cooked Chips (VG) £13

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## SIDES

- Chunky Hand Cut Chips £3.50. Chopped Salad £3.50, Vegetable Pot £3.50  
Peppercorn Sauce £3. Garlic Sauce £3

# DESSERTS

Sticky Toffee Pudding, Butterscotch, Salted Caramel Ice Cream £7

Golden Syrup Steamed Sponge, Traditional Custard £7

Red Wine Poached Pear, Red Wine Stock Syrup £7

White Chocolate Brioche Bread & Butter Pudding , Vanilla Ice Cream £7

Peanut Butter Brownie, Berry Compote £7

Vanilla Rice Pudding, Apple Compote, Shortbread Crumb £8



# LITTLE BEARS

## MAINS

All £4.75

Battered MSC Cod Goujons & Petit Pois

4oz Welsh Beef Burger, Brioche Bun

Chicken Nuggets, Baked Beans

Mini Pork Sausage & Baked Beans

Baked Tomato & Mixed Bean Cassoulet (VG)

*All served with a choice of Hand Cut Chips, Sweet Potato Fries or Mashed Potato*

Bagel Pizza (V)

*Choice of Ham, Tomato, Peppers, Onion, Pineapple*

Tomato Pasta & Grated Cheese (V)

*Add Meatballs £2*

## DESSERTS

Sticky Toffee Pudding, Butterscotch, Vanilla Ice Cream £4

Chocolate Brownie, Vanilla Ice Cream £4

Two Scoop Ice Cream Sundae £2.75

*Choice of Vanilla, Strawberry or Chocolate*

*Topped with a choice of chocolate or strawberry sauce*

## DRINKS

Fruit Shoots £1.80

Fruit Juice £1.50

Appetizer £2.25

J20 Orange & Passion Fruit or Apple & Mango £2.50

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