



# THE BEAR

HOTEL

## ALFRESCO MENU

*Here you are, at last. If this last year has taught us anything, it's that we need our friends and we miss great pubs & restaurants. So raise a glass to your companions and tuck into the good stuff!*

### APERITIFS

*Aperol Spritz £8, Laurent Perrier Brut £9.50*

*Borgo Alato Spumante Rosato £5.50*

### NIBBLES & SMALL PLATES

*Warm Artisan Breads Balsamic & Oil & Olives £6*

*Soup of The Day Home Baked Bread, Hand Rolled Halen Môn Butter £6*

*Lobster & Cornish Crab on Toast Chilli, Coriander, Lemon, Lime & Mayonnaise £11*

*Confit Fennel & Portobello Bake Rocket & Aged Balsamic Reduction (V) £8*

*Heritage Tomato, Torn Mozzarella Extra Virgin Olive Oil, Baby Basil (V) £8*

*Smoked Bacon Bagel Fried Duck Egg & Melted Applewood £8*

*Confit Salmon & Crayfish Tian Caviar, Micro Leaf £7*

*Rosemary Baked Peaches Walnut Crumb (VG) £7*

*Moules Mariniere Smoked Garlic & Pinot Grigio £8*

### SANDWICHES

*All Served on Freshly Baked Tiger Loaf*

*British Beef Pastrami Horseradish Pickle £8*

*Honey Roast Ham Sun-Dried Tomato Mayonnaise £7*

*Cold Water Prawns Bound in Marie Rose Baby Gem £8*

*Tynyaia Farm Free Range Egg Mayonnaise Watercress (V) £6*

*Roasted Red Pepper Houmous, Rocket (VG) £7*

(V) Vegetarian, (VO) Vegetarian Option, (VG) Vegan, (VGO) Vegan Option (GF) Gluten Free (GFO) Gluten Free Option

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## MAIN COURSE

Pan Roasted Sea Trout *Samphire, Orange Butter, Pine Nuts* £16

Tagliatelle Tiger Prawn *Alla Busara Chery Tomato & Garlic* £16

Glamorgan Pale Ale Battered Cod *Pea Compote, Grilled Lemon, Triple Cooked Chips* £14

Moules *Mariniere & Frites Smoked Garlic & Pinot Grigio* £15

French Trimmed Chicken *Fondant Potato, Ratatouille, Basil Crisp* £16

Slow Braised & Rolled Pork Belly *Black Pudding Creamed Potato, Mustard Sauce* £16

Seared Glamorgan Beef Fillet *Beetroot & Horseradish Beignet, Dauphinoise* £28

Potato Gnocchi *Fennel, Roasted Bell Peppers, Goats Curd, Parsley (V)* £13

Grilled Peaches *Asparagus, Bulgar Wheat & Hazelnuts (VG)* £13

Open Lasagne of Provençal Vegetable *Basil Pesto (VG)* £13

## GRILL

*All Served with House Triple Cooked Chips, Home-Dried Plum Tomato, Baked Portobello Mushroom*

Locally Sourced 28 Day Dry Aged 8oz Ribeye £19

10oz Horseshoe Gammon Steak *Tynyaia Farm Egg, Grilled Pineapple* £14

*Peppercorn Sauce £3, Garlic Sauce £3, Blue Cheese Sauce £3*

## BURGERS

*All Served with House Triple Cooked Chips, Beef Tomato, Baby Gem & Brioche Bun*

Matthew Barratt's 100% Beef Burger *Monterey Jack, BBQ & Jalapeno Compote* £15

Plant Based Patty *Sweet Chilli Glaze, Vegan Brioche Style Bun (VG)* £13

Cajun & Lemon Chicken Stack *Baby Gem, Beef Tomato* £13

## SIDES

*Chunky Hand Cut Chips £3.50, Chopped Salad £3.50, Vegetable Pot £3.50*

*Dauphinoise Potatoes £4, Confit Onions £4*

## DESSERTS

Tarta Della Nonna *Almond Mascarpone* £7

Summer Berry Dark Chocolate Brownie *Berry Compote (VG)* £7

Stem Ginger Parkin *Ginger & Lemon Compote* £6

Sticky Toffee & Caramelised Date Pudding *Butterscotch, Vanilla Ice Cream* £7

Stewed Apple & Coed Y Mwstwr Honey Sponge Pudding *Clotted Cream Parfait* £8

Orange Curd Cheesecake *Meringue Pieces, Penderyn Syrup* £7

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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	Chile	£4.65 / £6.25	£18.95
Capriano Pinot Grigio/Glera	Italy	£5.70/£7.70	£19.95
Oude Kaap Chenin Blanc	South Africa	£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
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	6.70/9.50	£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

*All £4.75*

Battered MSC Cod Goujons & Petit Pois

4oz Welsh Beef Burger, Brioche Bun

Chicken Nuggets, Baked Beans

Baked Tomato & Mixed Bean Cassoulet (VG)

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

## DESSERTS

Sticky Toffee & Caramelised Date Pudding, Butterscotch, Vanilla Ice Cream £4

Summer Berry 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

Appetizer £2.25

J20 Orange & Passion Fruit or Apple & Mango £2.50



# THE BEAR

## HOTEL

# SUNDAY MENU

### STARTERS

- Vegetable Soup** *Braised Pearl Barley* (V) £6
- Salmon & Pinot Ballotine** *Horseradish Cream* £7
- Blue Cheese Pannacotta** *Walnut Salad* (V) £6
- Duck Liver & Orange Parfait** *Red Onion Marmalade* £6

### MAIN COURSE

- Roast Leg of Lamb** *Mint Sauce* £14
- Slow Matured Topside of Glamorgan Beef** *Yorkshire Pudding* £14
- Traditional Roast Turkey** *pigs in blankets & stuffing* £14
- Pan Seared Seabass** *Hot Tartare Sauce* £14
- Spiced Butternut Squash Wellington** *Veggie Gravy* (VG) £13
- All served with Cabbage, Broccoli, Peas and a Carrot & Swede Mash*  
*Yorkshire Pudding +65p Braised Red Cabbage +£3 Cauliflower Cheese +£3*

### DESSERTS

- Christmas Pudding** *Brandy Sauce* £7
- Home Baked Lemon Tart** *Chantilly Cream* £7
- Brioche Bread & Butter Pudding** *Vanilla Ice Cream* £7
- Merlyn Bavarois** *Coffee Syrup* £7

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