



# THE BEAR

H O T E L

## 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, Y Bont Gin & Fever Tree Tonic £6*

### NIBBLES & SMALL PLATES

*Warm Artisan Breads & Olives £6*

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

*King Prawn, Scallop Ceviche Caviar £11(GF)*

*Braised Rabbit Ragu Cherry Red Cabbage, Truffle Jus (GFO) £11*

*Soused Mackerel Red Wine & Pickled Apple Puree, Watercress (GF) £8*

*Smoked Bacon Bagel Fried Duck Egg & Melted Applewood £8 \*Lunch time only*

*Feta Cheese & Rosemary Pannacotta Crostini, Cherry Tomato Ketchup & Candied Walnuts (V)(GFO) £7*

*Confit Fennel & Rocket Gazpacho Toasted Pine Nut & Aged Balsamic Reduction (VG)(GF) £7*

*Sauteed Wild Mushroom Parmentier Potatoes, Smoked Garlic, Fried Duck Egg (VGO)(GF) £8*

### SANDWICHES

*All Served on Freshly Baked Tiger Loaf (GFO)*

*British Beef Pastrami Horseradish Pickle £9*

*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) £7*

*Roasted Red Pepper & Sun Dried Tomato Carrot, 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

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

Whole Grilled Plaice *Lemon Beurre Noisette, Citrus Salted New Potatoes (GF)* £18

French Trimmed Chicken *Truffled Buttered Potato, Tarragon Velute (GFO)* £16

Duo of Duck *Fondant Potato, Pak Choi, Plum & Merlot Reduction (GF)* £18

Oven Roasted Shoulder of Hake *Pickled Silverskin Onion, Pea Puree, Chicken & Chardonnay Consomme (GFO)* £16

Sun Dried Tomato & Black olive Risotto *Mozzarella Di Bufala Campana (V)(VGO)* £14

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

Beetroot & Lentil Tabbouleh *Pomegranate Molasses Syrup (VG)* £13

Trio of Welsh Beef *Brisket Croquette, Braised Ox Cheek, 4oz Fillet, Bordelaise Sauce, Garlic Parmentier Potatoes* £32

## GRILL

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

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, Bacon, Fried Egg, BBQ & Chipotle Slaw* £15

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

Piri Piri Chicken Stack *Baby Gem, Beef Tomato, Lemon Aioli* £14

## SIDES

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

*Dauphinoise Potatoes £4, Confit Onions £4*

## DESSERTS

Thyme Roasted Peaches *Raspberry Sorbet (VG)(GF)* £7

Sticky Toffee & Caramlised Date Pudding *Butterscotch Sauce (V)* £7.50

Star Anise Infused Whole Baby Pineapple *Nougat Parfait (V)(VGO)* £7

Strawberry Semifreddo *Meringue Pieces, Balsamic Strawberries* £8

Cinnamon & White Chocolate Croissant Bread & Butter Pudding *Vanilla Ice Cream* £8

Toasted Coconut Cheesecake *Mango Coulis* £8

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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		£24.95

## SPARKLING & CHAMPAGNE

Prosecco Spumante Borgo Del Col Alato	Italy		£25.95
Prosecco Spumante Borgo Alato Rosato	Italy		£25.95
Henriot Brut Souverain	French		£35.00
Laurent Perrier Brut NV	France		£46.95
Laurent Perrier Cuvee Rose NV	France		£75

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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 Scoops of Ice Cream £2.75

*Choice of Vanilla, Strawberry or Chocolate*

## DRINKS

Fruit Shoots

Appetizer

*J20 Orange & Passion Fruit or Apple & Mango*

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