



THE BEAR

HOTEL

ALFRESCO MENU

*Here you are, at last. If this 18 months 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!*

Please always inform your server of any allergies or intolerances before placing your order

APERITIFS

Aperol Spritz £8, Laurent Perrier Brut £9.50

Borgo Alato Spumante Rosato £5.50

NIBBLES & SMALL PLATES

Warm Artisan Breads & Olives £6

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

Red Snapper & Chorizo Spanish Style Fishcake Roasted Red Pepper Aioli £8

Bears Home Cured Corned Beef Brisket Mustard & Fennel Seed Crumb, Piccalilli £8

Smoked Mackerel Mille Feuille Pickled Radish & Granny Smith Apple (GFO) £8

*Scrambled Duck Egg & Italian Pancetta Topped Bagel Parmesan Shavings £8 *Lunch time only*

*Curried Courgette & Scrambled Tofu Vegan Bagel (VG) £8 *Lunch time only*

Baked Ricotta Tomato Ketchup, Crisp salad (V)(GFO) £7

Tempura Cauliflower Florets Crispy leeks, Hazelnut Tossed in Vegan Marmite Butter(VG) £8

SANDWICHES

All Served on Freshly Baked Tiger Loaf (GFO)

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) £7

Roasted Red Pepper & Sun Dried Tomato Beetroot, Carrot, Houmous, Rocket (VG) £7

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MAIN COURSE

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

Pan Fried Seabass Fillets *Parmentiers & Sauce Gribiche (GF)* £18

French Trimmed Chicken *Rosemary Fondant Potato, Merlot Reduction (GFO)* £16

Duo of Lamb *Dauphinoise, Braised Onion & Red Currant Jus (GF)* £18

Monkfish *Wrapped in Parma Ham Rataouille, Basil Pesto (GF)* £16

Home Smoked Garlic & Courgette Risotto *Courgette Flowers (VG)* £14

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

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

Flame Grilled 6oz Fillet Steak , *Chive Duchess Potato* , *Bone Marrow Pudding* *Brown Onion Puree* £32

GRILL

All Served with House Triple Cooked Chips, Home-Dried Plum Tomato, Baked Portobella 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, Rocket & Brioche Bun

Matthew Barratt's 100% Beef Burger *Monterey Jack, Bacon, Fried Egg, BBQ & Cracked Black Pepper Mayo* £15

Plant Based Patty *Ratatouille, Sweet Chilli Glaze, Vegan Brioche Style Bun (VG)* £14

Piri Piri Chicken Stack *Rocket, Beef Tomato, BBQ Slaw* £14

SIDES

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

Watercress & Rocket Salad £3.50, *Mac & Cheese* £4-Add Pancetta +£1

DESSERTS

Almond Crème Caramel *Berry Compote (VG/GF)* £7

Sticky Toffee & Caramelised Date Pudding *Butterscotch Sauce* £7.50

Chocolate Crème Patisserie Filled Choux Bun *Hazelnut Syrup* £8

Toffee Apple & Shortbread Crumble *Brandy Infused Crème Anglaise* £8

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

Crepes Suzette *Candied Orange, Gran Marnier Glaze* £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
Sancerre Blanc Cherrier pere st Fils	French		£35.95
Chateau du Seuil Graves Blanc	French		£30.95

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
Montepulciano D'Abr Rosso DOC	Italian		£20.95
Rubicone La Casada	Italian		£19.95
Fleurie Dom Aufran			£27.95
Chateau de Seuil Graves	French		£33.95

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 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

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H O T E L

SUNDAY MENU

STARTERS

Soup of the Day *Freshly Baked Tiger Loaf, Salted Butter* (V) £6

Goats Cheese & Red Onion Tart *Watercress & Balsamic* £7

Chorizo & Red Snapper *Smoked Paprika Aioli* £7

Anitipasti Platter, Olives & Sundried Tomatoes £7

MAIN COURSE

Roast Leg of Lamb *Mint Sauce* £14

Slow Matured Topside of Glamorgan Beef *Yorkshire Pudding* £14

Boned & Rolled Slow Braised Belly Pork *Apple Sauce & Stuffing Ball* £14

Pan Roasted Salmon *Warm Tartare Sauce* £14

Pearl Barley & Assiette of Nut Croquette *Vegan Gravy* (VG) £14

All served with Roast Potatoes, Broccoli, Green Beans, Peas, Roasted Red Onion & Kale.

Yorkshire Pudding +65p

SIDE ORDERS

Vegetable pot £3.00 – Two Cheese Cauliflower Cheese £4.00 – Roasted Potatoes £3.00

DESSERTS

Dark Chocolate, Penderyn & Orange Tart *Candied Orange* £7

Berry Mess *Chantilly Cream, Berry Compote, Pistachios* £7

Vanillé Crème Pâtisserie Filled Profiteroles *Salted Caramel sauce* £7

Sticky Toffee Pudding *Butterscotch Sauce* £7

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THE BEAR

HOTEL

BREAKFAST MENU

Cafetiere of French Coffee

Pot Of Breakfast Tea

Herbal & Speciality Tea

The Bear Hotel Cooked Breakfast

*Welsh Sausage, Grilled Bacon, Grilled Tomato,
Field Mushroom, Baked Beans & Tynycaia Farm Egg*

The Bear Hotel Vegetarian Breakfast (V)

*Vegetarian Sausage, Grilled Tomato, Field Mushroom,
Baked Beans & Tynycaia Farm Egg*

The Bear Omelette (V)

Tynycaia Farm Egg Omelette, Portobello Mushroom & Mature Cheddar

Eggs of Your Choice on Tiger Loaf (V)

*Tynycaia Farm Egg Scrambled, Poached or Fried
Served on Toasted White Tiger Loaf*

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Grilled Bacon, Fried Egg &

Applewood Smoked Cheese Bagel

Scrambled Tofu on Toast (VG)

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SUNDAY MENU

STARTERS

Leek & Potato Soup *Freshly Baked Tiger Loaf, Salted Butter* (V) £6

Duo Of Melon, Parma Ham & Strawberry Salad (V) £7

Cod, Salmon & Prawn Tian *Lemon Aioli* £7

Panko Breaded Brie *Pear & Apple Chutney* (V) £7

MAIN COURSE

Roast Turkey & Stuffing £14

Slow Matured Topside of Glamorgan Beef *Yorkshire Pudding* £14

Roasted French Trimmed Chicken Supreme *Sage & Onion Stuffing* £14

Boned & Rolled Slow Braised Belly Pork *Apple Sauce* £14

Pearl Barley & Assiette of Nut Croquette *Gravy* (VG) £14

All served with Broccoli, Green Beans, Peas, Roasted Red Onion & Kale.

SIDE ORDERS

Yorkshire Pudding 65p, Vegetable Pot £3, Roasted Potatoes £3

DESSERTS

Sticky Toffee Pudding *Butterscotch Sauce* £7

Almond and Vanilla Mascarpone, *Meringue Pieces & Raspberries* £7

Vegan Chocolate Brownie *Berry Compote* (VG) £7

Spiced Cranberry & Apple Crumble *Vanilla Ice Cream* £7

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BURGERS IN THE GRILL

THERE'S MORE THAN **THREE** WAYS TO MAKE A BURGER

Chilli Braised Welsh Beef Shin,
Mr Barratt's 6oz Beef Patty,
Beef Pastrami layered with Monterey Jack
Brioche Bun

£19

THE FIVE NAPKIN BURGER

Honey & BBQ Glazed Pulled Pork Belly
Oak Smoked Back Bacon
Runny Fried Egg
Brioche Bun

£16

THE PLANT BASED POWERHOUSE (VG)

Pea Protein Patty
Mediterranean Compote,
Battered Onion Rings
Roasted Red Onion Mayo
Beetroot & Poppy Seed Bun

£15



THE BEAR

H O T E L

SPECIALS

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**SALMON & PRAWN FISHCAKES
WITH A SWEET CHILLI DIPPING SAUCE
£6.50**

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NOT TO USE - BREAKFAST MENU

Cafetiere of French Coffee / Pot Of Breakfast Tea /Herbal & Speciality Tea

**Natural Yogurt, Topped with roast peaches,
*granola & Canadian maple syrup***

‘Scrambled Tofu’ with smoked garlic courgettes (VG)

Butter Roasted Kippers, Lemon & Parsley Butter

The Bear Hotel Cooked Breakfast

*Welsh Sausage, Grilled Bacon, Grilled Tomato,
Field Mushroom, Baked Beans & Tynyaia Farm Egg*

The Bear Hotel Vegetarian Breakfast (V)

*Vegetarian Sausage, Grilled Tomato, Field Mushroom,
Baked Beans & Tynyaia Farm Egg*

The Bear Omelette (V)

Tynyaia Farm Egg Omelette, Portobello Mushroom & Mature Cheddar

Eggs of Your Choice on Tiger Loaf (V)

*Tynyaia Farm Egg Scrambled, Poached or Fried
Served on Toasted White Tiger Loaf*

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Grilled Bacon, Fried Egg &

Applewood Smoked Cheese Bagel

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GOLFERS 2 COURSE MENU

STARTERS

Soup of The Day *Home Baked Bread, Hand Rolled Halen Môn Butter (V)(GFO)*
Sautéed Wild Mushroom *Parmentier Potatoes, Smoked Garlic, Fried Duck Egg (VGO)(GF)*
Soused Mackerel *Red Wine & Pickled Apple Puree, Watercress (GF)*
Warm Artisan Breads & Olives

MAIN COURSE

Glamorgan Pale Ale Battered Haddock *Pea Compote, Grilled Lemon, Triple Cooked Chips*
100z Horseshoe Gammon Steak *Tynyaia Farm Egg, Grilled Pineapple*
Matthew Barratt's 100% Beef Burger *Monterey Jack, Bacon, Fried Egg, BBQ & Chipotle Slaw*
Grilled Peaches *Asparagus, Bulgar Wheat & Hazelnuts (VG)*
Braised Belly Pork, *Red Onion, Mash Potato, Grain Mustard Jus*

DESSERTS

Cinnamon & White Chocolate Croissant Bread & Butter Pudding *Vanilla Ice Cream*
Toasted Coconut Cheesecake *Mango Coulis*
Sticky Toffee & Caramelised Date Pudding *Butterscotch Sauce (V)*
Chantilly Filled Profiteroles, *Chocolate Sauce & Fresh Strawberry*

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