



THE BEAR

HOTEL

BAR & RESTAURANT MENU

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

APERITIFS

Apple & Ginger Mule £7.50 / Y Bont Handcrafted Gin & Fevertree Tonic £6

Laurent Perrier Brut £9.50

Borgo Alato Spumante Rossato £5.50

NIBBLES & SMALL PLATES

Warm Artisan Breads & Olives £6

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

Smoked Haddock Kedgeree *Poached Duck Egg* £8 ** Small

Stout Braised Ox Cheek Stew *Crispy Cavolo Nero* £8

Home Oak Smoked Duck Breast, *Black Pudding Crumb, Raspberry Sorbet* £9

Tempura Cauliflower Florets *Crispy Leeks, Hazelnut Tossed in Marmite (VG)* £8

Duo of Salmon En Croute, *Salmon Pate & Beetroot Cured Salmon Gravlax* £8

Scrambled Duck Egg & Chorizo Bagel *Parmesan Shavings* £8* Lunch only

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

SANDWICHES

All Served on Freshly Baked Tiger Loaf (GFO)

Italian BLT *Chorizo, Parma Ham & Smoked Paprika* £7

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

Brie & Cranberry (V) £7

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

Pastrami & Horseradish £7

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MAIN COURSE

- Shellfish & Saffron Risotto *Parmesan (GF) £15*
- Beetroot & Horseradish Gnocchi *Honey Glazed Beetroot & Goats Cheese Velouté (V) £14*
- Creamed Cauliflower Tempura Florets *Pearl Barley (VG) £14*
- Honey & Mustard Sausage Swirl *Creamed Potato, Red Onion Jus £15*
- French Trimmed Chicken *Dauphinoise Potato Coq-au-vin Sauce (GFO) £16*
- Glamorgan Pale Ale Battered Haddock *Pea Compote, Lemon, Triple Cooked Chips £14*
- Lightly Spiced Confit of Duck *Creamed Potato & Merlot Reduction £15*
- Duo of Plaice *Fondant Potato, Warm Tartar Sauce £16*
- Smoked Haddock Kedgeree *Poached Duck Egg £14 **Main*
- Slow Braised Lamb Shank, *Parsnip Mash, Rosemary Jus £20*
- Braised & Rolled Belly Pork, *Bubble & Squeak Croquette, Wholegrain Mustard Cream £15*

GRILL

All Served with Triple Cooked Chips, Plum Tomato & Baked Portobello Mushroom (GF)

- Locally Sourced 28 Day Dry Aged 8oz Ribeye *£19*
- 100z 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 Burger *Monterey Jack, Bacon, Fried Egg, BBQ & Cracked Black Pepper Mayo £15*
- Plant Based Patty *Sweet Chilli Glaze, Vegan Brioche Style Bun (VG) £14*
- Piri Piri Chicken Stack *Lemon Garlic Aioli, Brioche Style Bun £15*

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

- Dark Chocolate & Hazelnut Brownie *Salted Caramel Ice Cream £7.50*
- Sticky Toffee & Caramelised Date Pudding *Butterscotch Sauce £7.50*
- Vegan Coconut Chocolate Cheesecake *Winter Berry Compote £7*
- Lemon & Poppy Seed Steamed Sponge Pudding *Vanilla Ice cream £7.50*
- Penderyn Whisky Panna Cotta *Orange Marmalade Compote £7.50*
- Rum & Raisin Bread Butter Pudding, *Brandy Cream £7.50*

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WINE LIST

WHITE

	Origin	175ml/250ml	Bottle
Los Picos Reserve Sauvignon Blanc	Chile	£5/£7	£20.95
Marques de Caceres Excellens Blanco	Spain		£21.95
Los Picos Reserve Chardonnay	Chile	£5/£7	£20.95
Capriano Pinot Grigio/Glera	Italy	£6/£7.50	£21.95
Oude Kaap Chenin Blanc	South Africa	£6/£7.50	£21.95
Allan Scott, Marlborough, Sauvignon Blanc	N Zealand	£7.50/£9.25	£27.95
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	£5/£7	£20.95
Marques de Caceres Excellens Rosado	Spain	£6/£7.50	£21.95
Capriano Pinot Grigio Blush	Italy	£6/£7.50	£21.95
Paradise Point Zinfandel Rose	USA	£6.25/£7.95	£22.95
Whispering Angel, Provence Grenache	France		£34.95

RED

Los Picos Reserve Merlot	Chile	£5/£7	£20.95
Oude Kaap Reserve Shiraz	S Africa	£6/£7.50	£21.95
Marques de Caceres Excellens Crianza	Spain	£6/£7.50	£21.95
Bodega Privada Malbec, Bonarda	Argentina	£6.50/£8.50	£22.95
El Vinculo Crianza La Mancha	Spain		£24.95
Montepulciano D'Abr Rosso DOC	Italian		£21.95
Fleurie Dom Aufran	French		£27.95
Musar Jeune	Lebanon		£27.95
Allan Scott Pinot Noir	New Zealand		£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 BEAR CUBS

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 *Choice of Vanilla, Strawberry or Chocolate* £3.75

DRINKS

Fruit Shoots

Appetizer

J20 Orange & Passion Fruit

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