



## 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 & Fever Tree Tonic £6.50

Laurent Perrier Brut £9.50

Borgo Alato Spumante Rossato £6.50

### NIBBLES & SMALL PLATES

Warm Artisan Breads & Olives £6

Soup of The Day *Bread, Halen Môn Butter (V)(GFO)* £6.50

Mushroom Duxelles Arancini *Truffle Aioli (VG)* £8.50

Smoked Haddock Kedgeree *Poached Duck Egg* £8.95 / £13.95

Home Smoked Chalk Stream Trout Salad *Pickled Fennel, Radish & Spring Onion* £8.95

Caramelised Brown Onion Panacotta *Cherry & Bacon Jam* £8.50

'Coq Au Vin' *Ballotine Tomato Chutney & Tarragon Oil* £8.50

Scrambled Egg & Chorizo *Toasted Brioche Parmesan Shavings* £9.95\**Lunch only*

Sautéed Garlic Wild Mushrooms *Brioche (VG)* £8.95\**Lunch only*

### SANDWICHES

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

Italian BLT *Chorizo, Parma Ham & Smoked Paprika* £7.95

Cold Water Prawns *Bound in Marie Rose, Baby Gem* £7.95

Creamy Somerset Brie & Cranberry Sauce (V) £7.50

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

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## MAIN COURSE

- French Style Bouillabaisse Rouille & Chunk of Bread (GFO) £16.95  
Coconut 'Parmesan' Polenta Croutons Red Pepper Confetti, Basil Pesto (VG) £14.50  
Braised Fennel, Asparagus, Orange & Burrata Open Lasagne (V) £14.95  
Braised & Rolled Belly Pork Colcannon Potato, Wholegrain Mustard Cream £15.50  
French Trimmed Chicken Dauphinoise Potato, Cavolo Nero, Pancetta Reduction £16.95  
Glamorgan Pale Ale Battered Haddock Pea Compote, Lemon, Triple Cooked Chips £14.95  
Pan Seared Gurnard Parmentier Potatoes, Lemon, Cider & Parsley £16.50  
Smoked Haddock Kedgeree Poached Duck Egg £13.95

## GRILL

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

- Locally Sourced 28 Day Dry Aged 8oz Ribeye £21  
10oz Horseshoe Gammon Steak Tynyaia Farm Egg, Grilled Pineapple £15.50  
Peppercorn Sauce £3.50, Garlic Sauce £3.50, Blue Cheese Sauce £3.50

## BURGERS

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

- Matthew Barratt's Burger Monterey Jack, Bacon, Fried Egg, Cracked Black Pepper Mayo £15.50  
Plant Based Patty Sweet Chilli Glaze, Brioche Style Bun (VG) £14.50  
Piri Piri Chicken Stack Lemon Garlic Aioli, Brioche Style Bun £15.50

## SIDES

- Chunky Hand Cut Chips £3.95, Chopped Salad £3.95, Vegetable Pot £3.95  
Watercress & Rocket Salad £3.95, Mac & Cheese £5.95 - Add Pancetta +£1

## DESSERTS

- Tynyaia Farm Egg Custard Tart Strawberry Compote & Clotted Cream £7.95  
Sticky Toffee & Caramelised Date Pudding Butterscotch Sauce £8.50  
Chocolate & Orange Brownie Orange Sorbet £7.95 (VG/GF)  
Lemon & Poppy Seed Steamed Sponge Pudding Vanilla Ice cream £8.50  
Stem Ginger Cheesecake Lime Curd £7.95  
Apple & Rhubarb Crumble Vanilla Pod Ice Cream £8.50

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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	£6.50/£8.50	£24.95
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		£28.95
Prosecco Spumante Borgo Alato Rosato	Italy		£25.95
Henriot Brut Souverain	French		£39.95
Laurent Perrier Brut NV	France		£60
Laurent Perrier Cuvee Rose NV	France		£95

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# LITTLE BEAR CUBS

## MAINS

*All £4.95*

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 *\*contains nuts*

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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## SUNDAY MENU

### STARTERS

**Soup Of the Day** *Hand Rolled Halen Môn Butter (V)(GFO)* £6.50

**Smoked Trout Salad** *Fennel, Radish & Spring Onion* £7.50

**Beetroot Gnocchi** *Crumbled Goats Cheese (VGO)* £7.50

**Chicken Liver Pate** *Crostini, Apple & Chilli Chutney* £7.50

### MAINS

**Slow Matured Topside of Glamorgan Beef** *Yorkshire Pudding* £16.50

**Roast Leg of Welsh Lamb** *Mint Sauce* £16.50

**Slow Braised Monmouthshire Belly Pork** *Apple Sauce* £16.50

**Pan Fried Salmon Fillet** *Lemon & Caper Sauce* £16.50

**Pearl Barley & Nut Assiette** *Plant Based Gravy (VG)* £14.50

*All served with spring vegetable pot*

### SIDE ORDERS

**Vegetable Pot** £3, **Cauliflower Cheese** £4

**Roasted Potatoes** £3, **Creamed Leeks** £4.50

### DESSERTS

**Orange Cheesecake** *Ginger Crumb* £7.95

**Sticky Toffee & Caramelised Date Pudding** *Butterscotch Sauce* £7.95

**Lemon Sponge** *Syrup & Vanilla Ice Cream* £7.95

**Chocolate Torte** *Fruit Coulis & Raspberry Sorbet* £7.95

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## **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*

### **Eggs of Your Choice on Tiger Loaf (V)**

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

### **Scrambled Tofu on Toast (VG)**

### **Bear Omelette (V)**

*Cheese & Mushroom*

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