



THE BEAR

COWBRIDGE

Fixed Price Menu Offer

Two Course £20

Three Course Menu £24

Available Monday to Thursday

12pm to 2:30pm & 5pm to 7pm

Choose from the menu items marked with a *

Sandwiches Available 12-5pm

White or Malted Bloomer with House Salad

Welsh Beef Topside 9.5
Horseradish & Rocket 0

Smoked Salmon
Chive Cream Cheese & Cucumber 9.5
0

Sweet Beetroot
Pear & Pickled Red Cabbage (VG) 9.5
0

Glazed Welsh Pale Ale Rarebit
Caramelised Onion Relish (V) 9.5
0

Snacks Available 12-9pm

Mixed Olives (VG & GF) 4

Homemade Breads Salted Butter (V & VGO) 4

Hand Rolled Pork & Apple Sausage Roll Brown Sauce 5

Millionaire Potato Gratin Cubes Truffle Shavings & Welsh Cheddar (V) 5

Starters Available 12-9pm

Soup of The Day Sour Dough Bread (GFO) (VG) 7*

Monkfish Scampi Lemon Butter Sauce 9.50

Compressed Ham Hock & Parsley Terrine Apricot Jam & Toast (GFO) 8*

Y-Fenni Cheese & Leek Arancini Braised Tomato, Welsh Cheddar (V) 9

Tempura Cauliflower Crispy Leeks, Marmite Butter (VG) 8*

Brecon Venison Scotch Egg Smoked Bacon Chilli Jam 9

Bloody Mary Seafood Cocktail Homemade Bread & Butter (GFO) 10.50

Caramelized Parsnip & Kale Salad Toasted Hazelnut, Pomegranate & Apple (VG)

8 / 15

Please let us know if you have any allergies or require information or require information on any ingredients in our dishes.
A discretionary optional service charge of 10% will be added to your bill, all proceeds go to the team.

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C O W B R I D G E

Pub Available 12–9pm

Braised Hispi Cabbage Butternut Squash & Sage Hash, Gravy (VG)

15 *

Local Ale Battered Haddock Pea Compote, Chargrilled Lemon, Hand Cut Chips

16.50

Hunters Chicken Streaky Bacon, Leek & Caerphilly Gratin, Smoked BBQ Sauce

16.50

Welsh Beef & Ale Pie Mash, Mushy Peas, Crispy Onions, Three Day Gravy Reduction 16.50

Bears Own Recipe Sausage Swirl Whipped Potato, Caramelised Onion Jus 16.50 *

Coed -Y-Mwstwr Honey & Clove Roasted Ham Tynyaia Eggs, Hand Cut Chips (GFO) 15

Welsh Chuck Beef Burger Baby Gem, Beef Tomato, Burger Relish Mayo (GFO) 15 *

Add Rarebit 3 / Bacon 2

Mains Available 12–2.30 & 5-9pm

Catch Of The Day Please Ask For Todays Catch 19 *

Beetroot Gnocchi Roasted Beetroot Cashew Cream (VG) 17

Welsh 28 Day Dry Age 6oz Fillet Dauphinoise Potato, Shallot & Red Wine Jus 35

Welsh 28 Day Dry Aged 8oz Ribeye Hand Cut Chips Steak Garnish (GF) 26

Add Pepper Sauce / Garlic Cream Reduction 3

Sides

Mixed Side Salad 4

Rarebit Mac & Cheese 4

Coed -Y-Mwstwr Honey Roast Root Vegetables 4

Hand Cut Chips 4

Braised Red Cabbage & Cinnamon 4

Garlic Buttered Kale 4

Puddings Available 12–9pm

Honey & Black Mountain Brandy Cheesecake Biscoff Crumb, Salted Caramel Cream

8

Sticky Toffee & Caramelised Date Pudding Butterscotch Sauce (V) 7

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Vanilla Steamed Sponge Pudding Coconut & Strawberry Jam (V) 7

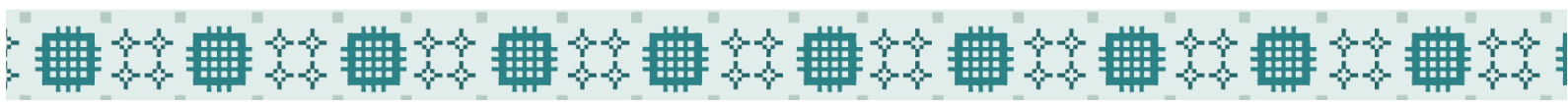
Cinnamon Poached Old Rectory Williams Pear (VG & GF) 7 *

Bear Mess Meringue, Fruits of the Forest, Vanilla Cream (V & GF) 8 *

Apple & Blackberry Crumble Fresh Custard (V) 8

Add Welsh Dairy Ice Cream, Fresh Custard or Welsh Double Cream +1.50

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Little Bear Cubs

Starters

Garlic Bread

4

Tomato Soup (vg)

4

Mains

Welsh Sausage

6

Battered MSC Cod Goujons

6

Chicken Nuggets

6

Plant Based Burger (vg)

6

Above All served with a choice of hand cut chips, mashed potato, baked peas or peas

6

Glazed Three Cheese Macaroni

6

Roasted Tomato Pasta (vg)

6

Desserts

Sticky Toffee & Caramelised Date Pudding, Butterscotch

4.50

Belgian Waffle, Vanilla Ice Cream

5.50

Two Scoops Of Ice Cream Choice Of Vanilla, Strawberry Or Chocolate

3.75

Drinks

Cordial & Water

1.50

Fruit Shoot

2

Appetizer

3.50

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