

# THE BEAR

COWBRIDGE

## Spring Fixed Price Menu Offer

Two Course £20

Three Course Menu £24

Available Monday to Thursday, 12pm to 7pm

Choose from the menu items marked with a \*

## Sandwiches Available 12-5pm

White or Malted Bloomer with House Salad

### Welsh Beef Topside

Horseradish & Rocket 9.50

### Smoked Salmon

Chive Cream Cheese & Cucumber 9.50


### Sweet Beetroot

Pear & Pickled Red Cabbage (VG) 9.50

### Glazed Welsh Pale Ale Rarebit

Caramelised Onion Relish (V) 9.50

## Snacks Available 12-9pm

Mixed Olives (VG & GF)   4

Homemade Breads Salted Butter (V & VGO) 4

Slow Braised Duck & Spring Onion Bon Bons Orange Syrup 7

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

## Starters Available 12-9pm

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

Cornish Brown Crab Salad Pea Sea Lettuce, Coriander Oil 9.50\*

Parmesan Custard Baby Gem & Smoked Chicken Salad, Anchovy Mayo, Parmesan Crisp (GFO) 9.50

Smoked Garlic Wild Mushrooms Truffle White Wine Sauce, Homemade Bread (V) 9

Courgette Tempura Crispy Leeks, Marmite Butter (VG) 8\*

Brecon Venison Loin Carpaccio Rocket, Spring Radish & Smoked Garlic, Pomegranate 11

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

Warm Asparagus & Butter Bean Salad Hazelnut, Spinach, Lambs Lettuce, Pea & Mint Leaf (V) 8 / 15

Please let us know if you have any allergies 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.



## Pub Available 12-9pm

<b>Vegetable Lasagne</b> Tomato & Vegetable Sauce, Homemade Truffle Pasta (VG)	15 *
<b>Local Ale Battered Haddock</b> Pea Compote, Chargrilled Lemon, Hand Cut Chips	16.50
<b>Free Range Bone In Chicken Breast</b> Caerphilly Cheese Gratin, Creamed Leek Sauce (GF)	16.50
<b>Welsh Beef &amp; Ale Pie</b> Mash, Mushy Peas, Crispy Onions, Three Day Gravy Reduction	16.50
<b>Rolled Belly Pork</b> Red Wine Jus on Whipped Potato, Caramelised Onion, Gammon & Cabbage	16.50 *
<b>Coed -Y-Mwstwr Honey &amp; Clove Roasted Ham</b> Tynyaia Eggs, Hand Cut Chips (GFO)	15
<b>Welsh Chuck Beef Burger</b> Baby Gem, Beef Tomato, Burger Relish Mayo (GFO)	15 *
Add Rarebit 3 / Bacon 2	

## Mains Available 12-2.30 & 5-9pm

<b>Catch Of The Day</b> Please Ask For Todays Catch	19 *
<b>Spring Radish Gnocchi</b> Wilted Spinach & Peas (VG)	17
<b>Duo of Welsh Lamb</b> Mini Shepherd's Pie, Confit Shoulder of Lamb, Garlic Mash, Mint Jus	22
<b>Pan Seared Plaice</b> Fondant Potato, Cockle Butter	21
<b>Welsh 28 Day Dry Age 450g Chateaubriand</b> Dauphinoise Potato, Shallot & Red Wine Jus	50 (for 2)
<b>Welsh 28 Day Dry Aged 224g Ribeye</b> Hand Cut Chips Steak Garnish (GF)	26
Add Pepper Sauce / Garlic Cream Reduction 3	

## Sides

<b>Mixed Side Salad (v)</b>	4
<b>Rarebit Mac &amp; Cheese (v)</b>	4
<b>Spring Pea, Asparagus &amp; Fresh Mint (v)</b>	5
<b>Hand Cut Chips</b>	4
<b>Spring Greens &amp; Hazelnut Butter (v)</b>	4
<b>Garlic Mash Potato</b>	4

## Puddings 12-9pm

<b>Merlin Liqueur Cheesecake</b> Macerated Strawberries	8
<b>Sticky Toffee &amp; Caramelised Date Pudding</b> Butterscotch Sauce (V)	7*
<b>Spotted Dick</b> Thick Custard (V)	7
<b>Raspberry Trifle</b> Almond Custard, Whipped Cream	7*
<b>Bear Mess</b> Meringue, Fruits of the Forest, Vanilla Cream (V & GF)	8*
<b>Apricot &amp; Apple Crumble</b> Vanilla Ice Cream (VGO & GFO)	8*
Add Welsh Dairy Ice Cream, Fresh Custard or Welsh Double Cream	+1.50

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## Little Bear Cubs

### Starters

<b>Garlic Bread</b>	4
<b>Tomato Soup (vg)</b>	4

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### Mains

<b>Welsh Sausage</b>	6
<b>Battered MSC Cod Goujons</b>	6
<b>Chicken Nuggets</b>	6
<b>Plant Based Burger (vg)</b>	6
Above All served with a choice of hand cut chips, mashed potato, baked beans or peas	6
<b>Glazed Three Cheese Macaroni</b>	6
<b>Roasted Tomato Pasta (vg)</b>	

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### Desserts

<b>Sticky Toffee &amp; Caramelised Date Pudding, Butterscotch</b>	4.50
<b>Belgian Waffle, Vanilla Ice Cream</b>	5.50
<b>Two Scoops Of Ice Cream Choice Of Vanilla, Strawberry Or Chocolate</b>	3.75

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### Drinks

<b>Cordial &amp; Water</b>	1.50
<b>Fruit Shoot</b>	2
<b>Appetizer</b>	3.50
<b>J20 Orange &amp; Passion Fruit</b>	3.50

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## Sunday Menu

### Starters

<b>Soup of The Day</b> Warm Bread (VGO)(GFO)	6.95
<b>Salmon Fishcake</b> Lemon Mayonnaise & Scallop	8.95
<b>Smoked BBQ Ribs</b> Slaw & Side Salad	8.95
<b>Artichoke Heart &amp; Pickled Fennel Salad</b> Rocket & Radish (VG)	8.95

### Roasts

<b>Slow Matured Topside of Glamorgan Beef</b> Yorkshire Pudding	17.00
<b>Roast Leg of Welsh Lamb</b> Yorkshire Pudding	17.50
<b>Roast Loin of Pork</b> Sage & Onion Stuffing, Yorkshire Pudding	16.50
<b>Pearl Barley &amp; Nut Assiette</b> Plant Based Gravy (VG)	13.95

All served with Roast Potatoes & Vegetables

### Fish of The Day

<b>Fish of The Day</b> Dauphinoise Potato, Chive Butter Sauce	17.95
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### Side Orders

Honey Roasted Carrots 3 Cauliflower Cheese 4 Garlic Mash 4

### Desserts

<b>Sticky Toffee Pudding</b> Butterscotch Sauce	7.95
<b>Coed-Y-Mwstwr Honey Cheesecake</b> Strawberries & Cream	7.95
<b>Dark Chocolate Delice</b> Salted Caramel	7.95
<b>Roast Peaches</b> Raspberry Sorbet (VG)	7.95

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