

THE
BEAR
Cowbridge

SUNDAY LUNCH
STARTERS

Soup of The Day *Homemade Baked Bread (VGO)(GFO)* 7

Chicken Liver Pate Red Onion Marmalade Crostini 8

Panzella Salad *Heritage Tomatoes, Fresh Basil & Balsamic Drizzle(VG/GFO)* 8

Bears Prawn Cocktail Brown Bread & Butter 9

ROASTS

Slow Matured Topside of Glamorgan Beef 19

Roast Leg of Welsh Lamb 19

Boned & Rolled Pork Belly *Sage & Stuffing* 18

Trio Of Meats *With All The Trimmings* 25

All served with Yorkshire Pudding, Roast Potatoes & Seasonal Vegetables

MAINS

Fillet of salmon *Dauphinoise Potatoes, Caper, Hollandaise Sauce* 19

Roasted Corn Fed Chicken Supreme *Creamed Potato, Garlic Cream Sauce* 19

Braised Pearl Barley & Nut Assiette *Gravy (VG)* 14

Super Food Salad

Lightly Spiced Quinoa, Salted Peaches, Tender stem Broccoli,

Chimichurri Dressing (VG/GF) 14

Add: Halloumi (GF) + 5

Chargrilled Chicken Breast (GF & DF) +8

Poached Salmon (GF & DF) +8

SIDE ORDERS 4.50

Vegetable Pot / Roasted Potatoes / Cauliflower Cheese / Creamed Garlic Mash

DESSERTS ALL 9

Vanilla Steamed Sponge *Thick Custard*

Cowbridge Mess *Strawberries, Meringue & Chantilly Cream*

Cheesecake of The day

Vegan Apple & Apricot Crumble *Vanilla Ice Cream (VG)*