

Winter

Nibbles

NAPOLI MIXED OLIVES (V) 6

HOMEMADE GARLIC FOCACCIA (V)

Salted Butter 5

Change to Home Baked Sourdough +1

CAJUN CALAMARI

Crispy Onions, Cajun Aioli 8

ROASTED ARTICHOKE HEARTS (VG & GF)

Garlic Houmous, Toasted Chickpeas 8

ROSEMARY & GARLIC STUDDERD

CAMEMBERT TO SHARE (V)

Port, Pink Peppercorn & Plum Chutney,

Home Baked Bread 12

CARAMELISED PORK BELLY BITES

BBQ & Chilli Sauce, Crispy Onions 6.5

HOMEMADE SAUSAGE & APPLE ROLL

Maple Syrup & Penderyn Whiskey Brown Sauce

Three Inch 5

Six Inch 8

Starters & Small Plates

SOUP OF THE DAY (VG & GFO)

Home Baked Bread, Salted Butter 7

WELSH BEEF BOLOGNAISE ARANCINI

Tomato & Basil Sauce, Parmesan 9

BREADED MONKFISH TAIL

Caper & Red Onion Tartare Sauce 10

HEIRLOOM CARROT, ORANGE &

WATERCRESS SALAD (VG & GF)

Toasted Chickpeas, Houmous, Star anise Syrup 8

BEAR'S BLOODY MARY

SEAFOOD COCKTAIL (GFO)

Bread & Butter 9

WILD MUSHROOM &

ROASTED SQUASH GNOCCHI (VG)

Beetroot & Garlic Puree

Starter 8 Main 17

BETROOT RISOTTO (VG & GF)

Balsamic Roasted Figs, Beetroot Compote

Start 8 Main 16

*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 all of our teams*

Larger Plates

WELSH ALE BATTERED HADDOCK

Pea Compote, Hand Cut Chips, Lemon 18

PAN ROASTED LEMON SOLE

Parmentier Potato, Café de Paris Butter 24

DUO OF WELSH LAMB

Shepherd's Pie & Crispy Confit Shoulder, Garlic Creamed Potato 26

WELSH STEAK & ALE PIE

Mushy Peas, Mash & Onion Gravy 17

WELSH BEEF SHIN RAGU TAGLIATELLE

Smoked Pepper & tomato Ragù, Parmesan 18

CORNFED CHICKEN BREAST

Dauphinoise Potato, Smoked Bacon, Wild Mushrooms, Silver Skin Onion Jus 20

CHEESY LEEK & SWEET POTATO PIE (V)

Mushy Peas, Mashed Potato & Onion Gravy 17

ROASTED HISPI CABBAGE (VG & GF)

Chestnuts, Pearl Unione & Crispy Cavolo Nero 17

WINTER SALAD (VG & GF)

Lightly Spiced Buckwheat, Salted Roast Plums, Roasted Squash, Broccoli, Gremolata 15

Add:

Grilled Halloumi (V & GF) +5

Poached Salmon (GF & DF) +8

Chargrilled Chicken (GF & DF) +8

Burgers

PANKO BREADED CHICKEN BURGER

Chicken Breast, Garlic & Parmesan Mayo, Baby Gem & Rocket,

Choice of French Fries or Chunky Chips 18

Smoked Streaky Bacon +2

GRASS FED WELSH BURGER

Welsh Ale Rarebit, Caramelised Red Onion Relish, Rocket, Beef Tomato & Onion Rings,

Choice of French Fries or Chunky Chips 19

Add Smoked Streaky Bacon +2

From The Grill

227g GRASS FED WELSH RIBEYE STEAK

Dry Aged for 28 Days,

Choice of Side & Sauce 30

Add Two Grilled Crevettes +8

GRASS FED WELSH CHATEAUBRIAND

Dry Aged for 28 Days,

Choice of Two Sides & Two Sauces

300g 59 450g 74

Add Two Grilled Crevettes +8

Sauces All 5

Peppercorn Sauce, Red Wine Jus, Garlic Cream

Reduction, Café De Paris Hollandaise

Sides

Chunky Hand Cut Chips 5, French Fries 5,

Parmentier Potatoes 5, House Salad 5,

Buttered Greens 5, Rarebit Mac & Cheese 6,

Roasted Heirloom Carrots 6

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Desserts

ALL 8

BAILEYS LIQUER AND HONEY BREAD & BUTTER PUDDING

Thick Traditional Custard

DARK CHOCOLATE & CHERRY BROWNIE (VGO & GF)

Chocolate Sauce, Toasted Almonds, Vanilla Ice Cream

LEMON BAKED CHEESECAKE

Spiced Cranberry Compote

STICKY TOFFEE & CARMELISED DATE PUDDING

Butterscotch Sauce

COWBRIDGE MESS

Meringue, Chantilly Cream, Berries

VANILLA STEAMED SPONGE PUDDING

Homemade Strawberry Jam, Coconut Flakes

Add:

Welsh Dairy Ice Cream or Vegan Vanilla Ice Cream

Fresh Custard or Welsh Double Cream

+ 1.50

WELSH CHEESE SHARING BOARD

*Three Welsh Cheeses Caramelised Red Onion Chutney, Grapes,
Welsh Crackers & Salted Butter*

BRUNCH

Served 10am – 2pm

SMASHED AVOCADO ON SOURDOUGH (VG)

Crushed Chilli Flakes, Chives 9

Poached or Fried Egg +2

SMOKED HADDOCK KEDGEREE (GF)

Poached Hen's Eggs, Parmesan, Parsley 11

SPANISH BAKED EGGS (GF&DF)

Pembrokeshire Sauteed Potatoes, Nduja Sausage

Baked Hen's Egg 10

CROQUE MONSIEUR

Gruyère Cheese. Ham Béchamel Sauce 10

Make into a Croque Madame by adding a Fried Hens Egg +2

SPINACH & LEEK OMELETTE (GF&V)

Dressed Salad 9

Add: Shredded Ham Hock (GF) +4 or

Welsh Dragon Cheddar (V&GF) +4

BRUNCH BRIOCHE STACK

Sausage Pattie, Streaky Bacon, Onion Marmalade & Fried Hen's Egg

Sandwiches & Deli

Served Midday – 5pm

*The Following Classic Sandwiches are Served
On Malted or White Bloomer or Gluten Free Alternative*

WELSH TOPSIDE OF BEEF

Horseradish Cream Cheese, Rocket 9

SCOTTISH SMOKED SALMON

Dill Crème Fraiche & Cucumber 9.5

TYNCYCAIA FARM FREE RANGE EGG MAYONNAISE (V)

Watercress 8

GARLIC & DIJON HOUMOUS (VG)

Carrot, Red Onion, Red Peppers & Mixed Leaf Salad 7

Add fries or hand cut chunky chips for £2

THE BEARS REUBEN SANDWICH

Brioche, Peppered Pastrami, Gruyere Cheese, Pickled Red Cabbage

Thousand Island Dressing & Homemade Coleslaw 12

WESLH BEEF BOLOGNAISE SOURDOUGH CALZONE

Buffalo Mozzarella, Tomato, Rocket, Parmesan 14

Nduja Sausage +4

Make it vegetarian, swap out the Bolognese for Roasted Red Peppers,

Leeks & Red Onion

SEAFOOD ROLL

Café De Paris, Buttered Brioche, Seafood

Dill Crème Fraiche, Baby Gem & Homemade Coleslaw 12



BEAR CUBS MENU

STARTERS

Garlic Bread

Tomato Soup (VG) (GFO)

MAINS

Served With Chips, Mash Potato Or Fries

Battered Free Range Chicken Chunks

Cheese & Tomato Pizza (v)

Tomato & Basil Pasta (VG) (GFO)

Baked Cod Goujons

Oven Roast ed Sausages

DESSERTS

Chocolate Fudge Brownie

Two Scoops Of Ice Cream (VG)

TWO COURSES & A SQUASH OR A JUICE £10

THE
BEAR
Cowbridge

Winter Fixed Price Menu 2 course £19

For The Table

Homemade Focaccia

Salted Butter (V) 5 supplement

Starters

Soup of The Day

Homemade Bread (VG)

Caramelised Pork Belly Bites

BBQ & Chilli Sauce, Crispy Onions

Cajun Calamari

Crispy Onions & Cajun Aioli

Beetroot Risotto

Roasted Figs & Beetroot Compote (VG & GF)

To Follow

Confit Shoulder Of Lamb

Creamed Potato, Rosemary Jus

Welsh Ale Battered Haddock

Pea Compote, hand Cut Chips

Cheesy Leek & Sweet Potato Pie

Mushy Peas, Mash Potato & Onion Gravy (V)

Braised Hispi Cabbage

Roasted Chestnuts, Pearl Onions & Crispy Cavolo Nero (VG & GF)

To Accompany + £5

Buttered Greens

Parmentier Potatoes

French Fries

