

# THE BEAR INN

## BAR SNACKS

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Smoked almonds (v) (374 kcal)	4.0	Sausage roll, HP sauce (934 kcal)	5.7
Gordal olives (vg) (139 kcal)	5.0	Scotch egg, mustard mayonnaise (1026 kcal)	5.7
Warm sourdough, butter (v) (823 kcal)	5.0		

## SHARERS

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Baked Camembert, filo crust, smoked garlic, black truffle honey, almonds, toasted sourdough (v) (1147 kcal)	16.5
Charcuterie, mortadella, coppa, salami, mixed pickles, salted cracker bread (868 kcal)	16.5

## STARTERS

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Crispy truffle potato, braised ox tail, bone marrow & onion marmalade, Parmesan (556 kcal)	8.7
Charred hispi cabbage, ginger cream, harissa, crispy chick peas, sumac (v) (868 kcal)	6.2
Deville whitebait, black pepper baby squid, tartare sauce (485 kcal)	9.0
Grilled Szechuan peach, chicory, toasted almonds, asparagus (vg) (344 kcal)	8.7

## MAINS

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Charter-pie, charred hispi cabbage, devilled gravy (2158 kcal)	17.2
Short rib & flank burger, American Cheddar, sweet & sour tomato relish, iceberg, gherkins, skin-on fries (1252 kcal)	15.7
Sirloin steak, chimichurri, watercress, thick-cut chips (991 kcal)	23.0
Roast hake, white bean mash, orange fennel, chilli (686 kcal)	18.5
Tiger prawn linguine, tomato, garlic, parsley, lemon (879 kcal)	16.7
Cider-battered fish and chips, pea purée, tartare sauce (1317 kcal)	16.7
Vegan cheeseburger, carrot & apricot chutney, gem lettuce, toasted bun, skin-on fries (vg) (4027 kcal)	15.2
Watermelon, coconut & feta salad, pumpkin seeds, radicchio, green olives, lime, honey, soy & sesame dressing (v) (633 kcal)	13.5
Miso Caesar grilled asparagus, seaweed burnt leek crumb (vg) (563 kcal)	
Add chicken (1066 kcal) 4   Add prawns (719 kcal) 4.5	15.5
Spinach, pea & barley risotto, lemon ricotta, mint crisps (vg) (710 kcal)	14.0

## SIDES

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Glazed clotted cream mashed potatoes (v) (520 kcal)	5.0	Mixed salad, toasted sesame dressing (vg) (129 kcal)	5.0
Green beans, shallots & garlic, toasted hazelnuts, vinaigrette dressing (vg) (455 kcal)	5.0	Skin-on fries (vg) (350 kcal)	4.0
Grilled hispi cabbage, tahini yoghurt, pomegranate and pumpkin seed dukkha (vg) (270 kcal)	5.0	Thick-cut chips (vg) (736 kcal)	4.5
		Sweet potato fries (vg) (766 kcal)	5.0

THE DAILY REQUIREMENT OF CALORIES NEEDED BY AN ADULT ARE 2000 KCAL.

A discretionary 10% service charge will be added to your bill. All service charges, cash and credit/debit card tips are paid in full to our team members. Full allergen information on the ingredients in the food we serve is available upon request – please speak to a member of the team.