



Breakfast

Served until 12.30pm

Full English Breakfast / £8.95

Sausages, bacon, free range egg, tomato, mushrooms, hash browns. Served with your choice of toast*

Vegetarian Breakfast (v) / £7.95

Free range egg, tomato, mushrooms, hash browns and beans. Served with your choice of toast*

Vegan Breakfast (ve) / £7.95

Avocado, tomato, mushrooms, hash browns and beans. Served with your choice of toast*

Smoked Salmon and Scrambled Eggs / £7.95

Served with your choice of toast*

Smoked Salmon, Sliced Avocado and Poached Eggs (gf) / £7.95

Served with rocket

Eggs Benedict / £7.95

Toasted English muffin topped with two free range poached eggs and covered with hollandaise sauce.

Choose from: Smoked salmon, ham or spinach (v)

Eggs On Toast (v) / £4.00

Fried, scrambled or poached eggs served with your choice of toast*

Toasted Tea Cake / £2.25

Served with a pot of jam and butter

Two slices of toast* (v) / £2.25

With marmalade or jam and butter

Toasted sourdough bread topped with your choice of:

Sautéed mushrooms with wholegrain mustard & cream (v) / £5.95

Avocado and feta topped with a poached egg (v) / £6.95

Add smoked salmon / £2.00

Add bacon / £1.50

Add egg / £1.00

Add Avocado / £1.50

*Gluten-free bread available on request

Light Bites

Seasonal Soup* (v) / £5.95

With baked artisan baguette

Chicken Liver Parfait / £6.50

Served with caramelised red onion chutney and sourdough

Tomato & Avocado Bruschetta (ve) / £6.50

On toasted brown bread with wild rocket salad

Cod, Salmon, Crayfish and Spring Onion Fishcakes / £9.95

Served with dressed mixed leaves and tartare sauce

Bubble and Squeak (gf) / £8.95

With ham, two poached eggs and rocket

Croque Monsieur / £6.95

Oven toasted ham and cheese sandwich served with mixed leaves

Croque Madam / £7.95

Oven toasted ham and cheese sandwich topped with a fried egg

Chilli and Garlic Tiger Prawns / £8.95

Served with toasted ciabatta* and rocket

Crispy Calamari / £6.95

Served with tartare sauce and rocket

Sandwiches

Sandwiches served on your choice of white or brown bloomer, white or granary baguettes, ciabatta or gluten free bread. All served with mixed leaves.

Crispy Bacon, Brie, Tomato and Spinach / £6.95

Chorizo, Avocado, Hummus and Rocket / £6.95

Hummus and Roasted Mediterranean vegetables (v) / £6.95

Club Sandwich / £7.95

Warm chicken, parma ham, mozzarella and mayonnaise

Steak and Caramelised Onion / £7.95



Mains

Slow Cooked 12 Hour Pork Belly / £15.50

Served on bubble and squeak with wilted spinach, pork liquor and gravy

Wild Mushroom Risotto (gf) / £12.50

Topped with cream, Parmesan and rocket

Corn Fed Chicken Supreme (gf) / £14.50

Served with spinach, cream and wild mushroom sauce and potato gratin

Local Beer Battered Cod / £11.50

Served with mushy peas, chunky triple cooked chips and a homemade tartare sauce

Chef's Pie of the Day / £12.00

Served with mashed potatoes or chunky triple cooked chips, seasonal vegetables, gravy and balsamic glaze

10oz Ribeye Steak (gf) / £24.95

Served with chunky triple cooked chips, grilled tomato, mushroom, mixed leaves and a balsamic glaze

Add peppercorn sauce / £1.00**Bears Burger / £11.95**

Served in toasted ciabatta with tomato, mixed leaves and fries or chunky triple cooked chips

Add Cheese or Bacon / £1.00**Halloumi and Hummus Burger (v) / £9.95**

Served in toasted ciabatta* with tomato, mixed leaves and fries or chunky triple cooked chips

*Gluten-free option available on request

Buttermilk Chicken Burger / £10.95

Served in toasted ciabatta with tomato, lettuce, cajun mayo and fries or chunky triple cooked chips

Add Cheese or Bacon / £1.00

Sharers

Whole Baked Camembert Cheese* / £13.00

With smoked chilli jam and caramelised red onion chutney

Seafood Station* / £15.50

Smoked salmon, crispy calamari, chilli and garlic prawns, tartare sauce, and mixed salad

*All served with a freshly baked artisan baguette

Gluten-free option available on request

Salads

Hot Chicken Bacon & Avocado / £9.95

Served on a bed of mixed leaves with French dressing

Beetroot, Portobello Mushroom & Avocado (ve, gf) / £8.95

Served on a bed of mixed leaves with balsamic glaze

Roasted Mediterranean Vegetables & Goat's Cheese (v, gf) / £8.95

Served on a bed of mixed leaves with balsamic glaze

Sides

Seasonal vegetables (gf) / £3.95**Rocket and parmesan salad (gf) / £3.50****Mixed side salad (gf) / £2.95****Garlic ciabatta / £3.95****Potato gratin (gf) / £3.95****Fries / £2.95****Chunky triple cooked chips / £2.95****Sweet potato fries / £3.95**



Puddings

Cake Selection / £3.95

Please ask your waiter for today's choice

Toasted Coconut Flapjack (ve) / £4.95

Served with vegan vanilla ice cream

Apple Pie / £5.50

Served hot or cold. topped with cream, ice cream or custard

Chocolate Fudge Cake / £5.50

Served hot or cold with cream or ice cream

Ice Creams and Sorbets / £3.95 / £4.95

Choose from: Vanilla, Chocolate, Strawberry, Caramel, Pistachio, Espresso & Cream, Apricot, Amaretti Amaretto, Raspberry Sorbet, Coconut Sorbet, Vegan Vanilla or Coconut & Pineapple

**BEARS**

Afternoon Tea

Served from 2.30pm

Toasted Tea Cake / £2.25

Served with a pot of jam

Handmade Scones / £4.25

Two scones served with clotted cream and Jam
(Choose from either fruit or plain scones)

Traditional Afternoon Tea For Two / £19.95

Selection of finger sandwiches, scones with clotted cream, jam and petit fours. Served with a pot of tea for two

Sparkling Afternoon Tea For Two / £29.95

As above. plus two glasses of Prosecco

Hot Drinks

Teas / £2.95

English breakfast, Earl Grey, Green tea, Raspberry, Camomile, Peppermint, Lemon & ginger, Decaf

Latte / £2.45 / £2.95

Mocha / £2.45 / £2.95

Cappuccino / £2.45 / £2.95

Americano / £2.25 / £2.75

Flat white / £2.25 / £2.75

Espresso / £1.95 / £2.30

Macchiato / £1.95 / £2.30

Hot chocolate / £2.45 / £2.95

Flakes, cream, and marshmallows 40p each or all 3 for £1.00

Syrups / 40p

Caramel, Hazelnut, Gingerbread or Vanilla

Extra shot / 40p

Decaf / 10p

Soft Drinks

Hartridges Drinks / £2.95

Ginger beer, Dandelion & Burdock, Cranberry & Raspberry, Elderflower (all 330ml)

Hartridges Juices / £2.95

Apple, Orange, Orange & Passion Fruit, Apple & Raspberry (all 275ml)

Appletiser £1.95

Lemonade, Pepsi, Pepsi Max/ £1.95 / £2.95

Water: Still or sparkling / £1.95 / £2.95

Indian Tonic Water 200ml / £1.95

Slimline Tonic 200ml / £1.95

Ginger Ale 200ml / £1.95

Bitter Lemon 200ml / £1.95

Tomato Juice 200ml / £1.95

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Book online at www.bearsrestaurant.com

V: Vegetarian Ve: Vegan GF: Gluten Free

If you have any allergies or specific dietary requirements please speak to your waiter

WINE SUPPLIED BY AFC DIRECT LTD