

# BEARS



## Breakfast

### Bears Breakfast / £11.25

2 Sausage, 2 slices of bacon, free range egg, tomato, mushrooms, hash brown & beans. Served with your choice of toast\*

### Mini Bears Breakfast / £9.50

Sausage, bacon, free range egg, tomato, mushrooms, hashbrown & beans. Served with your choice of toast\*

### Vegetarian Breakfast (V) / £9.95

Free range egg, tomato, mushrooms, hash brown & beans. Served with your choice of toast\*

### Vegan Breakfast (V) / £8.95

Avocado, tomato, mushrooms, hash brown & beans. Served with your choice of toast\*

### Smoked Salmon & Scrambled Eggs / £9.95

Served with your choice of toast\*

### Smoked Salmon, Sliced Avocado & Poached Eggs (GF) / £11.25

Served with rocket and choice of toast\*

### Eggs Benedict / £9.95

Toasted English breakfast muffin topped with two free range poached eggs, ham & covered in hollandaise sauce.

### Eggs Royal / £10.95

Toasted English breakfast muffin topped with two free range poached eggs, smoked salmon & covered in hollandaise sauce.

### Eggs Florentine / £9.25

Toasted English breakfast muffin topped with two free range poached eggs, spinach & covered in hollandaise sauce.

### Toasted Sourdough With Avocado & Feta (V) / £7.95

Topped with a poached egg

Add smoked salmon / £2.75

Add bacon / £2.00

Add egg £1.50

Add avocado / £1.95

**\*Please make your server aware of any allergies or dietary requirements**

\*Gluten-free bread available on request

An optional gratuity of 10% will be added to your bill.

All gratuities go to the team in this restaurant

V: Vegetarian VE: Vegan GF: Gluten Free

WINE SUPPLIED BY AFC DIRECT LTD

# DAYTIME MENU

## Starters

### Seasonal Soup\* (V) / £5.95

With baked artisan bread

### Parma Ham, Mozzarella & Tomato / £7.95

Served with rocket and homemade basil sauce

### Chilli & Garlic Fresh Water Tiger Prawns / £8.75

Cooked with butter, wine and chili. Served with artisan bread\*

### Crispy Calamari / £8.25

Served with homemade tartare sauce & lemon

### Bruschetta (V) (GF) / £5.95

Tomato, garlic & basil served with wild rocket salad

## Sandwiches

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

### Crispy Bacon, Brie, Tomato & Spinach / £7.25

### Smoked Salmon & Cream Cheese / £8.95.

### Hummus & Roasted Mediterranean Vegetables (V) / £6.95

### Club Sandwich / £8.95

Warm chicken, parma ham, mozzarella & mayonnaise

### Steak & Caramelised Onion / £10.75

### Croque Madame / £8.95

Oven toasted ham & cheese sandwich topped with a fried egg

### Croque Monsieur / £8.25

Oven toasted ham & cheese sandwich served with mixed leaves





## Mains

### Ribeye Steak / £24.95

Served with chunky triple cooked chips, grilled tomato & mushroom (add peppercorn or blue cheese sauce)

### Seafood Linguine / £16.50

Mixed seafood in rich tomato sauce with homemade linguine

### Local Beer Battered Cod / £14.95

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

### Chef's Pie of the Day / £12.50

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

### Bears Burger / £14.50

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

**Add Cheese or Bacon / £1.00**

### Halloumi & Hummus Burger (V) / £11.95

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

### Buttermilk Chicken Burger / £12.95

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

**Add Cheese or Bacon / £1.00**

### Stuffed Pepper £10.95

Rice, mixed vegetables and mozzarella

### Bubble & Squeak / £11.85

On a bed of hollandaise sauce served with chopped bacon & poached eggs

## Salads

### Hot Chicken Bacon & Avocado / £10.95

Served on a bed of mixed leaves with French dressing

### Super Bowl Salad (Ve) / £9.95

Quinoa, avocado, cherry tomatoes, sweet potato & tender stem broccoli

### Roasted Mediterranean Vegetables & Goat's Cheese (V, GF) / £9.95

Served on a bed of mixed leaves with balsamic glaze

## Sharers

### Whole Baked Camembert Cheese\* / £14.50

With smoked chilli jam & caramelised red onion chutney & toasted ciabatta

### Seafood Station\* / £18.50

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

\*All served with a freshly baked artisan baguette  
Gluten-free option available on request

## Sides

Seasonal vegetables (GF) / £3.95

Mixed side salad / £3.95

Garlic ciabatta / £3.95

Fries / £2.95

Chunky triple cooked chips / £3.95

Sweet potato fries / £3.95

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## Starters

**Homemade Seasonal Soup (V) / £5.95**  
Served with artisan bread\*

**Bruschetta (V) (GF) / £5.95**  
Tomato, garlic & basil served with wild rocket salad

**Chilli & Garlic Fresh Water Tiger Prawns / £8.25**  
Cooked in butter & served with sourdough bread\*

**Crispy Calamari / £7.55**  
Served with homemade tartare sauce & lemon

**Parma Ham, Mozzarella & Tomato / £7.95**  
Served with rocket and homemade basil sauce

## Sharers

**Whole Baked Camembert Cheese\* / £14.50**  
With smoked chilli jam and caramelised red onion chutney

**Seafood Station\* / £18.50**  
Smoked salmon, crispy calamari, chilli and garlic prawns, tartare sauce & mixed salad

\*All served with a freshly baked artisan baguette  
Gluten-free option available on request

## Salads

**Hot Chicken Bacon & Avocado / £10.95**  
Served on a bed of mixed leaves

**Super Bowl Salad (VE) / £9.95**  
Quinoa, avocado, cherry tomatoes, sweet potato & tender stem broccoli

**Roasted Mediterranean Vegetables & Goat's Cheese (V, GF) / £9.95**  
Served on a bed of mixed leaves

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## Mains

**Ribeye Steak / £24.95**  
Served with chunky triple cooked chips, grilled tomato & mushroom (add peppercorn or blue cheese sauce)

**Pan Roasted Sea Bream / £15.95**  
Served with baby potatoes, tender stem broccoli & cherry tomatoes

**Seafood Linguine / £16.50**  
Mixed seafood in rich tomato sauce with homemade linguine

**Mario's Artisan Steak & Ale Pie / £12.50**  
Served with mashed potatoes or chunky triple cooked chips, market-fresh vegetables & gravy

**Stuffed Pepper £10.95**  
Rice, mixed vegetables & mozzarella

**Pan Fried Fillet of Salmon £15.25**  
Crushed baby potatoes, baby stem broccoli & hollandaise sauce

**Chicken Valdostana £13.95**  
Roast potatoe with marsala sauce

## Sides

Seasonal vegetables (gf) / £3.95  
Rocket and parmesan salad (gf) / £3.50  
Dressed mixed leaves (gf) / £2.95  
Garlic ciabatta / £3.95  
Mashed potato / £3.95  
Fries / £2.95  
Chunky triple cooked chips / £3.95  
Sweet potato fries / £3.95