

# THE BEAR HOTEL

## Please Order at the Bar

### Starters and Light Meals

Basket of Fresh Bread and Butter £2.95

Warm Dipping Breads with olives, sun-blushed tomato, olive oil and balsamic vinegar £4.95 (V)

Honey Roasted Parsnip and Thyme Soup (V)(GFO) £5.75

Traditional Prawn Cocktail  
with brown bread and butter (GFO) £7.50

Cajun Spiced Fish Cake  
with lemon and sweet chilli dipping sauce  
As a starter £6.95  
As a main course with chips and salad £12.50

Welsh Rarebit  
on toasted ciabatta with watercress salad £6.95  
with crisp bacon £7.95

Duck Liver and Armagnac Parfait,  
red onion marmalade and Melba toast £6.95

Confit Duck Leg and Redcurrant Terrine  
Melba toast and Cumberland sauce (GFO) £7.25/£13.95

Chicken Satay Skewers with homemade peanut sauce,  
crostini and salad leaves (GFO) £7.00

Crispy Fried Whitebait  
with homemade tartar sauce and crusty bread £6.95

### Salads

*Available as starter or main course*

Beetroot, Goats Cheese and Walnut Salad with dressed  
leaves and red wine vinaigrette (V) (GFO) £6.50/12.45

Buffalo Mozzarella and Prosciutto with rocket leaves and  
a sweet balsamic reduction (GFO) £7.50/£15.50

Black Mountain smoked salmon with horseradish cream,  
rocket, crostini and lemon oil (GFO) £7.95/£15.50

### The 'Bear Essentials'

Homemade Beef Lasagne  
with mixed salad and garlic bread £10.95

Homemade Welsh Beef Burger topped with smoked  
bacon and Gorwydd Caerphilly cheese served with chips,  
salad and tomato chutney £14.95

Jamaican Style 'Jerk' Flat Rib of Welsh Beef  
with sweet potato fries and dressed salad (GFO) £14.95

Braised Welsh Lamb Shank, spring onion mash,  
seasonal vegetables and braising juices (GFO) £16.50

Homemade Chicken and Leek Pie,  
chips and salad £11.95

Indian Chicken Curry and Fragrant Rice,  
poppadom and accompaniments (GFO) £12.50

Roast Chicken Supreme with a wild mushroom,  
Marsala and peppercorn sauce served with sautéed  
potatoes and seasonal greens (GFO) £14.95

Homemade Faggots,  
onion gravy, mushy peas and chips £11.50

Cumberland Sausage Ring,  
with mash, gravy and shoestring onions £10.50

Penne Pasta 'Carbonara' - pancetta white wine,  
mushroom, garlic and Parmesan cream sauce £12.50

Beer Battered Fish and Chips with mushy peas £13.95

Deep-fried Breaded Whole Tail Scampi,  
with chips and salad £11.95

Cornish Fish Pie. A selection of fresh and smoked fish  
and prawns, with cheese topped creamy mash potato  
and served with seasonal vegetables (GFO) £12.50

Pan Seared Fillet of Salmon with new potatoes, green  
beans and salsa rosa piccante (GFO) £15.50

Seafood Linguine in a roasted tomato, garlic, caper  
and parsley sauce £14.95

Wild Mushroom Risotto  
with ricotta and rocket (V) (GFO) £13.00

Melanzane di Parmigianna – layers of aubergine  
and tomato topped with white sauce and vegetarian  
Parmesan, served with salad and garlic bread £10.50 (V)

## Chargrilled Welsh Steaks

Sirloin 8oz £21.50

Rib Eye 8oz £21.50

Fillet 8oz £26.95

Our Welsh steaks are specially selected for us by F.E.Richards of Crickhowell and dry aged for a minimum of 30 days.

Cooked to your liking with or without garlic butter and served with roasted mushroom, balsamic glazed tomato, chips and salad.

Your steak can be served with the any of the following:

### **Sauces (GF) @ £2.25**

Port and Stilton, Pepper sauce, Béarnaise

### Side Orders

Chips, mash or new potatoes £2.50

Fresh vegetables £2.50

Side salad £2.50

Garlic bread £2.50

Garlic butter skinny fries £2.50

Sweet potato fries £2.50

(with cheese, extra 50p)

### Sandwiches and Baguettes

(available midday to 6pm)

Served with coleslaw and "Real" crisps

	<u>Baguette</u>	<u>Sandwich</u>
Welsh Dragon Cheddar and farmhouse chutney	£5.80	£5.00
Tuna mayo and cucumber	£5.50	£4.95
Local ham	£5.50	£4.95
Prawn 'Marie Rose'	£6.50	£5.95
Smoked salmon	£6.95	£6.50
Chicken mayonnaise	£5.95	£5.50

All of our food may come into contact with nuts or gluten products. **Please advise us of any allergies or intolerances so that we can ensure your meal meets your requirements.**

### Gluten Free Options

Gluten Free options are indicated by 'GFO' next to the dish. Whilst every due care is taken to ensure all ingredients are gluten free and also free from cross contamination, some ingredients (e.g. curry powder) are produced in factories that 'also manufactures gluten products'.

**Please state that you require gluten free dishes when ordering so that our Chefs are aware of your requirements.**

**In addition, we are pleased to offer Daura Gluten Free beer.**

## Desserts

Panettone Bread and Butter Pudding - made with rum and bananas served with brown bread ice cream £6.50

Ginger Barrel – stem ginger liqueur ice cream served with brandy snap barrels £6.20

Apple and Forest Fruit Crumble with custard £6.20

Sticky Toffee Pudding with caramel sauce and rich clotted cream £6.50

Vanilla Bean Crème Brulee with shortbread biscuit (GFO) £6.95

Triple Chocolate and Pistachio Brownie, with chocolate sauce and vanilla ice cream £6.95

Dark Chocolate Mousse with Belgian chocolate ice cream (GFO) £6.95

Mixed Berry Eton Mess (GFO) £6.50

Homemade Rice Pudding with fruit compote (GFO) £6.50

Chocolate and Orange Truffle Tart with pouring cream £6.95

### Welsh Cheeses and biscuits (GFO) £8.45

A selection of Welsh cheeses served with celery, grapes, chutney and wafer biscuits

### Ice-Creams (3 scoops) £5.20

Coffee with maple syrup and walnuts  
Vanilla, Strawberry, Belgian chocolate,  
Brown bread, White chocolate,

### Sorbets £5.20

Lemon, Blackcurrant, Raspberry

### Tea

### Coffee

Fruit and herbal	£2.50	Espresso	£2.00
		Latte	£2.80
Black tea	£2.50	Cappuccino	£2.50
Green tea	£2.50	Americano	£2.20
		Cafetiere	£3.00
		Floater	£3.25

### Liqueur Coffees £4.90

Irish (Whiskey)	French (Cognac)
Calypso (Tia Maria)	Jamaican (Rum)
Baileys Irish Cream	Seville (Cointreau)

Proprietors:

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