

## **Starters and Light Meals**

Warm dipping breads with olives, sun-blushed tomatoes olive oil  
and balsamic vinegar £5.45(V)

Honey roasted parsnip and thyme soup (V)(GFO) £6.45

Traditional prawn cocktail with brown bread and butter (GFO) £8.00

Cajun spiced fish cake with a lemon and sweet chilli dipping sauce  
As a starter £7.45  
As a main course with chips and salad £13.50

Welsh rarebit on toasted ciabatta with watercress salad (V) £7.45  
With crisp bacon £8.45

Duck liver and Armagnac parfait, red onion marmalade  
and Melba toast £7.45

Chicken satay skewers with homemade peanut sauce, crostini and salad leaves (GFO) £7.50

Crispy fried whitebait with homemade tartar sauce and crusty bread £7.45

Confit duck leg and redcurrant terrine with Melba toast  
and Cumberland sauce (GFO) £7.75/£14.95

### **Salads**

*Available as starter or main course*

Black Mountain smoked salmon with horseradish cream, rocket, crostini  
and lemon oil (GFO) £8.45/£16.50

Beetroot, goats cheese and walnut salad with dressed leaves  
and red wine vinaigrette (V) (GFO) £7.00/£13.45

Buffalo mozzarella and prosciutto with rocket leaves  
and a sweet balsamic reduction (GFO) £8.00/£16.50

## 'The Bear Essentials'

Homemade beef lasagne with mixed salad and garlic bread £11.95

Homemade Welsh beef burger topped with smoked bacon and Gorwydd Caerphilly cheese served with chips and tomato chutney £15.95

Jamaican style "Jerk" flat rib of Welsh beef with sweet potato fries and dressed salad (GFO) £15.95

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Braised Welsh lamb shank, spring onion mash, seasonal vegetables and braising juices (GFO) £17.50

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Homemade chicken and leek pie, chips and salad £12.95

Indian chicken curry, fragrant rice, poppadom and accompaniments (GFO) £13.50

Roast chicken supreme with a wild mushroom, Marsala and peppercorn sauce with sautéed potatoes and seasonal greens (GFO) £15.95

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Homemade faggots, onion gravy, mushy peas and chips £12.50

Cumberland sausage ring, mash with gravy and shoestring onions £11.50

Penne pasta 'Carbonara' pancetta, white wine, mushroom, garlic and Parmesan cream sauce £13.50

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Beer battered fish and chips with mushy peas £14.95

Deep-fried breaded whole tail scampi, chips and salad £12.95

Cornish fish pie. A selection of fresh and smoked fish and prawns, with cheese topped creamy mash potato and served with seasonal vegetables (GFO) £13.50

Pan seared fillet of salmon with new potatoes, green beans and salsa rosa picante (GFO) £16.50

Seafood linguine in a roasted tomato, garlic, caper and parsley sauce £15.95

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Wild mushroom risotto with ricotta and rocket (V) (GFO) £14.00

Melanzane di Parmigianna – layers of aubergine and tomato topped with white sauce and vegetarian Parmesan, served with salad and garlic bread £11.50 (V)

# Chargrilled Welsh Steaks

Sirloin 8oz £22.50

Rib Eye 8oz £22.50

Fillet 8oz £27.95

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 (optional).

Your steak can be served with the any of the following

## **Sauces (GFO) @ £2.25**

Port and stilton, Pepper sauce, Béarnaise

## **Side Orders**

Chips, mash or new potatoes £2.75

Fresh vegetables £2.75

Side salad £2.75

Garlic bread £2.75

Garlic butter skinny fries £2.75

Sweet potato fries £2.75

*All of our food may come into contact with nuts or gluten produce. 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 Gluten Free beer*

## Desserts

Panettone bread and butter pudding- made with rum and bananas served with brown bread ice cream £7.00

Ginger Barrel – stem ginger liqueur ice cream served with brandy snap barrels £6.70

Apple and forest fruit crumble with custard £6.70

Sticky toffee pudding with caramel sauce and rich clotted cream £7.00

Vanilla bean crème brulee with shortbread biscuit (GFO) £7.45

Triple chocolate and pistachio brownie, with chocolate sauce and vanilla ice cream £7.45

Dark chocolate mousse with Belgian chocolate ice cream (GFO) £7.45

Mixed berry Eton mess (GFO) £7.00

Homemade rice pudding with fruit compote (GFO) £7.00

Chocolate and orange truffle tart with pouring cream £7.45

### Welsh Cheese and Biscuits (GFO) £8.95

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

### Homemade Ice-Creams (GFO) £5.70

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

### Sorbets £5.70

Lemon, Blackcurrant, Raspberry

#### Tea

Fruit & herbal £2.50  
Black tea £2.50  
Green tea £2.50

#### Coffee

Espresso £2.00  
Cappuccino £2.50  
Americano £2.50  
Filter coffee pot £3.00  
Cream floater £3.25

### Liqueur Coffees

Irish (Whiskey) £4.90  
French (Cognac) £4.90  
Calypso (Tia Maria) £4.90  
Jamaican (Rum) £4.90  
Baileys Irish cream £4.90  
Seville (Cointreau) £4.90