

THE BEAR HOTEL

Please Order at the Bar

Available 12-2.15pm and 6pm to 10pm Mon. to Sat.
(12-2.45pm and 7pm to 9.30pm Sundays.)

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)

Traditional Prawn Cocktail
with brown bread and butter (GFO) £7.95

Cajun Spiced Fish Cake
with lemon and sweet chilli dipping sauce
As a starter £7.50
As a main course with chips and salad £13.95

Welsh Rarebit
on pan rustic with watercress salad £7.50
with crisp bacon £8.50

Chicken Liver and Armagnac Parfait,
red onion marmalade and Melba toast £7.50

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) £8.50/£16.50

The 'Bear Essentials'

Homemade Beef Lasagne
with mixed salad and garlic bread £12.00

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

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

Homemade Chicken and Leek Pie,
chips and salad £13.50

Indian Chicken Curry and Fragrant Rice,
poppadom and accompaniments (GFO) £13.50

Roast Chicken Supreme with a wild mushroom,
Marsala and peppercorn sauce served with sautéed
potatoes and seasonal greens (GFO) £15.95

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

Cumberland Sausage Ring,
with mash, gravy and shoestring onions £11.95

Penne Pasta 'Carbonara' - pancetta white wine,
mushroom, garlic and Parmesan cream sauce £12.95

Beer Battered Fish and Chips with mushy peas £14.95

Deep-fried Breaded Whole Tail Scampi,
with chips and salad £12.95

Traditional Fish Pie. A selection of fresh and smoked fish
and prawns, with cheese topped creamy mash potato
and served with seasonal vegetables (GFO) £13.95

Pan Seared Fillet of Salmon with new potatoes, green
beans and salsa rosa piccante (GFO) £16.50

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

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 £11.95 (V)

Chargrilled Welsh Steaks

Sirloin 8oz £23.50

Rib Eye 8oz £23.50

Fillet 8oz £28.95

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, confit tomato, chips and leaves.

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

Sauces @ £3.50

Port and Stilton, Pepper sauce, Béarnaise

Side Orders

Chips, mash or new potatoes £3.00

Fresh vegetables £3.00

Side salad £3.00

Garlic bread £3.00

Garlic butter skinny fries £3.00

Sweet potato fries £3.00

(with cheese, extra 75p)

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
F.E. Richards gammon ham	£5.50	£4.95
Prawn 'Marie Rose'	£6.50	£5.95
Smoked salmon	£6.95	£6.50
Chicken mayonnaise	£5.95	£5.50

Allergies

All of our food may come into contact with nuts, gluten and other allergen 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 due care is taken to ensure all ingredients are gluten free and 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.

We are also pleased to offer Gluten Free and Vegan beer.

Desserts

£6.50

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

Ginger Barrel – gingerbread ice cream served with brandy snap barrels

Apple and Forest Fruit Crumble with custard

Sticky Toffee Pudding with caramel sauce and rich clotted cream

Vanilla Bean Crème Brulee with shortbread biscuit (GFO)

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

Dark Chocolate Mousse with Belgian chocolate ice cream (GFO)

Orange Panna Cotta (GFO) with pistachio biscotti (GFO)

Homemade Rice Pudding with fruit compote (GFO)

Tiramisu with coffee ice cream

Ice-Creams (3 scoops)

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

Sorbets

Lemon, Blackcurrant, Raspberry

Welsh Cheeses and biscuits (GFO) £8.45

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

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)

As a digestive: 25ml Grappa £2.95

Proprietors:

The Hindmarsh Family

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