

THE BEAR HOTEL

Available 12-2.30/17.30-21.00 Mon-Sat. 17.30-21.00 Sun.

Sunday Lunch menu available 12-2.30

Starters and Light Meals

Basket of Fresh Bread and Butter £2.95

Warm Dipping Breads from Alex Gooch with EVOO,
Balsamic, sun blushed tomatoes and olives £6.00 (V)

Classic Prawn Cocktail
with brown bread and butter (GFO) £8.50

Soup of the Day £6.00

Salt and Pepper Squid
Sweet chilli dipping sauce £8.50

Ham Hock and Parsley Terrine
Caper and gherkin mayonnaise, crostini £7.50

Quinoa and Chickpea 'Tabbouleh'
Lime and olive oil (vegan) £7.00

Salads

Available as starter or main course

Breakfast Salad with sausage, bacon, mushroom, egg
Croutons and a grain mustard dressing £7.50/£14.00

Compressed Watermelon, Goats Cheese and Red Onion
Rocket, pine nuts, sweet balsamic (GFO) £8.00/£14.00

Bear Caesar Salad
Romain lettuce, Parmesan shavings, croutons, anchovies
and smoked bacon. Garlic dressing £8.50/£15.00

With Prawns add £6.00, with Chicken add £5.00

The 'Bear Essentials'

Homemade Beef Lasagne
with mixed salad and garlic bread £14.00

Welsh Beef Burger topped with smoked bacon
and glazed with Welsh rarebit,
served in an Alex Gooch potato bun,
chips and tomato chutney £16.25

Indian Style Chicken Curry and Basmati Rice,
poppadom and mango chutney (GFO) £15.50

Pan Roasted Breast of Chicken
with a cream Marsala and mushroom sauce,
sauté potatoes and broccoli (GFO) £17.00

Shepherd's Pie Topped with Mashed Potato and Cheese
served with a selection of vegetables (GFO) £13.00

Penne Pasta with a roasted tomato, garlic and
Mediterranean vegetable sauce and
Parmesan shavings (V) £13.50

Beer Battered Fish and Chips with mushy peas
and tartare sauce £16.00

Pan Roasted Salmon on mashed potato with a chorizo
and pea cream with wilted baby gem (GFO) £18.95

Summer Vegetable Risotto
with rapeseed oil and pea shoots (V) (GFO) £15.00

From the Grill

Sirloin 10oz £25.00

Fillet 8oz £30.00

Our Welsh steaks are specially selected for us by F.E. Richards
of Crickhowell and matured for a minimum of 30 days.
Cooked to your liking with or without garlic butter and served
with grilled mushroom, tomato and green leaves, chips.

Your steak can be served with either of the following:

Sauces @ £3.50

Peppercorn or 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

(available lunchtime Mon - Sat)

Served on Alex Gooch white or granary bread with Two Farmers crisps

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| Mature Welsh Cheddar And pickle | £6.25 |
| BLT, with smoked bacon and mayonnaise | £6.75 |
| Egg mayonnaise | £6.00 |
| Prawn Cocktail | £7.50 |

Desserts

Affogato - Vanilla ice cream served with a shot of
espresso coffee £5.75

Lemon and Raspberry Mille Feuille
Raspberry sorbet £7.00

Sticky Toffee Pudding with caramel sauce
and vanilla bean ice cream £7.00

Chocolate Brownie
Chocolate sauce, vanilla ice cream £7.00

Pannacotta
Red berry compote and pistachio biscotti £7.00

Ice-Creams (3 scoops)

Coffee with maple syrup and walnuts
Vanilla, Strawberry, Belgian chocolate,
Brown bread, White chocolate £7.00

Sorbets

Lemon, Blackcurrant, Raspberry £5.75

Welsh Cheeses (GFO) £8.95

3 Welsh cheeses served with crackers, celery, grapes,

Liqueur Coffees £5.50

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|--|---------------------|
| Irish (Whiskey) | French (Cognac) |
| Calypso (Tia Maria) | Jamaican (Rum) |
| Baileys Irish Cream | Seville (Cointreau) |
| <u>As a digestive: 25ml Grappa £3.25</u> | |

Proprietors:

The Hindmarsh Family

info@bearhotel.co.uk

Tel: (01873) 810408

V.A.T No 324946781

**We've introduced a few small changes
to keep you safe**

**We politely request that all guests respect safety
measures in operation at The Bear, including our
request not to socialise with other guest tables in
order to adhere to social distancing guidelines**

**Please understand that due to restrictions we have
a limited capacity and are offering a reduced menu
which helps our smaller teams to deliver your
orders safely. We may not be as speedy as we
were in the past so please be patient**

**If you have any concerns or questions, please
don't hesitate to talk to a member of staff**

Thank you for visiting The Bear

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.

Tea

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| Fruit and herbal | £2.75 |
| Black tea | £2.75 |
| Green tea | £2.75 |

Coffee

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| Espresso | £2.10 |
| Latte | £2.90 |
| Cappuccino | £2.90 |
| Americano | £2.70 |
| Cafetiere | £3.30 |
| Floater | £3.40 |