

THE BEAR HOTEL

Available 12-2.30/18.00-21.00 Mon-Sat. 18.00-21.00 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 £8.00

Chicken Liver Parfait
Red onion marmalade, crostini £7.00

Plum Tomato Bruschetta
Grilled artichoke, basil oil and balsamic (vegan) £7.00

Bear Caesar Salad
Romain lettuce, Parmesan shavings, croutons, anchovies
and smoked bacon. Garlic dressing £8.00/£14.00
with Chicken add £5.00

Sandwiches

(available lunch times only Mon - Sat)
Served on Alex Gooch white or granary bread
with Two Farmers crisps and slaw

Mature Welsh Cheddar and pickle	£6.25
BLT, with smoked bacon and mayonnaise	£6.75
Chicken Mayonnaise	£6.50
Prawn Cocktail	£7.50

The 'Bear Essentials'

Homemade Beef Lasagne
with mixed salad and garlic bread £13.00

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) £14.50

Pan Roasted Breast of Chicken
with a cream Marsala and mushroom sauce,
sauté potatoes and broccoli (GFO) £16.50

Welsh Faggots with onion gravy, mushy peas
and chips £12.50

Deep Fried Wholetail Scampi, chips and salad
with tartare sauce £12.75

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) £18.25

Butternut Squash, Sage and Pine Nut Risotto
finished with pea shoots
and rapeseed oil (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, green leaves and chips.

Your steak can be served with either of the following:

Sauces @ £2.50

Peppercorn or Port and Stilton

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)

Desserts

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

Sticky Toffee Pudding
Caramel sauce and vanilla bean ice cream £7.00

Apple and Blackberry Crumble with custard £7.00

Chocolate Brownie
Chocolate sauce, vanilla ice cream £7.00

Lemon Cinder Pot
with gingersnap crumble and raspberry sorbet £7.00

Ice-Creams (3 scoops)

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

Sorbets

Lemon, Mango, Raspberry £5.75

Welsh Cheeses (GFO) £8.95

3 Welsh cheeses served with crackers, celery, grapes,

Liqueur Coffees £5.50

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

As a digestive: 25ml Grappa £3.25

Tea

Fruit and Herbal £2.75
Black Tea £2.75
Green Tea £2.75

Coffee

Espresso £2.20
Latte £2.90
Cappuccino £2.90
Cafetiere £3.30
Floater £3.40

**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.

Proprietors:
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