

LUNCH AT THE BEAR & RAGGED STAFF

Summer means celebrations in the sun. Good food with good friends. Enjoy fresh fish from Cornish day-boats, new season's lamb, Summer pudding with its essential companion, a dollop of clotted cream. Sip a glass of the new Prosecco Rosé or a good old-fashioned pint of beer. It's good to be back.

SMALL PLATES

Great for sharing over a drink while you decide.

Nocerella, Gaeta & Cerignola Olives 3.75 🍴

San Francisco Sourdough, English Rapeseed Oil & Dukkah 4.75 v

Warm Ciabatta & Garlic Butter 4.50 v

Padron Peppers, Sea Salt 5.75 🍴

Halloumi Fries & Bloody Mary Ketchup 5.75 v

Shawarma-spiced Houmous, Crispy Chickpeas & Flatbread 4.50 🍴

Jimmy Butler's Honey Mustard Chipolatas, Spring Onions & Crispy Shallots 4.75

Rosemary & Garlic-studded Camembert, Ciabatta Croûtes 8.75 v

STARTERS

Goats' Cheese Croustillant, Fresh Figs & Honey 8.00 v

Blythburgh Ham Scrumptet, English Mustard Mayonnaise 7.75

Wasabi-cured Salmon, Pickled Mooli & Ginger, Toasted Sesame 9.25

Today's Summer Soup - See Blackboard 6.00 v

Pan-fried Native Scallops, Watercress & Tartare Hollandaise 12.00

Hot & Sour Salad, Watermelon, Chilli, Red Pepper, Peanuts & Sesame 7.00/13.00 🍴

Add Hoi Sin Pork 3.50 or Halloumi 2.50 v

A 25p contribution from every superfood salad goes to Peach Foundation, which raises funds to help feed those in need in our local communities.

MAIN COURSES

Pan-fried Sea Bream, Ratatouille & Shaved Fennel 18.50

Free-range Garlic Roast Chicken Supreme, Watercress, Courgette & Pine Nut Salad, Fries 16.50

Moroccan-spiced Aubergine, Apricot, Chickpea & Date Tagine, Cucumber & Mint Salad 14.75 🍴

Fish & Chips - Haddock Fillet, Crunchy Batter, Chips, Peas & Tartare Sauce 15.00

Today's Summer Vegetarian Special - See Blackboard v

14 Hour Braised Beef & Ale Pie, Buttered Mash, Greens, Gravy 15.25

Daily Market Fish, Brown Butter, New Potatoes, Rocket - Market Price

Merrifield Duck Breast, Summer Greens, Delmonico Potatoes & Green Peppercorn Sauce 23.50

GRILL

We serve the best British beef. Grass-fed, naturally slow-grown on carbon-capturing pasture. Dry-aged by Aubrey Allen for incredible flavour. When only a steak will do, make it one of these beauties. Steaks are served with Chips & Rocket.

8oz Rump Cap Steak 19.95

12oz Sirloin on the Bone 28.00

Add Béarnaise or Peppercorn Sauce 1.75 | Add Onion Rings 3.95 v

Steak Diane - Fillet Steak Medallions, Mushroom, Shallot & Cream Sauce 26.50 - Add extra 30z Fillet Medallion 5.50

Dirty Vegan Burger, Marmite Onions, Smoked Cheese, Tomato Relish & Fries 14.75 🍴

Aubrey's Steak Burger, Cheddar Cheese, Burger Relish, Gherkin & Fries 15.00

Add Free-range Bacon or Field Mushroom 2.00

SIDES

Thick-cut Chips or Skinny Fries 4.00 🍴

Sweetcorn Mac & Cheese 3.25 v

Green Salad, Soft Herbs, Toasted Seeds, Vinaigrette 4.25 🍴

Buttered Summer Greens 4.00 v

Marzanino Tomato Salad 4.50 🍴

DESSERTS & CHEESE

Summer Pudding, Clotted Cream 7.75 v

Warm Chocolate Fondant,
Creme Fraîche & Pistachio Crumb 8.00 v

Lemon Posset, Raspberries & Baked White Chocolate 6.50 v

Amarena Cherry Bakewell Tart, Yoghurt Ice Cream 7.50 v

Banoffee Cheesecake, Rum-soaked Raisins,
Bananas & Pecans 7.50 v

Salcombe Dairy Ice Creams & Sorbets 6.00 v

(Choose Three: Vanilla, Chocolate, Strawberry, Honeycomb, Blackcurrant or Raspberry Sorbet)

SANDWICHES Add Chips or Soup 2.50

Grilled Cheese on Sourdough, Marmite Onions 8.25 v

Jimmy Butler's Roast Pork Roll, Stuffing & Apple Sauce 9.50

Pollock Scampi Roll, Tartare Sauce 9.00

Mini Pud & Tea or Coffee 6.25

Banoffee Cheesecake or Smidgen of Cheese with your choice of Tea or Coffee

Our British cheeses change with the season & are all served ripe & ready with Chutney, Apple & Peter's Yard Crackers.

Choose from: Baron Bigod | Blanche v | The Strathearn v
Rutland Red v | Beauvale

All five cheeses 12.50 | Any three cheeses 7.50 |

A single smidgen of cheese 3.75

v Vegetarian dishes 🍴 Vegan dishes We're also happy to adapt other dishes, please ask.

Children are heartily welcome and we're happy to make simplified versions of dishes, or half portions at half price. An optional 10% service is added to parties of six or more, all tips go to the team. Allergens: before ordering, please speak to our team, dishes are prepared in busy kitchens, containing all ingredients, we cannot guarantee any dish to be totally free-from allergens.