

BREAKFAST AT THE BEAR

The old proverb demands we eat breakfast like Kings (and Queens). We serve the best quality; free-range bacon and sausages from Jimmy Butler's Blythburgh Farm, Clonakilty Black Pudding and artisan sourdough from Royal Warrant Holders. Start the day right!

BREAKFAST

- Toasted Granola, Coconut Yoghurt, Berry Compote & Pecans 6.00 🥚
Dunkeld Smoked Salmon & Scrambled Eggs, Toasted Sourdough 9.50
Jimmy Butler's Sausage Patty, Free-range Egg & Cheese Brioche, Brown Sauce 7.00
Jimmy Butler's Bacon Bloomer 6.50
Add Free-range Egg 1.75
Eggs Benedict - English Muffin, Roast Ham, Free-range Poached Eggs & Hollandaise 10.25
American Pancakes, Maple Syrup & Crispy Bacon or Blueberries & Crème Fraîche 7.75
Wild Mushrooms & Poached Eggs, Toasted Sourdough 8.75 V
Vegetarian Full English - Vegan Haggis, Spinach, Mushrooms & Tomatoes,
Baked Beans, Free-range Poached Eggs & Toasted Sourdough 12.75 V
Full English Breakfast - Jimmy Butler's Sausage & Bacon, Mushroom, Clonakilty Black Pudding,
Baked Beans, Tomatoes, Free-range Poached Eggs & Toasted Sourdough 14.00
Smashed Avocado, Free-range Poached Eggs, Spring Onion & Chilli on Toasted Sourdough 9.95 V
Dunkeld Smoked Salmon Royale, Free-range Poached Eggs & Hollandaise 10.50
If you prefer gluten-free or dairy-free alternatives to our toast and butter, please ask.
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SOFT DRINKS

- Passion Fruit Spritz 6.00
Big Tom Virgin Bloody Mary 4.50
Fresh Orange Juice 3.00
Eager Apple or Cranberry Juice 2.80
JARR Ginger Kombucha 4.00
Cawston Press - Cloudy Apple or Rhubarb 3.30
Frobishers - Pineapple or Cherry Juice 3.00
Frobishers - Apple & Mango or Orange & Passionfruit 3.30

STIFFENERS

- Champagne Mimosa 9.00
Bloody Mary 8.75
Strawberry Bellini 7.50
Aperol Spritz 8.75

HOT DRINKS

Our speciality coffee is Union Hand-Roasted's Revelation blend of beans from small-scale co-operatives in Peru and Honduras. Served with semi-skimmed milk. Swap dairy milk for soya or oat for 35p. Add flavoured syrup for 50p. Decaf tea and coffee also available.

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| Double Espresso 2.70 | A Pot of Proper Yorkshire Tea 3.30 |
| Americano, Cortado 3.60 | A Pot of Twinings Tea 3.20 |
| Cappuccino, Flat White, Latte 3.70 | Earl Grey, Green Tea, Peppermint,
Lemon & Ginger, Chamomile & Honey, Spicy Chai |
| Liqueur Coffee 7.40 | Fresh Mint Tea 2.75 |
| Hot Chocolate 3.60 | |
| Luxury Hot Chocolate 4.00 | |

V Vegetarian Ingredients 🥚 Vegan Ingredients

Please note - some items may be cooked in multi-purpose fryers.

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. If you want to know more about how our dishes are cooked or prepared, please talk to us. An optional 10% service is added to parties of six or more, all tips go to the team.*

LUNCH AT THE BEAR

Spring is here at last! As the days lengthen and sunshine returns, we can once again look forward to sitting outside with a glass of rosé. Enjoy Cornish lamb, spring greens, and look out for English asparagus gracing our specials board.

STARTERS

- Free-range Chicken & Parma Ham Terrine, Pickles, Ciabatta 9.25
- Garlic & Paprika King Prawns, Roast Tomatoes, Toasted Sourdough 10.50
- Today's Spring Soup, Ciabatta - See Blackboard 7.75 ✓
- Devon Crab Cake, Avocado, Radish & Pea Shoots 9.95
- Grilled Courgette & Artichokes, Whipped Cream, Romesco Sauce, Basil & Toasted Almonds 8.50 🍴
- Baked Somerset Camembert, Apple, Walnuts & Honey, Croûtes 9.75 ✓

DELI

- Warm Artisan Ciabatta
- Garlic Butter & Marmite Butter 6.00 ✓
- Marinated Olives, Feta & Garlic 4.75 ✓
- Buttermilk Fried Chicken, Wild Garlic Mayo 7.50
- Halloumi Fries, Bloody Mary Ketchup 7.50 ✓
- Harissa & Preserved Lemon Houmous, Crispy Chickpeas & Flatbread 6.50 🍴
- Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 7.00
- Tempura Courgette Fries, Truffle Cheese Dip 6.25 ✓

MAINS

- Merrifield Duck Leg, Potato Purée, Hispi Cabbage, Wild Garlic & Jus 20.50
- Pea & Broad Bean Risotto, Goats' Cheese, Herb Crumb 15.50 ✓
- Miso-glazed Cod, Black Rice, Choi Sum, Lime, Chilli & Coriander 24.50
- Free-range Chicken Schnitzel, Garlic & Parsley Butter, Rocket, Parmesan & Fries 19.50
- Daily Market Fish, Brown Butter, New Potatoes, Rocket - Market Price
- 14 Hour Braised Beef & Ale Pie, Buttered Mash, Greens, Gravy 17.95
- Fish & Chips - Haddock Fillet, Crunchy Batter, Chips, Peas & Tartare Sauce 18.50
- Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati 16.00 🍴
- Cornish Lamb Shepherd's Pie, Spring Greens 22.50
- Watermelon, Edamame & Rice Noodle Salad, Chilli, Peanuts & Tom Yum Dressing 14.75 🍴
Add Crispy Duck or Halloumi Croutons ✓ 3.75 Add 3oz Fillet Medallion 7.50

GRILL

- Enjoy British grass-fed beef from Aubrey Allen, 28 day dry-aged for incredible flavour. We only serve the best!*
Steaks served with Chips & Rocket | Add Béarnaise or Peppercorn Sauce 2.75 | Add Onion Rings 4.75 🍴
- 8oz Rump Cap Steak 23.00
 - 12oz Sirloin on the Bone 33.00
 - Steak Diane - Fillet Steak Medallions, Mushroom, Shallot & Cream Sauce 32.00
Add extra 3oz Fillet Medallion 7.50
 - Aubrey's Double Cheeseburger, Burger Relish, Butter Leaf & Fries 16.75
 - Dirty Vegan Burger, Marmite Onions, Smoked Cheese, Tomato Relish & Fries 16.50 🍴
Add Free-range Bacon 2.50 or Marmite Onions 1.50 ✓

SIDES

- Thick-cut Chips or Skinny Fries 4.95 🍴
- Courgette, Broad Beans, Peas, Mint & Olive Oil 4.75 🍴
- Green Salad, Soft Herbs, Toasted Seeds, Chardonnay Vinaigrette 4.75 🍴
- Truffle Mac & Cheese 5.00 ✓
- Purple Sprouting Broccoli, Toasted Almonds 4.75 ✓

SANDWICHES

- Fish Goujon Brioche, Tartare Sauce & Butter Leaf 9.75
- Mushroom Shawarma, Flatbread, Coconut Yoghurt & Molasses 8.75 🍴
- Salt Beef Brioche, Mustard Mayonnaise & Pickles 9.75
- Add Chips or Soup 3.50

PUDS & BRITISH CHEESE

- Lemon Meringue Baked Alaska, Raspberry Coulis 9.25 ✓
- Rhubarb & Stem Ginger Cheesecake, Crumble 8.50 ✓
- Sticky Toffee Pudding, Toffee Sauce, Vanilla Ice Cream 8.00 🍴
- Amarena Cherry Bakewell, Clotted Cream 7.75 ✓
- Warm Chocolate Fondant, Caramel Cookie Dough Ice Cream, Honeycomb 9.50 ✓
- Jude's Ice Cream & Sorbet 7.25 ✓
(Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Ice Cream, Raspberry or Blood Orange Sorbet)

- Mini Pud & Tea or Coffee 6.95
- Chocolate Brownie or Smidgen of Cheese with your choice of Tea or Coffee

Our cheese changes with the season & are all served ripe & ready with Chutney, Apple & Peter's Yard Crackers

Choose from: Baron Bigod | Driftwood Goats ✓ | Maida Vale ✓ | Quicke's Vintage Cheddar | Northern Blue ✓

All Five Cheeses 13.00 | Any Three Cheeses 8.50 | Smidgen of Cheese 4.50

✓ Vegetarian Ingredients 🍴 Vegan Ingredients Please note - some items may be cooked in multi-purpose fryers.

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. If you want to know more about how our dishes are cooked or prepared, please talk to us. A 25p contribution from the superfood salad goes to The Bigger Peach, which raises funds to support good causes in our local communities. 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.

SPRING AT THE BEAR

Spring is here at last! As the days lengthen and sunshine returns, we can once again look forward to sitting outside with a glass of rosé. Enjoy Cornish lamb, spring greens, and look out for English asparagus gracing our specials board.

APÉRITIFS

Aperol Spritz 8.75 | Kir Royale 11.00 | Champagne Piper-Heidsieck 10.50

STARTERS

Free-range Chicken & Parma Ham Terrine, Pickles, Ciabatta 9.25
Garlic & Paprika King Prawns, Roast Tomatoes,
Toasted Sourdough 10.50
Today's Spring Soup, Ciabatta - See Blackboard 7.75 v
Devon Crab Cake, Avocado, Radish & Pea Shoots 9.95
Grilled Courgette & Artichokes, Whipped Crematta,
Romesco Sauce, Basil & Toasted Almonds 8.50 v
Baked Somerset Camembert, Apple,
Walnuts & Honey, Croûtes 9.75 v

DELI

Warm Artisan Ciabatta
Garlic Butter & Marmite Butter 6.00 v
Marinated Olives, Feta & Garlic 4.75 v
Buttermilk Fried Chicken, Wild Garlic Mayo 7.50
Halloumi Fries, Bloody Mary Ketchup 7.50 v
Harissa & Preserved Lemon Houmous,
Crispy Chickpeas & Flatbread 6.50 v
Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 7.00
Tempura Courgette Fries, Truffle Cheese Dip 6.25 v

MAINS

Merrifield Duck Leg, Potato Purée, Hispi Cabbage, Wild Garlic & Jus 20.50
Pea & Broad Bean Risotto, Goats' Cheese, Herb Crumb 15.50 v
Miso-glazed Cod, Black Rice, Choi Sum, Lime, Chilli & Coriander 24.50
Free-range Chicken Schnitzel, Garlic & Parsley Butter, Rocket, Parmesan & Fries 19.50
Daily Market Fish, Brown Butter, New Potatoes, Rocket - Market Price
14 Hour Braised Beef & Ale Pie, Buttered Mash, Greens, Gravy 17.95
Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati 16.00 v
Cornish Lamb Shepherd's Pie, Spring Greens 22.50
Fish & Chips - Haddock Fillet, Crunchy Batter, Chips, Peas & Tartare Sauce 18.50
Watermelon, Edamame & Rice Noodle Salad, Chilli, Peanuts & Tom Yum Dressing 14.75 v
Add Crispy Duck or Halloumi Croutons v 3.75
Add 3oz Fillet Medallion 7.50

GRILL

Enjoy British grass-fed beef from Aubrey Allen, 28 day dry-aged for incredible flavour. We only serve the best!
Steaks served with Chips & Rocket | Add Béarnaise or Peppercorn Sauce 2.75 | Add Onion Rings 4.75 v
8oz Rump Cap Steak 23.00
12oz Sirloin on the Bone 33.00
Steak Diane - Fillet Steak Medallions, Mushroom, Shallot & Cream Sauce 32.00
Add extra 3oz Fillet Medallion 7.50
Aubrey's Double Cheeseburger, Burger Relish, Butter Leaf & Fries 16.75
Dirty Vegan Burger, Marmite Onions, Smoked Cheese, Tomato Relish & Fries 16.50 v
Add Free-range Bacon 2.50 or Marmite Onions 1.50 v

SIDES

Thick-cut Chips or Skinny Fries 4.95 v
Courgette, Broad Beans, Peas, Mint & Olive Oil 4.75 v
Green Salad, Soft Herbs, Toasted Seeds, Chardonnay Vinaigrette 4.75 v
Truffle Mac & Cheese 5.00 v
Purple Sprouting Broccoli, Toasted Almonds 4.75 v

PUDS & BRITISH CHEESE

Lemon Meringue Baked Alaska, Raspberry Coulis 9.25 v
Rhubarb & Stem Ginger Cheesecake, Crumble 8.50 v
Sticky Toffee Pudding, Toffee Sauce, Vanilla Ice Cream 8.00 v
Amarena Cherry Bakewell, Clotted Cream 7.75 v
Warm Chocolate Fondant, Caramel Cookie Dough Ice Cream,
Honeycomb 9.50 v
Jude's Ice Cream & Sorbet 7.25 v
(Choose Three: Madagascan Vanilla, Strawberry, Chocolate or
Caramel Cookie Dough Ice Cream, Raspberry or Blood Orange Sorbet)

Mini Pud & Tea or Coffee 6.95
Chocolate Brownie or Smidgen of Cheese with your choice of Tea or Coffee

*Our cheese changes with the season & are all served ripe & ready with
Chutney, Apple & Peter's Yard Crackers*

Choose from: Baron Bigod | Driftwood Goats v | Maida Vale v |
Quicke's Vintage Cheddar | Northern Blue v

All Five Cheeses 13.00 | Any Three Cheeses 8.50 |
Smidgen of Cheese 4.50

v Vegetarian Ingredients v Vegan Ingredients Please note - some items may be cooked in multi-purpose fryers.

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SUNDAY BEST AT THE BEAR & RAGGED STAFF

We are serious about Sunday roasts, which is why you'll find at least three choices on our menu every week. Settle in for top-quality beef from Aubrey Allen, Jimmy Butler's free-range pork, or our delicious vegetarian wellington with all the glorious trimmings.

It's an age-old favourite for a reason. Long may it reign.

DELI

- Warm Artisan Ciabatta, Garlic Butter & Marmite Butter 6.00 v
Marinated Olives, Feta & Garlic 4.75 v | Halloumi Fries, Bloody Mary Ketchup 7.50 v
Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 7.00
Tempura Courgette Fries, Truffle Cheese Dip 6.25 v

STARTERS

- Garlic & Paprika King Prawns, Roast Tomatoes, Toasted Sourdough 10.50
Today's Spring Soup, Ciabatta - See Blackboard 7.75 v
Free-range Chicken & Parma Ham Terrine, Pickles, Ciabatta 9.25
Baked Somerset Camembert, Apple, Walnuts & Honey, Croûtes 9.75 v

SUNDAY ROASTS

Served with Roast Potatoes, Seasonal Vegetables, Roasted Roots, Yorkshire Pudding & Jugs of Gravy

- Aubrey Allen's Dry-aged Rump of Beef 22.00
Jimmy Butler's Free-range Pork & Crackling 20.50
Free-range Chicken Supreme 20.50
Vegetarian Wellington - Artichoke Heart, Spinach, Emmental & Pine Nuts 17.50 v

MAKE THE MOST OF YOUR ROAST

- To Share - Cauliflower Cheese 6.00 v | Free-range Pork & Sage Stuffing 3.75
Purple Sprouting Broccoli, Toasted Almonds 4.75 v

MAINS

- Miso-glazed Cod, Black Rice, Choi Sum, Lime, Chilli & Coriander 24.50
Dirty Vegan Burger, Marmite Onions, Smoked Cheese, Tomato Relish & Fries 16.50 🥗
Cornish Lamb Shepherd's Pie, Spring Greens 22.50
Aubrey Allen's 12oz Sirloin on the Bone, Chips & Rocket 33.00
Add Béarnaise or Peppercorn Sauce 2.75 | Onion Rings 4.75 🥗

SIDES

- Thick-cut Chips or Skinny Fries 4.95 🥗 | Truffle Mac & Cheese 5.00 v

PUDS & BRITISH CHEESE

- Bramley Apple Crumble & Custard 7.50 v
Amarena Cherry Bakewell, Clotted Cream 7.75 v
Sticky Toffee Pudding, Toffee Sauce, Vanilla Ice Cream 8.00 🥗
Rhubarb & Stem Ginger Cheesecake, Crumble 8.50 v
Warm Chocolate Fondant, Caramel Cookie Dough Ice Cream, Honeycomb 9.50 v
Jude's Ice Cream & Sorbet 7.50 v
(Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Ice Cream, Raspberry or Blood Orange Sorbet)

Our cheese changes with the season & are all served ripe & ready, with Chutney,
Apple & Peter's Yard Crackers

- Baron Bigod | Driftwood Goats v | Maida Vale v | Quicke's Vintage Cheddar | Northern Blue v
All Five Cheeses 13.00 | Any Three Cheeses 8.50 | Smidgen of Cheese 4.50
Mini Pud - Chocolate Brownie or Single Smidgen of Cheese & your choice of Coffee or Tea 6.95

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