

Lunch Menu

Please ask your server for chefs daily special's

Sandwiches **£4.55**

served with mixed leaves and crisps

Filled wrap **£5.25**

served with mixed leaves

Egg & Watercress Mayo (v)

Wensleydale Cheese & Caramelized Carrot Chutney (v)

Smoked Salmon with Dill & Cream Cheese

Pastrami, Gherkin & Sweet Mustard Mayo

Prawns & Lemon Mayonnaise

Tuna Mayo, Red Pepper & Rocket

Chicken & Sweet Corn Mayo

Carved Ham & Mustard/ or Tomato

Carved Beef and Creamed Horseradish

BLT - Bacon, Lettuce and Tomato

Add a portion of Chunky Chips **£2.00**

House Wrap **£5.95**

Chef's special Filled Wrap served with a Salad of Walnuts & Red Onion on Ruby Chard with a Cider Vinegar & Honey Dressing

Mozzarella & Roasted Mediterranean Vegetables (v)

Hoi Sin Beef, Shredded Spring Onion & Cucumber

Cajun Chicken, Rocket, Tomato & Pesto Mayonnaise

Side Orders

Garlic & Herb Baguette £2.55 Cheesy Garlic Bread £3.00

Garden Salad £2.95 Minted New potatoes £2.25

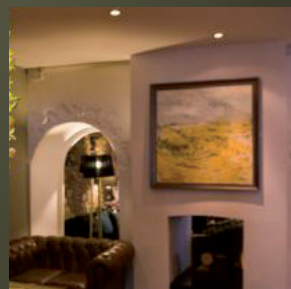
Rustic Breads £2.50 Olive Oil & Balsamic Vinegar £1.00

Chips £2.00 Panache of vegetables £2.50

Mashed Potato £2.00

**Some of our dishes may contain traces of nuts*

(V) - Suitable for Vegetarians **(GF)** - Gluten Free



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Starters/Light Bites

Add a Side Order of Chips or Chefs House Salad to make into a Light Meal

Chef's Soup of the Day £4.00
Served with Rustic Bloomer

Salmon & Prawn Fishcakes £6.25
Crisp Vegetable Strips, Honey & Lemon Dipping Sauce

Deep Fried Wedges of Breaded Brie £5.75
With Cranberry Compote & Mixed Leaves (V)

Chicken Livers & Brandy Pâté £5.95
With Warm Baguette Baby Gerkins & Redcurrant Jelly

Welsh Rarebit on Chunky Bloomer £5.85
Served with a Red Onion Marmalade (V)

Sautéed Field Mushroom Gratin £5.75
With a Herb Crust & Rosemary Flatbread (V)

Parma Ham, Bresola & Olive Bread £6.75
Black Olive Tapenade, Sweet Beetroot Chutney & Ruby Chard Leaves

Jacket Potatoes

Filled Jacket Potato & Salad Garnish £5.50
with choice of one of the following:

Melted Cheese & Red Onion (V)

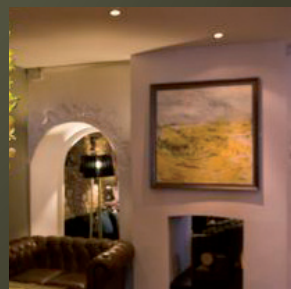
Ham, Melted Cheese & Red Onion

Prawn & Lemon Mayonnaise

Tuna Mayo & Red Pepper

House Hot Jacket Potato Fillings £5.95
Hot Chilli & Sour Cream

Sweet Plum Tomato, Mushroom, Bacon & Cheese £5.95



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Traditional Pub Grub

Steak, Ale & Mushroom Pie in Puff Pastry £8.75
Served with Garden Peas & a choice of Chunky Chips, New Potatoes or Mash

Deep Fried Fillet of Cod in Beer Batter £8.75
Served with Chunky Chips and Chefs own Tartare Sauce

Fisherman's Pie £8.95
Tender morsels of Salmon, Cod & Prawns in a Creamy Chive Sauce. Topped with Glazed Cheddar Mash & served with House Salad

House Beef Lasagne £8.95
Chef's House Salad, Coleslaw & Chunky Chips

Glamorgan Sausages (v) £8.95
Made from Caerphilly Cheese, Leeks & Mustard, with mixed leaves, Plum Chutney and choice of Chunky Chips, New Potatoes or Creamy Mash

Roasted Salmon Fillet £9.95
On a bed of Creamed Leeks, Spinach & New Potatoes (GF)

Green Thai Curry
With Spring Onions, Green Chilies & Fresh Coriander, served with Coconut & Lime Scented Rice or 1/2 & 1/2

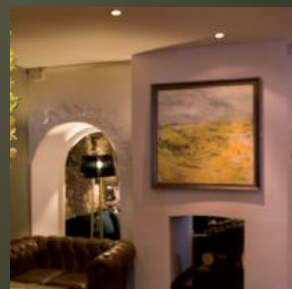
Free Range Chicken £9.50
Fresh Water Prawns £10.25

Salads

Caesar Salad
Cos Lettuce Leaves Drizzled with a Classic Caesar Dressing, Topped with Chunky Croutons and Parmesan Shavings

Served either Classically £7.25
Add Warm Cajun Salmon £9.95
Chicken Breast Slices £9.25

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Lunch Mains

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Chickpea & Chorizo Stew (GF) **£7.95**

Mediterranean Vegetables, Tomatoes, Coriander & Crème Fraiche
Add a Garlic Bruschetta **£8.95**

Chestnut & Vegetable Wellington **£9.15**

With a Sage & Mustard Cream Sauce and New Potatoes (V)

Pan Fried Lambs Liver & Bacon **£8.95**

Served on Creamy Mash with a Red Onion Gravy

The "BEAR Sausages" **£8.50**

Locally Made Sausages to our Chef's Special Recipe. Pork, Apple & Sage
Sausages served on a Grain Mustard Seed Mash served with a Cider
Onion Gravy

Seafood Linguini (Mussels, Cockles & Fesh Water Prawns) **£9.95**

With Pesto Romano sauce Topped with Parmesan Shavings
Add a Garlic Bruschetta **£10.95**

**Baked Butternut Squash with Blue Cheese
& Pine Nut crunch** **£9.25**

Served with Ruby Chard Leaves, Sauteed Potatoes & Tomato Chutney

From The Grill

*All served with Grilled Tomato & Flat Capped Field Mushroom & Potato
Choice: Chunky Chips – Creamy Mash – New Potatoes – Parmentier Potato*

Prime Char Grilled 8 oz Sirloin Steak **£15.95**

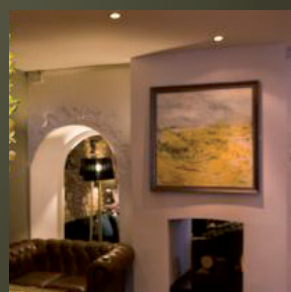
Peppered Char Grilled Chicken Breast **£9.95**

Gammon Steak with Two Fried Eggs **£9.75**

Add a sauce: **£1.25**

Blue Cheese Butter, Creamy Peppercorn,
Garlic Sauce, Tarragon Cream

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Evening Menu

Evening Starters

Warm Smoked Chicken and Bacon Salad £5.95

Served with Tarragon Crème Fraiche, Ruby Chard and Chunky Croutons

Roasted Whole Mini Camembert Cheese £6.50

Studded with Roast Garlic & Thyme served with Red Onion Marmalade & Rustic Mini Baguette (V)

Smoked Haddock en Cocotte £6.25

Smoked Haddock served with Salad & Soldiers, Creamed Leeks baked in a Savoury Egg Custard

Sautéed Field Mushroom £5.85

With Roquette & Cherry Tomato on Garlic Brushetta (V)

Chili & Lime Fresh Water Prawns £7.95

Served with a Sweet Pepper Salad & Chilli Sauce

Chef's Soup of the Day £4.00

With Rustic bloomer

Chicken Livers & Brandy Pâté £5.95

Served with a Warm Baguette Baby Gerkins and Redcurrant Jelly

Side Orders & Extras

Garlic & Herb Baguette	£2.55	Cheesy Garlic Bread	£3.00
Garden Salad	£2.95	Minted New potatoes	£2.25
Rustic Breads	£2.50	Olive Oil & Balsamic Vinegar	£1.00
Chips	£2.00	Panache of vegetables	£2.50
Mashed Potato	£2.00		

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Evening Mains

Roasted Honey & Rosemary Rump of Lamb £12.95
Served with Root Vegetables, Creamy Mash Potato and a Red Wine Jus

Pan Fried Fillet of Sea Bass £12.50
With Roasted Fennel, Sautéed Wild Mushrooms & Crushed New Potatoes

Pork Medallions £11.25
Served with Potato & Apple Mash, Fresh Greens & a Stilton Cream sauce

Free Range Breast of Chicken £11.25
Stuffed with Emmental Cheese & Parma Ham, served with a Mushroom & Tarragon Jus and Parmentier Potatoes

Roasted Butternut Squash, Pea & Sage Risotto £9.95
Risotto Finished with Shavings of Parmesan (V)

Chargrilled Rump Steak £12.95
With Crushed Sweet Potatoes & Sautéed Pak Choi with a Honey and Soy Sauce Glaze

Chestnut & Vegetable Wellington £9.15
With a Sage & Mustard Cream Sauce & New Potatoes (V)

Seafood Linguini (Mussels, Cockles & Fresh Water Prawns) £9.95
With Pesto Romano sauce Topped with Parmesan Shavings
Add a Garlic Bruschetta £10.95

Freshly Ground Welsh 'BEAR' Beef Burger £10.25
topped with Stilton and Grilled bacon, served in a Toasted Ciabatta Bun with House Relish, Chunky Chips & Coleslaw

From The Grill

*All served with Grilled Tomato & Flat Capped Field Mushroom & Potato
Choice: Chunky Chips – Creamy Mash – New Potatoes – Parmentier Potato*

Prime Char Grilled 8 oz Sirloin Steak £15.95

Peppered Char Grilled Chicken Breast £9.95

Gammon Steak with Two Fried Eggs £9.75

Add a sauce: £1.25
Blue Cheese Butter, Creamy Peppercorn,
Garlic Sauce, Tarragon Cream



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Desserts

Plum, Fig & Almond Tart £5.15
Served with a Pistachio Custard

Waffles £5.15
With Maple & Walnut Ice Cream Topped with Maple Syrup

Warm Chocolate Tart £5.15
With Vanilla Ice cream and a Hazelnut & Baileys Cream

Orange & Grand Marnier Crème Brulee £5.15
With a Chocolate Tuille Biscuit

Chef's Brioche & Butter Pudding £4.95
Infused with White Chocolate, served with Light Vanilla Cream

Black Cherry Cheesecake £4.95
Served with a Warm Cherry Compote

Chef's Selection of Welsh & Continental Cheese £6.95
With Chutneys and Water Biscuits

Selection of Liqueur Coffees or our Traditional Freshly Ground Coffee Menu available All day

Calypso - Tia maria

Irish - Jameson

French - Brandy

Caribbean - Malibu

Italian - Amaretto

Creamy Baileys & Hot Chocolate
Cointreau & Hot Chocolate

Selection Coffees & Fruit Teas

Cappuccino

Mocha

Café Latte

Espresso



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