

Bear Hotel

Lunch & Sundays @ the Bear

How to order

*Find a table, note table number and order your food
at the bar along with your drinks*

Bear

*We are proud to offer you our
extensive quality gastro menu as well
as blackboards offering regularly
changing specials and desserts.*

*All our food is sourced locally and
prepared freshly to order.*

Lunch Food Service Times;

*From 12-2.30pm our extensive lunch menu is served Monday - Saturday
Also on Friday & Saturday we serve our starters and light bites up until 6pm
Sunday full menu available from 12-9pm*

63 High Street, Cowbridge CF71 7AF

Bear Hotel

Lunch @ the Bear

Starters & Light Bites

Chef's Soup of the Day £3.45
Served with a bloomer wedge

Goats Cheese & Cherry Tomato Bruschetta (V) £5.95
Roquette leaves & balsamic vinegar

Salmon & Prawn Fishcakes £5.95
Crisp vegetable strips, honey & star anise dipping sauce

Welsh Rarebit £5.15
Topped with crispy bacon, on crusty granary bread with onion marmalade

Chicken, Bacon & Sweetcorn Filo Parcels £5.50
Served with a sweet red pepper chutney

Jacket Potatoes

Served with mixed leaf garnish £4.95

Cheddar & Red Onion (V)

Chicken Korma

Tuna & Mayo

Prawns, Coconut, Coriander & Lime

Spicy Chicken, Mayonnaise & Cucumber

Wraps

Served with mixed leaves & julienne fries £6.75

Cajun Chicken, Toasted Cous Cous Grains & Apricot Chutney

Seesame Beef, Hoi Sin Sauce, Cucumber & Spring Onion

Cream Cheese, Tomato Salsa, Baby Spinach & Red Pepper (V)

Bear Hotel

Lunch @ the Bear

Paninis

Served with mixed leaves & julienne fries

£6.75

Ham, Brie & Cranberry

Beef, Stilton & Field Mushrooms

Chargrilled Mediterranean Vegetables, Mozzarella & Basil Leaves (V)

Sandwiches

Served with salad garnish & crisps

£4.25

Prawns, Coconut, Coriander & Lime

Smoked Salmon, Cream Cheese & Dill

Tuna, Red Pepper & Roquette Leaves

Cheddar, Red Onion & Ale Chutney (V)

Brie & Cranberry (V)

Beef & Horseradish

Ham & Wholegrain Mustard

Bacon, Lettuce, Tomato & Mayonnaise

Spicy Chicken in Mayonnaise & Cucumber

Chicken, Bacon, Lettuce, Tomato & Mayonnaise

Salads

Toasted Goats Cheese (V)

Mixed leaves, drenched in basil pesto with red onion marmalade

£7.95

Chargrilled Torn Chicken

Roquette & baby spinach, warm roasted Mediterranean vegetables & balsamic syrup

£9.95

Grilled Salmon Piemontese

With tomatoes, cucumber, sweetcorn, red peppers & mixed leaves bound in an oregano & brandy mayonnaise

£9.50

Bear Hotel

Lunch @ the Bear

Bigger Bites

Black Treacle Glazed Ham Hock £8.95
Sweetcorn fritter, bubble & squeak

Chicken Teryaki £9.50
In a sticky honey, soy & garlic glaze with spring onion & ginger tossed noodles

Beef, Guinness & Mushroom Pie £7.50
Served with chips & garden peas

Chicken Korma £7.95
Served with basmati rice & poppodum

Chargrilled Lamb Patties with Mint £8.75
On toasted ciabatta, wilted rocket leaves, emmental cheese, skinny chips & chilli jam

Glamorgan Sausages (v) £7.75
Served with new potatoes, mixed leaves & plum chutney

Deep Fried Cod Fillet £7.75
With chips, mushy peas, bread & butter

Fishermans Pie £7.95
Tender morsels of salmon, cod & prawns in a creamy chive sauce, topped with glazed cheddar mash. Served with mixed leaf garnish.

From the Grill

All served with a tomato chutney, mushrooms & chips

8oz Prime Sirloin Steak £12.75

8oz Gammon Steak & Fried Egg £7.75

16oz Mixed Grill £10.25

Garlic or Pepper Sauce £1.00

Bear Hotel

Lunch @ the Bear

Side Orders

Garlic Baguette	£2.50
Garlic Baguette with Cheese	£3.00
Basket of Chunky Bread	£1.95
Chips	£1.95
New Potatoes	£1.50
Mashed Potato	£1.75
Panache of Vegetables	£2.50
Garden Salad	£2.95
Coleslaw	£0.95

Please see our blackboards for chef's desserts and a wide selection of coffees to complete your meal.

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Dining @ the Bear

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Dining Food Service Times;

*Our popular dinner menu and wide variety of changing
specials is available from 6 - 9.30pm Monday - Saturday*

Bear Hotel

Dining @ the Bear

Starters

Chef's Soup of the Day £3.45
Served with a bloomer wedge

Salmon & Prawn Fishcakes £5.95
Crisp vegetable strips, honey & star anise dipping sauce

Rosti Potato, Chargrilled Bacon, topped with Fried Egg £4.95
Emmental cheese glaze

Home Cured Gravalax £5.95
Sweet mustard seed & dill mayo, granary wedge

Roasted Beef Tomato & Peppered Spinach (V) £4.95
Warm puy lentils & cumin dressing

Leek & Y-Fenni Cheese Tartlet (V) £5.95
With tomato butter sauce

Bresola of Beef Salad £5.95
Served with roasted red peppers, parmesan crisp and lemon oil

Bear Hotel

Dining @ the Bear

Bigger Bites

- Black Treacle Glazed Ham Hock** £8.95
Sweetcorn fritter, bubble & squeak
- Chicken Teryaki** £9.50
*In a sticky honey, soy & garlic glaze
With spring onion & ginger tossed noodles*
- Pan Fried Lambs Liver** £8.95
Black pudding mash, red wine & rosemary jus
- Confit of Duck Leg** £9.95
Sautéed potatoes, pear & red onion salad, with an orange & cardamon syrup
- Beef, Guinness & Mushroom Pie** £7.50
Served with chips & garden peas
- Chicken Korma** £7.95
Served with basmati rice & poppadom
- Deep Fried Cod Fillet** £7.75
With chips, mushy peas, bread & butter
- Fishermans Pie** £7.95
*Tender morsels of salmon, cod & prawns in a creamy chive sauce,
topped with glazed cheddar mash, served with a salad garnish*
- Grilled Rainbow Trout Fillets** £9.50
*With a pine nut and herb crust on shredded buttered
leeks served with new potatoes*
- Field Mushroom & Gorgonzola Risotto (V)** £8.50
With parmesan shavings
- Glamorgan Sausages (v)** £7.75
Served with new potatoes, mixed leaves & plum chutney
- Roasted Butternut Squash & Cous Cous Salad (v)** £8.95
with toasted pine nuts, roquette leaves, smoked garlic & chilli flakes

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Dining @ the Bear

From the Grill

All served with a tomato chutney, mushrooms & chips

8oz Prime Sirloin Steak	£12.75
8oz Gammon Steak & Fried Egg	£7.75
16oz Mixed Grill	£10.25
<i>Garlic or Pepper Sauce</i>	£1.00

Salads

Toasted Goats Cheese (V)	£7.95
<i>Mixed leaves, drenched in basil pesto with red onion marmalade</i>	

Chargrilled Torn Chicken	£9.95
<i>Roquette & baby spinach, warm roasted Mediterranean vegetables & balsamic syrup</i>	

Grilled Salmon Piemontese	£9.50
<i>With tomatoes, cucumber, sweetcorn, red peppers & mixed leaves bound in an oregano & brandy mayonnaise</i>	

Side Orders

Garlic Baguette	£2.50
Garlic Baguette with Cheese	£3.00
Basket of Chunky Bread	£1.95
Chips	£1.95
New Potatoes	£1.50
Mashed Potato	£1.75
Panache of Vegetables	£2.50
Garden Salad	£2.95
Coleslaw	£0.95

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Desserts

Vanilla Cheesecake £3.95
Served with fruits of the forest compote

Chefs Selection of Welsh Cheeses £5.50

Sweet Waffles £3.95
With vanilla pod ice cream

Raspberry Crème Brulee £3.95
With tuille biscuit

Warm Chocolate Brownie £4.25
Served with vanilla pod ice cream

Liqueur Coffees

Calypso - Tia Maria

Irish - Jameson

French - Brandy

Caribbean - Malibu

Baileys

Italian - Amaretto

£3.95