



Lunch Menu

How to order: Find a table, note table number and order food at the bar.

Sandwiches **£4.45**

Filled Wrap **£4.95**

served with mixed leaves

Egg & Watercress Mayo (v)

Poached Salmon & Dill Mayo

Pastrami, Gherkin & Sweet Mustard Mayo

Prawns, Coconut, Coriander & Lime

Tuna Mayo, Red Pepper & Rocket

Ham & Mustard/ or Tomato

Beef and Creamed Horseradish

CBLT - Cajun Chicken, Bacon, Lettuce and Tomato

BLT - Bacon, Lettuce and Tomato

Cheddar and Pickle or Tomato (v)

Add a portion of Chunky Chips **£1.95**

Baked Jacket potato **£5.25**

with choice of one of the following:

Melted Cheese & Red Onion (v)

Ham, Melted Cheese & Red Onion

Tuna Mayo & Red Pepper

Prawn, Coconut, Coriander & Lime

Side Orders

Garlic Bread £2.50 New potatoes £1.50

Cheesy Garlic Bread £3.00 Rustic Breads £2.25

Chips £1.95 Panache of vegetables £2.50

Garden Salad £2.95 Olive Oil £0.50

Mashed potato £1.75 Balsamic Vinegar £0.50

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

Bear Hotel Lunch Menu



Starters/Lunch Bites

- Chef's Soup of the Day** £3.95
served with a Rustic Bread
- Salmon & Prawn Fishcakes** £5.95
Crisp Vegetable Strips, Honey & Lemon Dipping Sauce
- (v) **Deep Fried wedges of Breaded Brie** £5.50
with a Cranberry Compote & Mixed Leaves
- Pressed Ham Hock Terrine** £5.95
with a Free Range Boiled Egg and Picalilly Salad
- (v) **Chick Pea & Roast Garlic Humous** £5.25
with warm Ciabatta Bread & Marinaded Red Peppers
- (v) **Sautéed Field Mushroom Gratin** £5.25
with Gorgonzola Cheese and Garlic, Herb Crust & Garlic Ciabatta
- Add a portion of Chunky Chips** £1.95

Salads

- (v) **Toasted Goats Cheese** £7.95
Mixed Leaves, drenched in Basil Pesto with Red Onion Marmalade
- Chargrilled Torn Free Range Chicken** £9.95
On Roquette & Baby Spinach, with Warm Roasted Mediterranean Vegetables & Balsamic Syrup
- Salmon Piemontese** £9.95
Warm Salmon with Lettuce, Tomato, Cucumber, Sweet corn, Red Peppers & Spring Onion bound in an Oregano, Brandy & Dijon Mustard Mayonnaise

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Bear Hotel Lunch Menu



Traditional Pub Grub

Steak, Ale & Mushroom Pie **£7.95**

Topped with a Puff Pasty Lid. Served with Garden peas & Chunky Chips, New Potatoes or Mash

Deep Fried Fillet of Cod in Batter **£7.95**

With Chunky Chips & Mushy Peas

Traditional Ham **£8.25**

Carved over Creamy Mash, Served with a Parsley Sauce and Buttered Green Beans

Fisherman's Pie **£8.95**

Tender morselles of Salmon, Cod & Prawns in a Creamy Chive Sauce. Topped with Glazed Cheddar Mash & served with House Salad

Homemade Beef Lasagne **£8.95**

served with House Salad and Chunky Chips

Red Thai Chicken Curry **£8.95**

With Coriander & Coconut Scented Rice

(v) Glamorgan Sausages **£8.95**

With Mixed Leaves, Plum Chutney and choice of Chunky Chips, New Potatoes or Mash

Side Orders & Extras

Garlic Bread	£2.50	New potatoes	£1.50
Cheesy Garlic Bread	£3.00	Rustic Breads	£2.25
Chips	£1.95	Panache of vegetables	£2.50
Garden Salad	£2.95	Olive Oil	£0.50
Mashed potato	£1.75	Balsamic Vinegar	£0.50

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Bear Hotel Lunch Menu



Lunch Mains

Stir Fried Strips of Chicken £8.95

With Potato Gnocchi in a Bacon, Thyme & White Wine Cream

The Bear Burger £8.95

Freshly Ground Beef Burger, served in a Toasted Ciabatta Bun, with House Relish & Chunky Chips (subject to availability)

(v) Tagliatelle Ribbons with Smoked Red Peppers £8.95

Roasted Butternut Squash, Garlic & Olive Oil, Parmesan Shavings

(v) Rosemary Flatbread Pizza £8.95

Topped with Plum Tomatoes, Basil Pesto, Black Olives & Mozzarella with Roquette Leaves and Balsamic Syrup

Roasted Salmon fillet £9.95

With Cream Leeks, Spinach & New Potatoes.

From The Grill

All served with a tomato chutney & fried field mushrooms & chunky chips

Prime Char Grilled 8 oz Sirloin Steak £15.95

Prime Char Grilled 16oz Mixed Grill £11.50

Char Grilled Chicken Breast £9.95

Add a sauce: £1.00

Tarragon butter, garlic sauce & creamy pepper

Steak cooking options:

Blue- sealed on chargrill , cold meat

Rare - Very red, cool in the centre

Medium - Warm & pink in centre

Well done - cooked through

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Bear Hotel Lunch Menu



Evening Menu

Evening Starters

Pressed Ham Hock Terrine £5.95

With a free range boiled egg and picalilly salad

King Prawn Tempura (4 to a portion) £7.95

Wilted pak choi & spinach with a sweet chilli dip

(v) Sautéed Field Mushroom Gratin £5.25

With gorgonzola cheese and garlic and herb crust with garlic ciabatta

Parma Ham, Bresola & Olives £5.95

Ruby Chard Leaves, black olive tapenade & Sweet Beetroot Chutney

(v) Toasted Halloumi Cheese £6.25

On a Warm Baby Potato & Watercress Salad, Sweet Cranberry Compote

Chef's Soup of the Day £3.95

Served with a Rustic Bread

Farmhouse salad £6.25

Crisp bacon, black pudding, sautéed potatoes & croutons, topped with a poached egg and cracked pepper

Side Orders

Garlic Bread £2.50 New potatoes £1.50

Cheesy Garlic Bread £3.00 Rustic Breads £2.25

Chips £1.95 Panache of vegetables £2.50

Garden Salad £2.95 Olive Oil £0.50

Mashed potato £1.75 Balsamic Vinegar £0.50

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Bear Hotel Dinner Menu



Evening Mains

Roasted Rump of Lamb £12.50

Served with Daulphonise Potatoes, Braised Red Cabbage, Green Beans & a Red Wine Jus

Confit of Duck Legs £12.95

Served on Colcannon with a Port and Cherry Jus

Hot & Sour Beef £12.95

carved over a Crisp Salad of Chinese Leaves, Red Peppers, Bean Sprouts & Mange Tout. With a Honey, Lime Chilli & Soy Dressing

Grilled Butter Fried Sea Bass £12.95

with a Paprika, Olive Oil & Garlic served on a Fennel Gratin, Red Pepper Salsa and Crushed New Potatoes

(v) Tagliatelle Ribbons with Smoked Red Peppers £8.95

Roasted Butternut Squash. Garlic & Olive Oil, Fresh Parmesan Shavings

Roasted Salmon fillet £9.95

with creamed Leeks, Spinach & New Potatoes

(v) Rosemary Flatbread Pizza £8.95

Topped with Plum Tomatoes, Basil Pesto, Black Olives & Mozzarella with Roquette Leaves and Balsamic Syrup

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Deep Fried Fillet of Cod in Batter £7.95

With Chunky Chips & Mushy Peas

Traditional Ham £7.95

Carved over Creamy Mash, Served with a Parsley Sauce and Buttered Green Beans

Fisherman's Pie £8.95

Tender morselles of Salmon, Cod & Prawns in a Creamy Chive sauce, topped with Glazed Cheddar Mash & served with House Salad

Homemade Beef Lasagne £8.95

Served with House Salad and Chunky Chips

Red Thai Chicken Curry £8.95

With Coriander & Coconut Scented Rice

(v) Glamorgan Sausages £8.95

With Mixed Leaves, Plum Chutney and choice of Chunky Chips, New Potatoes or Mash

Salads

(v) Toasted Goats Cheese £7.95

Mixed Leaves, drenched in Basil Pesto with Red Onion Marmalade

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On Roquette & Baby Spinach, with warm roasted Mediterranean vegetables & Balsamic Syrup

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Bear Hotel Dinner Menu



Deserts

Warm Fig & Almond Tart £4.50
Served with a Light Rum Infused Cream

Waffles with Vanilla Pod Ice Cream £4.50
With Maple Syrup

Lemon & Lime Cheesecake £4.50
With Forest Fruit Compote

Warm Chocolate Tart £4.50
With White Chocolate Ice Cream and a Hazelnut & Baileys Cream

Raspberry Crème Brulee £4.50
served with Sugar Curls

Bread and Butter Pudding £4.75
Served with Light Welsh Custard

Chef's Selection of Welsh Cheeses £6.25

Liqueur Coffee £4.50

Calypso - Tia maria

Irish - Jameson

French - Brandy

Caribbean - Malibu

Italian - Amaretto

Baileys - Hot chocolate

Cointreau - Hot Chocolat

Selection Coffees

Cappuccino

Café Latte

Espresso

Hot Chocolate

Fruit Infusions/ Speciality Teas

Bear Hotel Dinner Menu