



## Lunch Menu

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

**Sandwiches** £4.50  
**Filled Wrap** £4.95

*served with mixed leaves*

Egg & Watercress Mayo (v)  
 Poached Salmon & Dill Mayo  
 Pastrami, Gherkin & Sweet Mustard Mayo  
 Prawns & Lemon Mayonnaise  
 Tuna Mayo, Red Pepper & Rocket  
 Ham & Mustard/ or Tomato  
 Beef and Creamed Horseradish  
 Cajun Chicken, Rocket, Tomato & Pesto Mayonnaise  
 BLT - Bacon, Lettuce and Tomato  
 Cheddar and Pickle / or Tomato (v)  
 Cream Cheese, Salsa and Baby Spinach (v)  
 Coronation Chicken

**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 & Lemon Mayonnaise  
 Coronation Chicken

## Side Orders

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

*Bear Hotel Lunch Menu*



## Starters/Lunch Bites

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**Chef's Soup of the Day** £3.95

Served with Rustic Bread

**Salmon & Prawn Fishcakes** £5.95

Crisp Vegetable Strips, Honey & Lemon Dipping Sauce

**Deep Fried wedges of Breaded Brie** £5.50

With a Cranberry Compote & Mixed Leaves (V)

**Pressed Ham Hock Terrine** £5.95

With a Free Range Boiled Egg and Picalilly Salad

**Sautéed Field Mushroom Gratin** £5.50

With a Herb Crust with Rosemary Flatbread (V)

**Prawn Cocktail** £6.25

Crisp Lettuce topped with Succulent Prawns & Chef's Marie Rose Sauce

**Welsh Rarebit on Chunky Bloomer** £5.75

Served with a Sweet Pepper Relish (V)

**Smoked Mackerel Terrine** £5.95

Served with Horseradish Crème Fraiche and Roasted Cherry Tomatoes

## Salads

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**Pear & Stilton Tart** £8.95

Served with a Waldorf Salad, Mixed Leaves and New Potatoes (V)

**Caesar Salad** £6.95

Cos Lettuce Leaves, drizzled with a Classic Caesar Dressing topped with Chunky Croutons & Parmesan Shavings (V)

**Chicken Caesar Salad** £8.95

Breast of Free Range Chicken served on Cos Lettuce Leaves, drizzled with a Classic Caesar Dressing topped with Chunky Croutons & Parmesan Shavings

**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

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### **Steak, Ale & Mushroom Pie in Puff Pastry £8.25**

Served with Garden Peas & a choice of Chunky Chips, New Potatoes or Mash

### **Deep Fried Fillet of Cod in Batter £8.25**

Served with Chunky Chips & Mushy Peas

### **Carved Slices of Prime Ham £8.25**

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

### **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

### **Home Cooked Beef Lasagne £8.95**

Served with House Salad and Chunky Chips

### **Red Thai Chicken Curry £8.95**

With Coriander, Coconut and Lime Scented Rice

### **Glamorgan Sausages £8.95**

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

## Side Orders & Extras

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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



*\*Please see our blackboards for chef's daily specials*

## Lunch Mains

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**The Bear Burger** £8.95  
Freshly Ground Beef Burger, served in a Toasted Ciabatta Bun, with House Relish, Chunky Chips and Coleslaw  
*Add either – Crisp Bacon or Stilton* £1.00

**Roasted Salmon fillet** £9.95  
With Creamed Leeks, Spinach & New Potatoes (GF)

**Pan Fried Lambs Liver & Bacon** £8.95  
Served on Creamy Mash with a Red Onion Gravy

**Chestnut & Vegetable Pithivier** £8.25  
with Sage & Mustard Cream Sauce (V)

**Seafood & Chorizo Sausage Paella** £7.25  
With Sweet peppers & garden Peas (GF)  
*Add Garlic Brushetta Bread* £8.95

**Chicken Linguini in a Pesto Romano Sauce** £7.25  
*Add Garlic Brushetta Bread* £8.95

**Baked Butternut Squash** £8.25  
with Blue Cheese, Pine Nut Crunch & Spinach served with a Tomato & Onion Compote (v)

## From The Grill

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*All served with a Tomato Chutney & Grilled Field Mushrooms & Chunky Chips*

**Prime Char Grilled 8 oz Sirloin Steak** £15.95  
**Surf & Turf** (succulent Rump Steak & King Prawns) £14.95  
**Free Range Char Grilled Chicken Breast** £9.95

**Add a sauce:** £1.00  
Tarragon Butter, Garlic Sauce & Creamy Pepper

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Bear Hotel Lunch Menu



## Evening Menu

### Evening Starters

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**Pressed Ham Hock Terrine** £5.95

With a Free Range Boiled Egg and Picalilly Salad

**Farmhouse salad** £6.50

Crisp Bacon, Black Pudding, Sautéed Potatoes & Croutons, topped with a Poached Egg and Cracked Pepper

**Thai Green King Prawns** £7.95

on a Cherry Bell Pepper Salad served with Crème Fraiche & Chilli Sauce

**Sautéed Field Mushroom Gratin** £5.50

With a Herb Crust with Rosemary Flatbread (V)

**Parma Ham, Bresola & Olives** £5.95

Ruby Chard Leaves, Black Olive Tapenade & Sweet Beetroot Chutney

**Toasted Halloumi Cheese** £6.75

With Griddled Aubergine, Mint Perfumed Salad Leaves & Red Pepper Essence

**Chef's Soup of the Day** £3.95

Served with a Rustic Bread (V)

### Side Orders

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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*



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## Evening Mains

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**Roasted Herb Dusted Lamb Rump** £12.50

Served with Dauphinoise Potatoes, Green Beans & Mint Salsa

**Crispy Duck Breast & Tortilla Mille Feuille** £13.00

Interlayered with Stir Fried Vegetables with a Cherry & Ginger Glaze

**Smoked Haddock, Prawn & Linguini** £9.95

In a White Wine Cream Basil Pesto topped with Parmesan Shavings

**Grilled Butter Fried Sea Bass** £12.50

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

**Breast of Chicken** £10.25

Stuffed with Goats Cheese, Black Olives and Cherry Tomatoes served with New Potatoes

**Sweet Pepper & Courgette Risotto** £8.95

Topped with Shredded Basil Leaves and Cracked Blackpepper (V)(GF)

**Chargrilled Rump Steak** £12.50

With Crushed Sweet Potatoes & Sautéed Pak Choi with a Honey and Soy Sauce Glaze

**Pan Fried Pork Medallions** £10.95

With Blackpudding, Bubble and Squeak and a Dijon Mustard Cider Cream

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*Bear Hotel Dinner Menu*



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### **Red Thai Chicken Curry £8.95**

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### **Glamorgan Sausages £8.95**

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

### **Roasted Salmon Fillet £9.95**

With Creamed Leeks, Spinach & New Potatoes (GF)

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## Desserts

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**Plum, Fig & Almond Tart** £4.95

Served with a Pistachio Custard

**Waffles** £4.95

With Maple & Walnut Ice Cream Topped with Maple Syrup

**Rhubarb Cheesecake** £4.95

**Warm Chocolate Tart** £4.95

With Vanilla Ice cream and a Hazelnut & Baileys Cream

**Coffee Crème Brulee** £4.95

With Tuille Biscuit

**Brioche & Butter Pudding** £4.95

Infused with Orange Marmalade Served with Light Vanilla Cream

**Chef's Selection of Welsh Cheeses** £6.50

**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

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