

# THE BEAR HOTEL BAR

We are delighted to offer this menu from 12.00 Noon to 3.00pm & from 6.00pm to 9.30pm Monday to Friday.  
All Day Saturdays until 9.30pm, all day Sundays and Bank Holidays until 9.00pm

For Daily Specials see the board in the Bar or ask your server, traditional roasts available on Sundays

## Starters

|  |        |
|--|--------|
| Seared Diver Caught Scallops with a Thai Spiced Shrimp Remoularde, Watercress and Broad Bean Salad | £12.95 |
| Home Smoked Cornfed Quail with Beetroot and fresh Horseradish drizzled with a warm Cockle Dressing | £10.95 |
| Deep Fried Duck Egg with Asparagus tips, Boudin Noire an Onion Jam                                 | £8.95  |
| Rillette of Local Pork and Foie Gras with a Scrumpy Apple Jelly                                    | £9.50  |
| English Goats Cheese served three ways with a Cumberland Syrup                                     | £8.50  |

## Soups

|                              |       |
|------------------------------|-------|
| Red Mullet Bouillabaisse     | £8.95 |
| Field Mushroom and Coriander | £5.25 |

## Sandwiches

|   |         |
|---|---------|
| Cured Ham, with boiled egg, tomato & chive chutney        | £6.95   |
| Traditional club sandwich with French fries               | £10.25  |
| Prawn with avocado crème fraiche, marie rose & capers     | £8.25   |
| Roast rump of beef with homemade horseradish & watercress | £7.25   |
| Mature cheddar with piccalilli                            | V £6.25 |
| Tuna Niçoise  | £6.95   |
| Smoked salmon with fresh crab & cucumber                  | £9.95   |

## Meats

|   |        |
|---|--------|
| Roast Rack of Spring Lamb with Cauliflower Puree, Lamb Faggots and Broad Bean Salad           | £18.95 |
| Honey Roast Baby Guinea Fowl with Parsley Mash, Smoked Bacon Tomato and Haricot Bean Cassolet | £16.50 |
| Griddled Sirloin of Beef with Roast Foie Gras, Candied Shallots and Mustard Seed              | £21.95 |

## Pasta

|  |        |
|--|--------|
| Smoked Haddock, Saffron and Pea Linguine                                       | £13.95 |
| Roasted vegetable, Chilli and Feta Cheese Cannelloni spiked with Wild Mushroom | £10.95 |

## Fish

|  |              |
|--|--------------|
| Roast Turbot with Chilli Squid, Spinach and Sauce Nero                                   | £18.95       |
| Pan-fried Orkney Salmon with Soft Shell Crab, Pickled Ginger and Coconut Spiced Pak Choi | £16.95       |
| Simply Grilled Whole Cornish Lemon Sole with Lyonnaise Potatoes and Asparagus            | Market Price |

## Salads

|         |       |
|---------|-------|
| Niçoise | £4.25 |
| Caesar  | £4.50 |
| Greek   | £4.95 |
| Mixed   | £3.75 |
| Green   | £3.25 |

## Side dishes

|                                  |       |
|----------------------------------|-------|
| Homemade Bread and Olives        | £6.50 |
| Homemade Bread Rolls and Butter  | £2.50 |
| Garlic Ciabatta                  | £3.25 |
| Garlic Ciabatta with cheese      | £3.95 |
| Chips                            | £3.25 |
| Selection of seasonal vegetables | £4.25 |
| Mash                             | £3.00 |
| New Potatoes                     | £3.50 |
| Sauté Potatoes                   | £3.95 |

## Desserts

|  |       |
|--|-------|
| Macadamia Nut and Maple Syrup Parfait Orange and Vanilla reduction         | £7.50 |
| Dark Chocolate Fondant with Cappuccino Ice Cream and Brandy Soaked Oranges | £8.50 |
| Plate of Mini Strawberry Desserts  | £7.95 |
| Toffee and Rhubarb Crème Brulee  | £5.95 |
| Selection of Ice Cream and Sorbets   | £5.25 |
| Mature Farmhouse Cheeses served in the traditional way                     | £9.95 |



Please note that some of our dishes may contain nuts or traces of nuts,  
Please ask your server for details. V - Suitable for vegetarians  
Our prices include vat and service is at your discretion