

THE BEAR INN

Pub & Dining

LUNCH

APERITIFS - See our drinks list for our full range and pricing

Aperol Spritz / Belstar Prosecco / Tanqueray G&T

SNACKS & STARTERS

Nocellara and Greek Mammoth olives, lemon verbena (pb) (143 kcal)	4.25
Crown Prince squash hummus, smoked chilli oil, toasted seeds, grilled pitta (pb) (586 kcal)	6.95
Roasted heritage beetroots, whipped feta, candied walnuts, blackberry vinaigrette (pb) (454 kcal)	7.25
Wild mushroom soup, miso-roasted chestnuts, tarragon, grilled sourdough (pb) (320 kcal)	6.50
River Fowey mussels, coconut, chilli and lemongrass sauce, grilled sourdough (384/670 kcal)	8.50/14.95
Smoked bacon, sage and onion Scotch egg, spiced plum ketchup (680 kcal)	7.50

SANDWICHES

Add a cup of skin-on fries (728 kcal) special price only available when ordering a sandwich	3.00
Fish tacos; panko-crumbed haddock, shredded pink cabbage, chipotle mayo, lime, coriander (558 kcal)	9.75
Symplicity meatball sub, marinara sauce, cheddar, mayo, crispy onions, chives (pb) (626 kcal)	10.75
Symplicity cumin 'lamb' pitta; grilled aubergine, tzatziki, tomato, sumac onions, mint (pb) (581 kcal)	10.75
Ultimate cheese sourdough toastie; Lye Cross Farm Cheddar; vegetarian Parmesan, mozzarella, onions (v) (958 kcal)	8.95

SALADS

Symplicity meatballs and warm autumnal vegetables, lentils, feta, spinach, pumpkin seeds, herb dressing (pb) (675 kcal)	12.75
Golden beetroot Waldorf; Crowell Bishop Stilton, conference pear, walnuts, watercress, pickled celery (v) (pbo) (445 kcal)	10.50
Stornoway black pudding and smoked bacon, apple, shredded kale, new potatoes, tomato and sherry dressing (695 kcal)	11.50
Add a free-range poached egg (71 kcal)	1.50

TO SHARE

Warm sourdough and grilled pitta, marinated olives, Crown Prince squash hummus, smoked chilli oil (pb) (730 kcal)	11.50
Ploughman's; Wiltshire ham, Lye Cross Farm vintage Cheddar, Stilton, sausage roll, pickled egg, onion and cornichons, chutney, sourdough, Netherend Farm butter (1118/1591 kcal)	14.95/24.50

MAINS

The Bear Inn beef burger; streaky bacon, Lye Cross Farm smoked Cheddar; BBQ relish, fries, slaw (1272 kcal)	15.50
Calf's liver; smoked parsnip mash, crispy streaky bacon, caramelised onion gravy (637 kcal)	15.95
Aubergine, chickpea and tomato curry, coconut yoghurt, cauliflower pakora, coriander chutney, garlic naan (pb) (797 kcal)	12.50
Add grilled chicken thigh (195 kcal)	2.50
Symplicity plant burger; Cheddar; chipotle mayo, crispy and pink pickled onions, fries, slaw (pb) (1102 kcal)	15.95
Butcombe Gold beer-battered haddock and thick-cut chips, minted peas, tartare sauce (1336 kcal)	12.95/17.95
Pie of the week, seasonal greens, proper gravy, your choice of mash or thick-cut pub chips (1433 kcal)	14.50
Severn & Wye smoked haddock fishcakes, mango curry sauce, saag aloo, poached egg, coriander (450/775 kcal)	9.50/15.95

SIDES

Thick-cut pub chips or skin-on fries (v) (644 kcal)	4.25
Posh fries; aioli, vegetarian Parmesan, chives (v) (904 kcal)	4.95
Three cheese mac n cheese, thyme crumb (v) (827 kcal)	6.50
Butcombe beer-battered onion rings (603 kcal)	4.25
Shredded kale, apple and walnut salad (pb) (287 kcal)	4.25
Garlic ciabatta / with cheese (v) (604/807 kcal)	4.25/5.95
Crown Prince squash, spinach, chimichurri (254 kcal)	4.25
Roast heritage beetroots, gremolata (pb) (165 kcal)	4.25



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puddings and more



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PUDDINGS & CHEESE

Dark chocolate and espresso brownie, cherry compote, Baileys ice cream (v) (895 kcal)	7.50
Spiced sticky date pudding, gingerbread ice cream, rum butterscotch (v) (963 kcal)	6.95
Autumnal fruit and almond crumble, apples, plums and blackberries, vanilla custard (v) (pbo) (575 kcal)	6.95
Chai latte rice pudding, saffron poached pear, cinnamon ice cream, pistachios (v) (637 kcal)	6.50
Little Biscoff doughnuts, caramel sauce, vegan vanilla ice cream, caramelised biscuit crumbs (pb) (444 kcal)	6.50

THE BEAR INN CHEESE PLATE

Lye Cross Farm vintage Cheddar, Ashlynn goat's cheese, Cropwell Bishop Stilton Served with caramelised onion and apple chutney, cornichons, crackers (v) (609 kcal)	10.95
<i>Try a glass of Cockburn's port to go with your cheese</i>	

NEARLY FULL?

Order any hot drink and treat yourself to two little Biscoff doughnuts (pb) (120 kcal)	1.95
Two scoops of Granny Gothards ice creams and sorbets, with Rossini wafer curls (v) (343 kcal)	4.95
Affogato; Gingerbread ice cream, Illy espresso, salted caramel and pecan biscotti (v) (293 kcal)	4.95
<i>Add a shot of Amaretto liqueur for the perfect after dinner treat</i>	

Food for thought; £1 from every sale of this dish will be donated to The Burnt Chef Project



THE BURNT CHEF
PROJECT

The Burnt Chef Project is a non-profit campaign operating within the hospitality industry to challenge mental health stigma through training and open conversations. We are working closely with them to support our teams welfare and spread the message far and wide

AFTER DRINKS - Ask for our range of brandies, whiskies, rums and liqueurs

Espresso Martini	Limoncello
Bulleit Bourbon Old Fashioned	Grenat Maury Lafage - red dessert wine
Classic Negroni	Valdivieso Eclat Botrytis Semillon - white dessert wine

PLEASE REFER TO THE DRINKS MENU FOR FULL PRICE LIST

COFFEE & TEA - A full range of hot drinks are available. Please ask to see the full listing

<i>Perhaps try something chilled?</i>		<i>Dairy-free milks available</i>	
Iced coffee; Illy espresso, milk, maple syrup	3.25	Iced tea; Canton red berry and hibiscus, fresh mint	2.75

OUR SUPPLIERS & PRODUCERS

We care immensely about the quality, provenance and seasonality of the produce we buy, and work with suppliers and producers of the same mindset, striving to be sustainable, with complete traceability.

These guys share our passion and we're very proud to work with them, sourcing some of the best produce from around the South West and delivering it fresh to our kitchens six days a week...

Allergen Info - (v) Veggie friendly, (pb) Plant-based, (pbo) Plant-based option available on request. Ask a team member for gluten friendly options. Please inform a member of our team of any allergies before placing your order. We cannot guarantee the absence of all allergens in our dishes.

Calorie Info - All of our portions are calculated for one person to consume, except the snacks to share which are encouraged for 2 to 4 people to consume. Adults need around 2000 kcal a day.