

SUMMER MENU

Aperitifs

10.5

BLOODY MARY

Vodka, tomato juice, Tabasco,
Worcestershire sauce, lemon

3 / 5.5

CHARLIE'S TIPPLE

Welsh ale
of the month

8

HU-NO SPRITZ

Tanqueray 0% gin, 0% Prosecco,
elderflower, soda, cucumber ribbon

Nibbles

HOMEMADE SUN-DRIED TOMATO BREAD 6

Basil-infused butter (V)

SMOKED DUCK HASH BROWN 8

Cherry ketchup, crispy onions

NAPOLI MIXED OLIVES (VG) 6

BUTTERMILK CHICKEN TENDERS 8.5

Chilli jam

CRISPY LOCAL ENOKI MUSHROOMS 7.5

Halen Môn chilli & garlic sea salt, chives,
crispy onions (VE)(GFO)

PEMBROKESHIRE OYSTERS

Shallot vinaigrette, dill caviar pearls

1 FOR 4 / 2 FOR 7.5 / 3 FOR 10

OYSTER HOUR
£15 for half-dozen oysters.
Monday-Friday between
5:30 PM – 6:30 PM. Add a bottle of
Picpoul de Pinet for +£25.

Small Plates & Starters

SOUP OF THE DAY 7.5

Home-baked bread, salted butter (V)(GFO)

CARMARTHENSHIRE HAM & WATERMELON 11 / 18

Raspberry gazpacho, lemon balm, freeze-dried
raspberries (GF)

BEAR'S BLOODY MARY SEAFOOD COCKTAIL 12.5

Bread & butter (GFO)

RUNNER BEAN & FENNEL SALAD 9 / 16

Mint dressing, salt-baked rhubarb, grapefruit,
oak-smoked almonds (VG & GFO)

BREADED MONKFISH SCAMPI 10

Parsley, caper, lemon & red onion aioli

WELSH ALE RAREBIT ON SOURDOUGH 9.5

Cherry ketchup, crispy onions, chives (V)

SUMMER HERITAGE TOMATOES 7

Courgette ribbons, cucumber, basil (VG)(GF)

ADD BURRATA +5

ADD CARMARTHENSHIRE HAM +7

Sharing Boards

ADD A SELECTION OF CURED MEATS +5

GARDEN BOARD 16

Chargrilled asparagus, roasted artichokes, olives,
spring onion & Pembrokeshire potato salad, garlic
houmous

CHEESE BOARD 18

Selected fine Welsh cheeses, grapes, caramelised
red onion chutney, salted butter, Welsh crackers

Clubs

Served with French fries

CHARGRILLED CHICKEN & BACON CLUB 17

Marie Rose sauce, fried egg, beef tomato,
rocket

FISH FINGER STACK 16

Caper, onion & lemon aioli,
shredded gem lettuce, brioche bun

VEGGIE CLUB 15.5

Chargrilled courgette, aubergine & pepper,
garlic mayonnaise, beef tomato, rocket (VG)

Larger Plates

PAN-SEARED HALIBUT 26

Roasted asparagus, new potatoes,
Chardonnay & white crab reduction (GF)

SMOKED BEEF SHIN TAGLIATELLE 19

Fresh egg tagliatelle, slow-braised beef shin,
red pepper & tomato ragu, Parmesan, basil

WELSH ALE-BATTERED HADDOCK 19.5

Pea compote, lemon, hand-cut chips

LEEK & SNOWDONIA BLACK BOMBER QUICHE 17

Spring onion & Pembrokeshire potato salad,
red onion, sun-dried tomato

HAND-ROLLED PORCHETTA 23

Champ potatoes, tenderstem broccoli,
garlic & chive butter

CHICKEN MILANESE 20

Sun-dried tomato, rocket & feta, basil oil

VEGETABLE PAELLA 17

Red onions, fire-roasted peppers,
courgette ribbons, saffron & white wine (VG)

ADD 2 CREVETTES +8

SUPERFOOD SALAD 16

Agave & mustard buckwheat, salted peaches,
tenderstem broccoli, chimichurri (VG & GF)

ADD:

CHARGRILLED CHICKEN +7

POACHED SALMON +8

CHARGRILLED HALLOUMI +5

From The Grill

All served with vine tomatoes & Portobello mushroom

DRY-CURED BACON CHOP 21

A brace of eggs, hand-cut chips

227G WELSH GRASS-FED RIBEYE STEAK

28-DAY DRY-AGED 37

choose a side & a sauce

WELSH GRASS-FED CHATEAUBRIAND

28-DAY DRY-AGED

choose two sides & two sauces

300G 66 **450G** 89

GO SURF & TURF WITH YOUR STEAK - ADD TWO PAN-FRIED CREVETTES +8

The Beargers

French fries or chunky hand-cut chips

LENTIL & SPINACH BURGER 18

Toasted ciabatta, garlic houmous, baby
Gem (VG)

CHICKEN CAESAR BURGER 19

Panko-breaded chicken breast, garlic &
Parmesan mayo, baby Gem, rocket

ADD SMOKED STREAKY BACON +2

GRASS-FED WELSH BEEF BURGER 20

Welsh ale rarebit, caramelised red onion
relish, rocket, beef tomato, onion rings

ADD SMOKED STREAKY BACON +2

Sides 5.5

CHUNKY HAND-CUT CHIPS

SPRING ONION & PEMBROKESHIRE POTATO SALAD

CONFIT GARLIC SOURDOUGH

FRENCH FRIES

RAREBIT MAC 'N' CHEESE

BUTTERED SUMMER GREENS

HOUSE SALAD

CHARGRILLED ASPARAGUS

Sauces 5.5

RED WINE JUS

PEPPER SAUCE

BÉARNAISE

GARLIC CREAM REDUCTION