

# SPRING MENU

## Aperitifs

10.5  
**APEROL SPRITZ**  
Aperol, Prosecco,  
soda, fresh orange slice

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 GARLIC FOCACCIA** 5  
Welsh salted butter, balsamic (V)

**BUTTERMILK CHICKEN TENDERS** 8  
Chilli dip

**OX CHEEK CROQUETTES** 9  
Horseradish cream cheese

**DEVILLED WHITEBAIT** 7  
Smoked paprika, aioli, lemon

**NAPOLI MIXED OLIVES (VG)** 6

## Small Plates & Starters

**WELSH ALE RAREBIT ON SOURDOUGH** 9  
Red onion marmalade, crispy onions, chives (V)

**BEAR'S BLOODY MARIE SEAFOOD COCKTAIL** 12  
Home-baked bread, Welsh salted butter (GFO)

**SOUP OF THE DAY** 7  
Home-baked bread, Welsh salted butter  
(VG) (GFO)

**BLOOD ORANGE & PICKLED FENNEL SALAD** 8  
Burnt radicchio, pomegranate (VG) (GF)

**SALT COD & NDUJA SCOTCH EGG** 10  
Smoked paprika, tomato & fire-roasted  
red pepper ragu

## Sharing Boards

**GARDEN BOARD** 16  
Chargrilled asparagus, olives, roasted artichokes,  
spring onion, black garlic and chive potato salad,  
garlic houmous  
*SELECTION OF CURED MEATS +£5*

## Sandwiches

*Bloomer or Granary, served with french fries*

**CHARGRILLED CHICKEN & BACON CLUB** 16.5  
Marie Rose sauce, beef tomato, rocket

**FISH FINGER STACK** 16  
Caper, red onion & lemon aioli, Gem lettuce

**VEGGIE CLUB** 15.5  
Chargrilled courgettes, peppers, aubergine, beef  
tomato, garlic mayonnaise, rocket, pesto

**SMOKED CHICKEN & CHIVE TERRINE** 9  
Apricot & apple jam, home-baked bread

**BREADED MONKFISH SCAMPI** 10  
Caper, red onion & lemon aioli, parsley

**CHARGRILLED ASPARAGUS** 9  
Black garlic, kale, lemon zest, toasted hazelnuts  
(VG, GF)

**SPRING GREENS ORZO** 9 / 17  
Broad beans, peas, asparagus, mint compote (VG)

**CHEESE BOARD** 18  
Fine Welsh cheeses, caramelised red onion  
chutney, grapes, salted butter & Welsh crackers  
*SELECTION OF CURED MEATS +£5*

## Larger Plates

**PAN-ROASTED SEA BASS FILLETS** 24  
Pembrokeshire potatoes, asparagus, leeks, parsley butter, shallots

### SMOKED WELSH BEEF SHIN

**TAGLIATELLE** 19  
Fresh egg tagliatelle, slow-braised beef shin, red pepper & tomato ragu, Parmesan, basil

**CHICKEN SCHNITZEL** 19  
Olive & tomato sauce, spring onion & black garlic potato salad, rocket, Parmesan

**STEAK & ALE PIE** 18  
Mashed potatoes, gravy, crispy onions, chives

**WELSH ALE BATTERED HADDOCK** 19  
Hand-cut chips, pea compote, lemon

**SUPERFOOD SALAD** 16  
Agave & mustard buckwheat, salted peaches, tenderstem broccoli, Chimichurri (VG & GF)  
*CHARGRILLED CHICKEN +£7*  
*POACHED SALMON +£8*  
*HALLOUMI +£5*

## From The Flame

**DRY-CURED WELSH BACON CHOP** 20  
Rocket, mushroom, tomato, fried egg, chunky hand-cut chips

**227G WELSH GRASS-FED, 28-DAY DRY-AGED, RIBEYE STEAK** 37  
choose one side & one sauce

**WELSH GRASS-FED, 28-DAY DRY-AGED, CHATEAUBRIAND**  
choose two sides & two sauces

**300G** 64     **450G** 87

*GO SURF & TURF WITH YOUR STEAK - TWO FLAME-GRILLED CREVETTES +£8*

## The Beargers

*French fries or chunky hand-cut chips*

**CHICKEN CAESAR BURGER** 19  
Panko-breaded chicken breast, garlic & Parmesan mayo, Baby Gem, rocket  
*ADD SMOKED STREAKY BACON +£2*

**WELSH GRASS-FED BEEF BURGER** 20  
Welsh ale rarebit, caramelised red onion relish, rocket, beef tomato, onion rings  
*ADD SMOKED STREAKY BACON +£2*

**LENTIL & SPINACH BURGER** 18  
Toasted Ciabatta, garlic houmous, mango chutney, Baby Gem (VG)

---

## Sides 5.5

CHUNKY HAND-CUT CHIPS  
CONFIT GARLIC SOURDOUGH  
FRENCH FRIES  
RAREBIT MAC 'N' CHEESE  
SPRING ONION & BLACK GARLIC POTATO SALAD  
BUTTERED SPRING GREENS  
SPRING SALAD

---

## Sauces 5.5

RED WINE JUS  
PEPPER SAUCE  
BÉARNAISE  
GARLIC CREAM REDUCTION

---