

MAIN MENU



PRE APPETIT

MIXED OLIVES £4.50 * RUSTIC BREAD, OLIVE OIL & BALSAMIC
£4.50 * GARLIC FLATBREAD & HUMMUS £7.00 **(10 MIN WAIT)**

STARTERS

CHEF'S SOUP OF THE DAY WITH RUSTIC BREAD £7.00 **(V)**

DEEP FRIED BRIE WITH RASPBERRY COULIS £8.50 **(V)**

SMOKED SALMON AND CRAYFISH TIAN WITH AVOCADO £9.00 **(GF)**

SCOTCH EGG WITH TOASTED SOLDIERS & PICCALILLI £8.50

WILD MUSHROOM RISOTTO WITH ROCKET AND PARMESAN £9.00
(GF/V)

MALAYSIAN CHICKEN SATAY WITH PEANUT SAUCE £8.50 **(GF)**

STIR-FRIED TIGER PRAWNS WITH GARLIC, CHILLI & LEMON
(S) £9.50/**(M)** £18.00 **(GF)**

PAN FRIED SCALLOPS WITH PEA PUREE, TOMATO & PANCETTA
(S) £13.00/**(M)** £20.00 **(GF)**

SIDES

BOWL OF FRIES £4.00 MASHED POTATOES £4.00

BOWL OF CHIPS £4.00 NEW POTATOES £4.00

GREEN VEGETABLES £4.50 MIXED SALAD £4.00

MAINS

COD FISHFINGERS WITH TARTAR SAUCE AND CHUNKY CHIPS £15.00

BEEF BOURGUIGNON WITH MASHED POTATOES £19.50 **(GF)**

CHICKEN ESCALOPE BURGER WITH COLESLAW & FRENCH FRIES £13.50

MISO GLAZED FILLET OF SALMON WITH SESAME WILTED GREENS & CHILLI £18.00
(GF)

BELLY OF PORK WITH KOFFMAN CABBAGE & FONDANT POTATOES £18.00

LAMB SHANK WITH MASHED POTATOES £21.50 **(GF)**

GIBSON'S LINCOLNSHIRE SAUSAGES WITH MASH & ONION GRAVY £14.50

THE BEAR BURGER WITH COLESLAW & FRENCH FRIES £13.50
(Supplement of £1 each - Cheese and or Bacon)

PAN FRIED FILLET OF SEABASS WITH SAFFRON & CRAYFISH RISOTTO £21.00 **(GF)**

GRILLED HALLOUMI WITH MEDITERRANEAN VEG & WARM QUINOA SALAD £15.50
(V)

CORN FED CHICKEN BREAST WITH CAFE DE PARIS MUSHROOM SAUCE &
DAUPINOISE £18.00 **(GF)**

14-16oz COTE DE BOEUF, PORTOBELLO MUSHROOM, BEARNAISE SAUCE &
CHUNKY CHIPS £34.00 **(GF)**

KING PRAWN LINGUINI WITH HAND PULLED NOODLES, CHILLI, GARLIC &
PARMESAN £18.00

JERK VEGAN STEW WITH BIRYANI RICE £15.00 **(VE/V)**

GF = Gluten Free, V = Vegetarian, VE = Vegan (S) = Starter Portion, (M) = Main Portion. Please let a staff member know if you have any allergies or intolerances before you order your food. Please be aware food is prepared in a multi preparation environment, so although we take care to not cross contaminate food, it is possible. Please note that service charge is applied to all tables of 5+. Thank You, The Bear Inn