

# THE BEAR INN

Welcome to The Bear Inn (formerly The Anchor Inn).  
Please bear with us whilst our new team get up to full speed. Thank you for your support!

All of our dishes are homemade at The Bear Inn, using fresh, seasonal ingredients.  
Plus, our honey is collected from our own hives around Sussex.



## NIBBLES

**Harissa Hummus**, Tortilla, Toasted Hazelnuts **6** (v)(vg)(df)(nuts)  
Mixed Olives **4** (v)(vg)(gf)(df)

## STARTERS

**Frickles**, Blue Cheese Dip **8** (v)  
**Salt & Pepper Fried Calamari**, Garlic Mayo, Lemon **9**  
**Sussex Ham & Cheese Croquette**, Dijon Mayo, Sage **9**  
**Cumberland Chipolatas** in a sweet & sticky glaze **8**  
**Caprese Salad**, Mozzarella, Heritage Tomatoes, Balsamic Glaze, Basil Oil **9** (v)(gf)

## SUNDAY ROASTS

All served with Seasonal Greens, Roast Potatoes, Gravy, Yorkshire Pudding  
Beef Topside **20** (gfo) / Pork Belly **19** (gfo) / Roast Chicken Breast **19** (gfo)  
Vegan Wellington (Roasted Sweet Potato, Peppers & Spinach) **18** (v)(vg)(df)

## MAINS

**Harvey's Beer Battered Cod**, House Chips, Mushy Peas, Tartare Sauce, Lemon **17**  
**Beef Burger**, Two 4oz Patties, Toasted Brioche Bun, Crisp Lettuce, Tomatoes, Gherkins,  
Garlic Mayonnaise, House Chips **17** (gfo) (Add Cheese £1. Add Bacon £1)  
**Teriyaki Tofu Salad**, Broccoli, Peas, Cabbage, Watercress, Teriyaki Sauce **16** (v)(vg)(df)  
**Grilled Halloumi Salad**, Avocado, Soft Hens Egg, Summer Tomatoes, Rocket, Pickled Red Onions **15** (v)(gf)

## DESSERTS

**English Strawberry Pavlova**, Chantilly & Strawberry Ice Cream **8** (v)(gf)  
**Sticky Toffee Pudding**, Honey Ice Cream, Butterscotch Sauce **8** (v)  
**Honey Cheesecake**, Fresh Raspberries **8** (v)  
**Vegan Brownie**, Vanilla Ice Cream **8** (v)(vg)(df)  
**Trio of Ice Creams** **7** (vgo)

## SIDES

(v)(vg)(df)(gf)  
**House Chips** **4.5**  
**Cheesy Chips** **5.5**  
**House Salad**  
Baby Gem Lettuce,  
Summer Tomatoes,  
Red Onion **5.5**

(v) vegetarian (vg) vegan (vgo) vg option (gf) gluten free (gfo) gf option  
(df) dairy free (dfo) df option (nuts) contains nuts 'Option' = this dish can be adapted. Please ask for details