

# THE HONEY POT

Mon-Sun, 8:30am - 11:30am

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.

## DRINKS

*Drink-in or takeaway*

Americano <b>3.2</b>	Espresso <b>2.65</b>	Tea <b>2.9</b>	Orange Juice <b>2.95</b>
Latte <b>3.5</b>	Double Espresso <b>3</b>	Herbal Tea <b>2.9</b>	Apple Juice <b>2.95</b>
Cappuccino <b>3.5</b>	Iced Coffee <b>3.95</b>	Syrup Shot <b>0.5</b>	Kale Kick
Flat White <b>3.5</b>	Decaf <b>3.5</b>	Soya / Oat Milk <b>0.2</b>	Smoothie <b>4.95</b>

## PASTRIES

- Butter Croissant **2.75** (v)
- Almond Croissant **2.95** (v)(nuts)
- Chocolate Croissant **2.75** (v)
- Sausage Roll **3.95**

*Takeaway available*

## SLICE OF CAKE

- Carrot Cake **3.75** (v)
- Vegan Blueberry & Banana **3.75** (v)(vg)
- Rose & Pistachio Battenberg **3.75** (v)(nuts)
- Courgette & Avocado **3.75** (gf)

*Takeaway available*

## CREAM TEA

Fruit or plain scone, with clotted cream, strawberry jam or honey & a pot of tea **6.75** (v)

## A little something to eat...

**Streaky Bacon Bap 5.5** (gfo)

**Cumberland Sausage Bap 5.95**

**Posh Bacon Bap 6.5**

Smoked streaky bacon, chilli fried egg,  
mango chutney, rocket, brioche bun (gfo)

*Baps available to takeaway*

**Banana Bread & Honey 5.5**

Toasted banana bread, vanilla ricotta, our  
own honey (v)

**Crunchy Ginger Nut Granola 6.5**

Rhubarb compote, yoghurt & maple syrup  
(v)(nuts)

**Something Small on Toast**

Your choice of Rye, Sourdough or Granary  
Toast topped with...

**The Woodland Toast 8.95** (v)(vg)(gfo)

Wild mushrooms & heritage tomatoes

**The Bear's Toast 8.95** (gfo)

Smoked streaky bacon & poached eggs

**Ashdown Forest Toast 9.5** (v)(gfo)

Sliced avocado & poached eggs

**The Cub's Toast 3.5** (v)(gfo)

Strawberry jam or honey on toast

(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