

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

PASTRIES

- Butter Croissant **2.75** (v)
 - Almond Croissant **2.95** (v)(nuts)
 - Vegan Blueberry Croissant **2.95** (v)(vg)
 - Chocolate Croissant **2.75** (v)
 - Sausage Roll **3.95**
- Takeaway available*

CAKES

Please ask your server,
or see our cake display
for today's daily selection.

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