



# THE BEAR INN



*“What could be more important than a little something to eat?”*

*Winnie the Pooh (A. A. Milne)*

## FOR THE TABLE

**MISTOLIVA OLIVES** 4.5  
v/vg/gf/df

**GARLIC & ROSEMARY FOCACCIA** 4  
*Homemade at The Bear.  
Served with olive oil* v/vg/df

**CHARGRILLED PADRON PEPPERS** 4  
*Smoked sea salt* v/vg/gf/df

## SMALLS

**SALT & PEPPER CALAMARI** 8  
*Crispy squid rings, aioli, lemon*

**HAM HOCK TERRINE** 8  
*Pistachios, pickled red onion, mustard crème, crispy capers, crostinis*

**COD CHOWDER** 10.5  
*Pan fried cod fillet, mussels, potato, greens, pickled cucumber, toasted focaccia*

**CHARGRILLED AUBERGINE MEZE** 6  
*Hummus, pomegranate, toasted focaccia* v/vg/df

## SUNDAY ROASTS

**SUSSEX TOPSIDE OF BEEF** 20  
*Duck fat roast potatoes, braised red cabbage, glazed carrots, tenderstem broccoli, beef jus, horseradish*

**SLOW COOKED PORK BELLY** 19  
*Duck fat roast potatoes, braised red cabbage, glazed carrots, tenderstem broccoli, beef jus, apple sauce*

**ROASTED CHICKEN SUPREME** 19  
*Duck fat roast potatoes, braised red cabbage, glazed carrots, tenderstem broccoli, beef jus*

**ROASTED SWEET POTATO, PEPPER & SPINACH WELLINGTON** 18  
*Roast potatoes, braised red cabbage, glazed carrots, tenderstem broccoli, gravy* v/vg/df

## MAINS

**HARVEYS BEER BATTERED COD** 16  
*House chips, mushy peas, tartare sauce, lemon*

**THE BEAR BEEF BURGER** 16  
*Two 4oz patties, toasted brioche bun, crisp lettuce, tomatoes, gherkins, burger sauce, house chips*  
**Add bacon £1. Add cheese £1**

**ROASTED BUTTERNUT SQUASH & SAGE RISOTTO** 15  
*Pine nuts, parmesan* v/vg

## SIDES

**HOUSE CHIPS** 4  
v/vg/gf/df

**TENDERSTEM BROCCOLI** 5  
*sautéed chilli* v/vg/gf/df

**GARDEN SALAD** 4  
*Crisp lettuce, lemon dressing, parmesan* v/vgo/gf

## AFTERS

**DARK CHOCOLATE TART** 8  
*Clotted cream ice cream, pistachios* v/nuts

**LEMON TART** 8  
*Raspberry curd* v

**BAILEYS AFFOGATO** 7  
*Vanilla ice cream, honeycomb* v

**VEGAN CHOCOLATE BROWNIE** 7  
*Vanilla ice cream* v/vg

PLEASE LET US KNOW OF ANY ALLERGIES OR DIETARY REQUIREMENTS

(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