



A utumn

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 v/vg/gf/df	4-5
GARLIC & ROSEMARY FOCACCIA <i>Homemade at The Bear. Served with olive oil v/vg/df</i>	4
CHARGRILLED PADRON PEPPERS <i>Smoked sea salt v/vg/gf/df</i>	4

SMALLS

SALT & PEPPER CALAMARI <i>Crispy squid rings, aioli, lemon</i>	8	TEMPURA COURGETTE <i>Spiced courgette, paprika mayonnaise v/vg</i>	6
HAM HOCK TERRINE <i>Pistachios, pickled red onion, mustard crème, crispy capers</i>	8	CONFIT DUCK <i>Asian slaw, toasted sesame, plum dressing</i>	9
SUSSEX SCOTCH EGG <i>Locally sourced sausage meat, plum ketchup</i>	8	CHARGRILLED AUBERGINE MEZE <i>Hummus, pomegranate, toasted focaccia v/vg/df</i>	6



Our fresh fish is locally caught on the South coast fishing boats, and delivered to us daily



SMOKED BACON & CIDER MUSSELS
*Served with crusty bread **gfo***

Small 10
Main 18

COD CHOWDER
Pan fried cod fillet, mussels, potato, greens, pickled cucumber, crusty bread

Small 10.5
Main 19

Mains include house chips

MAINS

FLAT IRON STEAK (10oz) 24
*Confit cherry tomatoes, broccoli, house chips, peppercorn sauce **gfo***

CHICKEN, HAM & LEEK PIE 16
Seasonal greens, creamy mash, red wine gravy

THE BEAR BEEF BURGER 16
*Two 4oz patties, toasted brioche bun, crisp lettuce, tomatoes, gherkins, burger sauce, house chips **gfo***

Add bacon £1
Add cheese £1

WILD MUSHROOM BOURGUIGNON 16
*Carrots, baby onions, creamy mash **v/vg/gf***

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

SIDES

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

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***

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

LEMON TART 8
*Raspberry curd **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