

THE **BEAR INN**

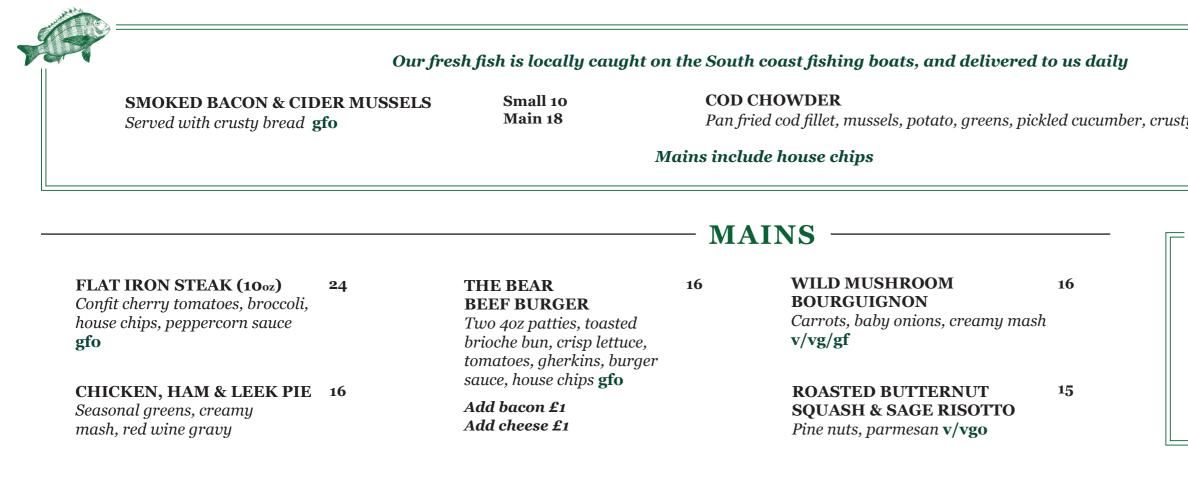
"What could be more important than a little something to eat?" - Winnie the Pooh (A. A Milne)

FOR THE TABLE

MISTOLIVA OLIVES v/vg/gf/df	4.5
GARLIC & ROSEMARY FOCACCIA Homemade at The Bear. Served with olive oil v/vg/df	4
CHARGRILLED PADRON PEPPERS Smoked sea salt v/vg/gf/df	4

SMALLS _____

SALT & PEPPER CALAMARI Crispy squid rings, aioli, lemon	8	TEMPURA COURGETTE Spiced courgette, paprika mayonnaise v/vg	6
HAM HOCK TERRINE Pistachios, pickled red onion, mustard cr	8 rème, crispy capers	CONFIT DUCK Asian slaw, toasted sesame, plum dressing	9
SUSSEX SCOTCH EGG Locally sourced sausage meat, plum ketc	8 thup	CHARGRILLED AUBERGINE MEZE Hummus, pomegranate, toasted focaccia v/v,	6 g/df
a t on the South coast fishing boats, a COD CHOWDER Pan fried cod fillet, mussels, pote		Small 10.5	



AFTERS

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

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

LEMON TART *Raspberry* curd **v**

8

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



SIDES	
HOUSE CHIPS v/vg/gf/df	4
TENDERSTEM BROCCOLI sautéed chilli v/vg/gf/df	5
GARDEN SALAD Crisp lettuce, lemon dressing, parmesan v/vgo/gf	4

7

VEGAN CHOCOLATE BROWNIE Vanilla ice cream v/vg

OIDEO