



THE BEAR HOTEL

GLUTEN FREE DINNER MENU

STARTERS

- Soup of the day with toasted bread - v £5.95
- Smoked salmon with spring onion and potato rösti topped with a caper and watercress dressing - £7.50
- Smoked duck breast and orange salad served with roasted cashew nuts - £7.50

SALADS - All at £13.95

- Slices of smoked salmon with rocket, beetroot, celery and apple bound in mayonnaise
- Cajun spiced chicken served on crispy leaf salad with a mango and pineapple salsa

MAINS

- Wild mushroom, pea and vegan mozzarella risotto rice cakes served with seasonal leaves and a sun-blushed tomato dressing - vg £13.95
- Pan-fried pork fillet in an apple and sage sauce served with creamy mash potato and charred leeks - £17.95
- Pan-fried lamb rump with charred leeks and carrot purée served with dauphinoise potatoes and a mint red wine gravy - £18.95
- Grilled salmon, pan-fried potatoes and wilted spinach served with a pea purée and wild mushrooms - £17.95
- Medallions of Walter Rose beef fillet with horseradish mash, charred shallot and a green peppercorn sauce - £24.95
- Chargrilled chicken breast served with a potato rösti, asparagus tips and a smokey spinach cream - £16.95
- Cornish catch of the day in a Wadworth beer batter served with chips, peas and tartare sauce - £13.95
- Pan-fried chicken with crispy bacon served with creamy mash potato, seasonal vegetables and red wine gravy - £12.95

GRILL MENU

- 8oz Walter Rose fillet steak - £27.95 10oz Walter Rose rump steak - £18.95 8oz Walter Rose ribeye steak - £22.95
- All our steaks are served with slow roasted tomato, mushroom, chips and dressed leaves
- Add a sauce to your steak for an extra £1.95 - peppercorn, Stilton, mushroom or Dianne*
- Cajun chicken served on a slice of grilled pineapple with mango and pineapple salsa, coleslaw and chips - £13.00

BURGERS - All at £13.95

- Bacon and Cheddar cheese beef burger on a toasted bun with red onion jam, baby gem lettuce and tomato, onion rings and chips
- Grilled salmon burger with a beetroot and horseradish chutney served on a toasted bun with onion rings and chips
- Spiced chicken topped with avocado and chilli jam served on a toasted bun with onion rings and chips

SIDES

- Ciabatta garlic bread - v £3.50 Cheesy garlic bread - v £3.95
- New potatoes - v £3.00 Crispy fries - v £3.00
- Garlic mushrooms - v £3.00 Battered onion rings - v £3.00
- Salad bowl - v £3.00 Coleslaw - v £2.50
- Seasonal vegetables - v £3.00 Bread roll and butter - v £1.50

DESSERTS - All at £6.95

- Gin and rhubarb cheesecake with vanilla ice-cream - v
- Chocolate salted caramel torte with Chantilly cream - v
- Mango passionfruit panna cotta with exotic fruit compote - v

*Ask us about our Chef's Choices,
created by our Head Chef Adrian Bartels*

HOT DRINKS

Ask us about our range of artisan coffee from Bristol based Brian Wogan and finest tea from Birchall's available all day

(v) = vegetarian option. (vg) = vegan option. All weights are approximate before cooking.

All food is prepared in our kitchen where nuts, gluten and other allergens are present. Processes and training are in place to ensure that gluten-free meals on our gluten free menu are gluten-free. Our menu descriptions do not include all ingredients. **IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING.** Full allergen information is available upon request. Fish dishes may contain small bones. We aim to support local farmers and growers from the Assured Food Standards Association. 0617/1.





THE BEAR HOTEL

GLUTEN FREE LUNCH MENU

CIABATTAS AND SANDWICHES

Grilled chicken, smoked bacon, tomato, baby gem lettuce and Dijon mayonnaise - £7.95

Smoked salmon with cream cheese and cucumber - £7.95

Honey and mustard glazed ham with seasonal leaves - £6.95

Walter Rose topside beef with beetroot horseradish - £7.95

Grilled halloumi, spinach, roasted red pepper and chilli jam - v £6.95

Grated cheese and red onion - v £6.95

SALADS - All at £13.95

Slices of smoked salmon with rocket, beetroot, celery and apple bound in mayonnaise

Cajun spiced chicken served on crispy leaf salad with a mango and pineapple salsa

STARTERS

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Smoked salmon with spring onion and potato rösti topped with a caper and watercress dressing - £7.50

Smoked duck breast and orange salad served with roasted cashew nuts - £7.50

MAINS

Wild mushroom, pea and vegan mozzarella risotto rice cakes served with seasonal leaves and a sun-blushed tomato dressing - vg £13.95

Pan-fried pork fillet in an apple and sage sauce served with creamy mash potato and charred leeks - £17.95

3 egg omelette with a choice of fillings: tomato, ham, cheese or mushroom & herb - £8.95

All our omelettes are served with chips and salad

LIGHT LUNCH BITES

Available in Small / Large plates

Cornish catch of the day in a Wadworth beer batter served with chips, peas and tartare sauce - £8.45 / £13.95

Honey cooked ham with free-range egg, slow roasted tomato and fries - £7.75 / £13.95

Pan-fried chicken with crispy bacon served with creamy mash potato, seasonal vegetables and red wine gravy - £8.00 / £12.95

5oz/10oz Grilled gammon steak with pineapple and free-range egg, slow cooked tomato and chips - £7.95 / £15.00

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Add a sauce to your steak for an extra £1.95 - peppercorn, Stilton, mushroom or Dianne

Cajun chicken served on a slice of grilled pineapple with mango and pineapple salsa, coleslaw and chips - £13.00

BURGERS - All at £13.95

Bacon and Cheddar cheese beef burger on a toasted bun with red onion jam, baby gem lettuce and tomato, onion rings and chips

Grilled salmon burger with a beetroot and horseradish chutney served on a toasted bun with onion rings and chips

Spiced chicken topped with avocado and chilli jam served on a toasted bun with onion rings and chips

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Gin and rhubarb cheesecake with vanilla ice-cream - v

Chocolate salted caramel torte with Chantilly cream - v

Mango passionfruit panna cotta with exotic fruit compote - v

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