

Something to Nibble!

Served Mon-Fri: 12-2.30

Served Sat: 12-3.00

Marinated Olives (v) £3.95

Served with Sunblaze Tomatoes & Feta Cheese in Basil Scented Oil

Rustic Breads (v) £3.95

With Balsamic Syrup and Olive Oil

Light Bites

To make into a light meal add a side order of Chips or Chefs House Salad

Chef's Soup of the Day £4.00

Served with Rustic Bread

Salmon & Prawn Fishcakes £6.25

Crisp Vegetable Strips, Honey & Lemon Dipping Sauce

Deep Fried Wedges of Brie (v) £5.95

Cranberry Compote and Dressed Mixed Leaf Salad

Salad Caprese (v) £5.25

Ripe sliced Plum Tomatoes & Torn Buffalo Mozzarella, with Rocket Leaves, Roasted Garlic & Thyme Dressing with Rustic Bread

Crab Terrine £6.25

Scented with Lemongrass, Coriander, Lime & Ginger with Spicy Sweetcorn Relish and Rustic Bread

Spicy Char-Grilled Lamb Pattie £5.95

Served with flat bread, Asian Slaw Tomato & Coriander Chutney with Mint Creme Fraiche

Salads

Caesar Salad

Cos Lettuce Leaves Drizzled with a Classic Caesar Dressing, topped with Chunky Croutons and Parmesan Cheese

Served Classically (v) £7.95

Carved Chicken Breast £9.95

Toasted Goats Cheese (v) £8.95

On a Toasted Crouton with a Beetroot, Orange and Watercress Salad, Drizzled with a Mint & Hazelnut Dressing

Salmon Piemontese £9.95

Warm Salmon Escalopes with Lettuce, Tomato, Cucumber, Sweetcorn, Red Peppers & Spring Onion. Bound in an Oregano, Brandy & Dijon Mustard Dressing

**Some of our dishes may contain traces of nuts (v) - Suitable for Vegetarians (GF) - Gluten Free*



www.bearhotel.com

63 High Street, Cowbridge, Vale of Glamorgan CF71 7AF
Telephone: 01446 774 814 Fax: 01446 775 425
E-mail: enquiries@bearhotel.com

Lunch Menu

Served Mon-Fri: 12-2.30

Served Sat: 12-3.00

'Sausage & Mash' **£8.95**
Doug Willis' Famous Sausages served on Cheddar Cheese Mashed Potato and Caramelised Red Onion Gravy

The 'Bear' Beef Burger **£9.95**
Seasoned Beef Burger served in a Toasted Seeded Bun with Blue Cheese Served with Chunky Chips, Smokey Bacon & Tomato Salsa and House Salad

Chicken Burger **£8.95**
Seasoned Chicken Breast served in a Toasted Seeded Bun, with Mayo, Sliced Tomato and Lettuce, Chunky Chips & Tomato Relish

Penne Pasta cooked with a choice of the following Sauces finished with Parmesan Cheese **£8.25**

Add a Garlic Bruschetta **£9.25**
Peppered Chicken Cooked in a Creamy White Wine Sauce with Wild Mushrooms & Spinach
Lemon & Basil Mascarpone Cheese, Chilli Flakes and Mange Tout (v)
Roasted Tomato, Black Olive & Basil Leaves (v)

Red Thai Chicken Curry **£9.95**
With a Timbale of Jasmine Rice and Mini Poppadoms

Steak, Ale & Mushroom Pie **£8.95**
With Chunky Chips and Garden Peas

Oven Roasted Salmon Fillet (GF) **£10.25**
New Potatoes with a Creamy Leek and Spinach Sauce

Beer Battered Cod Fillet **£8.95**
Served with Chunky Chips and Mushy Peas

House Beef Lasagne **£8.95**
Served with Chunky Chips, Coleslaw and Mixed Salad

Glamorgan Sausages (v) **£8.95**
Made from Caerphilly Cheese, Leeks & Mustard, coated in Breadcrumbs, with Mixed Leaves a Spicy Plum Chutney and a Choice of New Potatoes or Chunky Chips

Fisherman's Pie **£9.25**
Tender Morsels of Salmon, Cod & Prawns in a Creamy Chive Sauce. Topped with Glazed Cheddar Mash & served with House Salad
Order a side to complete your meal.

Side Orders

Garlic & Herb Baguette	£2.75	Cheesy Garlic Bread	£3.00
Garden Salad	£2.95	New Potatoes	£2.50
Chunky Chips	£2.25	Panache of Vegetables	£2.50

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Please ask your server for Chef's daily specials

Sandwiches

£4.95

Served with Dressed Leaves & Coleslaw with a choice of

White Bread or **GI** Malted Grain Bread:

Smoked Salmon and Dill Cream Cheese

Egg Mayonnaise **(v)**

Brie and Grape Chutney **(v)**

Beef and Horseradish

Prawns with Lemon Mayonnaise

BLT - Bacon, Lettuce and Tomato

Carved Ham and Salad with a Wholegrain Mustard Mayonnaise

Cheddar & Pickle **(v)**

Cajun Chicken with Pesto Mayonnaise, Tomato and Rocket

Filled Wrap

£6.50

House Filled Wrap served with Mixed Leaves & Coleslaw

Hoi Sin Beef, Shredded Spring Onion & Cucumber

Mozzarella & Mediterranean Vegetables with Tomato Salsa & Rocket **(v)**

Sweet Chilli Chicken, Roasted Peppers and Mayonnaise

Pastrami, Balsamic Onion & Horseradish Mayonnaise

Add a Small Portion of Chips

£1.00

Filled Jacket Potatoes

£5.95

Tuna Mayonnaise with Red Onion

Cottage Cheese & Sweetcorn **(v)**

Sweet Chilli Chicken and Roasted Peppers

Prawns with Lemon Mayonnaise

From The Grill

Served with a choice of Chunky Chips, New Potatoes, Creamy Mash Potato or Parmentier Potatoes.

Prime Char-Grilled 8oz Sirloin Steak

£17.95

Cooked to your preference, served with Grilled Tomato and Flat Cap Field Mushroom

Peppered Char-Grilled Chicken Breast

£10.25

Served with Grilled Tomato and Flat Cap Field Mushroom

Char Grilled Gammon Steak

£10.25

With Tomato, Fried Egg and Pineapple Chutney

Add one of our Chef's Own Sauces

£1.50

Blue Cheese, Creamy Peppercorn, Garlic or Tarragon

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Evening Menu

Served Mon-Sat: 6-9.30

Something to Nibble!

- Marinated Olives (v)** £3.95
Served with Sunblaze Tomatoes & Feta Cheese in Basil Scented Oil
- Rustic Breads (v)** £3.95
With Balsamic Syrup and Olive Oil

Something to Start

- Chef's Soup of the Day** £4.00
Served with Rustic Bread
- Salad Caprese (v)** £5.25
Ripe sliced Plum Tomatoes & Torn Buffalo Mozzarella, with Rocket Leaves, Roasted Garlic & Thyme Dressing with Rustic Bread
- Crab Terrine** £6.25
Scented with Lemongrass, Coriander, Lime & Ginger with Spicy Sweetcorn Relish and Rustic Bread
- Moules Marinière** *To Start: £5.95 As a Main: £9.95*
Cooked in White Wine, Garlic & Cream Sauce served with Rustic Bread
- Roasted Whole Mini Camembert Cheese (v)** £6.25
Studded with Roasted Garlic and Thyme served with Red Onion Marmalade and a Warm Mini Baguette
- Mango, Avocado & Smoked Chicken Salad** £5.95
Ruby Chard & Rocket Leaves tossed in a Whole Grain Mustard Dressing
- Charcuterie Board** £7.95
A mixed board of Italian Cured Meats served with Olive Tapenade and Rustic Bread

From The Grill

Served with a choice of Chunky Chips, New Potatoes, Creamy Mash Potato or Parmentier Potatoes.

- Prime Char-Grilled 8oz Sirloin Steak** £17.95
Cooked to your preference, served with Grilled Tomato and Flat Cap Field Mushroom
- Peppered Char-Grilled Chicken Breast** £10.25
Served with Grilled Tomato and Flat Cap Field Mushroom
- Char Grilled Gammon Steak** £10.25
With Tomato, Fried Egg and Pineapple Chutney
- Add one of our Chef's Own Sauces** £1.50
Blue Cheese, Creamy Peppercorn, Garlic or Tarragon

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Evening Mains

Served Mon-Sat: 6-9.30

Pork Medallions **£12.95**
Pork Medallions, carved on to a Mixed Vegetable Rice finished with Sweet Pepper and Paprika Sauce

Chef's Fish of the Day
Please ask the staff for details of todays dish.

Free Range Breast of Chicken (GF) **£11.25**
Stuffed with Goats Cheese, Basil and Sundried Tomatoes, wrapped in Bacon served with a Medley of Greens and Parmentier Potatoes

Char-Grilled Prime Rib Eye Steak **£16.95**
Sweet Potato Chips, Grilled Beef Tomato Slice, Rocket & Parmesan with Creamy Peppercorn Sauce

Honey & Soy Glazed Duckling **£14.95**
Carved onto a bed of Chilli Noodles with Stir Fried Vegetables

Sun Blazed Tomato and Black Olive Risotto (v) **£9.95**
Enhanced with Fresh Basil, Spinach Leaves and Parmesan Cheese

Red Thai Chicken Curry **£9.95**
With a Timbale of Jasmine Rice & Mini Poppadoms

Steak, Ale & Mushroom Pie **£8.95**
Chunky Chips and Garden Peas

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New Potatoes and a Creamy Leek and Spinach Sauce

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Desserts

Served Mon-Sat:
12-3.00 & 6-9.30

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| Vanilla Pannacotta | £5.95 |
| A Sweet Set Vanilla Cream enhanced with a Sharp Raspberry Coulis | |
| 'Cowbridge Mess' | £5.25 |
| Crushed Meringue, Strawberries, Cream | |
| Mini Chocolate Pot | £5.50 |
| A Smooth, Silky & Rich Chocolate Dessert with Clotted Cream | |
| Lemon Curd Cheesecake | £5.50 |
| A Light Lemon Cheesecake topped with Lemon Curd Glaze and Orange Syrup | |
| Tiramisu | £5.95 |
| Layers of Marsala & Coffee Laced Sponge, Rich Mascarpone dusted with Cocoa Powder | |
| Warm Belgian Waffle | £5.95 |
| With Cinder Toffee Ice Cream & Maple Syrup | |
| Cheeseboard | £7.50 |
| A Selection of Welsh & Continental Cheeses with Chutney and Artisan Biscuits | |
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Cakes

Please ask to see Today's Selection of Handmade Cakes

Selection of Liqueur Coffees or our Traditional Freshly Ground Coffee Menu available all day

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| Calypso - Tia Maria | £3.95 |
| Irish - Jamesons | £3.95 |
| French - Brandy | £3.95 |
| Caribbean - Malibu | £3.95 |
| Italian - Amaretto | £3.95 |
| Americano | £1.85 |
| Latte | £2.10 |
| Cappuccino | £2.10 |
| Espresso | £1.85 |
| Filter served with a Choice of Milk or Cream | £1.80 |

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