

THE BEAR AND RAGGED STAFF

GLUTEN-FREE MENU

Deciding

v Gluten-free bread with olive and sun dried tomato tapenades, oil and balsamic 5.00

v Kalamata olives marinated in rosemary, garlic, red wine & olive oil 3.50

Start

v Soup of the day, gluten-free bread and butter 5.95

Chicken liver pâté, Cumberland sauce, mixed leaves, gluten-free bread 6.50

BBQ glazed belly pork, apple and honey coleslaw 6.50

v Char-grilled local asparagus, poached hen's egg, rapeseed oil mayonnaise 6.95

v Warm goats cheese salad, purée of salt-baked beetroot, roast peppers, oven-dried cherry tomatoes 5.95

Mains

Locally sourced 8oz. Ribeye steak, sautéed button mushrooms, grilled beef tomato, gluten-free batter onion rings, triple cooked chips, dressed salad garnish 19.50

Add: peppercorn or creamy blue cheese sauce 2.50

Grilled gammon with 2 free range fried eggs, chunky chips and dressed salad garnish 12.50

Char-grilled pork loin steak, fondant potato, baked apple, buttered spring greens, wholegrain mustard jus 14.50

continued overleaf

Mains continued

Chicken breast pan fried and confit leg. Broccoli, asparagus and roast new potatoes, three peppercorn sauce with chilli flakes 14.95

Chef's Curries of the day, Basmati rice, gluten-free naan 12.95

Pan roast hake, Mediterranean vegetables, crushed new potatoes, finished with herbs and lime juice 14.95

Gluten-free batter deep fried haddock and triple cooked chips with mushy peas and lemon 12.95

v Wild mushroom and Worcestershire Gold cheese omelette.
Truffle oil, rosemary infused French fries, salad garnish 12.50

If required, please ask about alternative Gluten-free vegetarian options

Bear Burgers

Your choice of burger with tomato, lettuce and red onion marmalade in a gluten-free bun, served with salad garnish and triple cooked chips 11.50

Choose: Home-made Beef Burger

v Halloumi, mushroom and mayo

Add: Bacon .50p Worcestershire Gold Cheese .50p

All main courses are served as complete dishes

Additional sides available 3.00

Triple cooked Chips

New potatoes

Dauphinoise potato

Onion rings

Mixed salad

Garden peas

Broccoli

Roast roots

Allergies and food intolerances - Please discuss your individual requirements with us before ordering.