



# THE BEAR AND RAGGED STAFF

## START, GRAZE OR SHARE

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v <b>Breads</b> , tapenades, oil and balsamic .....	5.00
v <b>Olives</b> ; marinated green and black Sicilian ..	3.50
v <b>Soup</b> of the day with home-made bread ....	5.95
Duck and orange <b>pâté</b> , cider chutney, toast .	6.25
<b>Prawn cocktail</b> , Marie Rose sauce, bread and butter .....	6.50
<b>Squid rings</b> , panko breaded squid rings, lemon wedge and garlic aioli .....	7.00
<b>Smoked salmon</b> with avocado and cucumber salsa .....	7.50
v Grilled <b>goat's cheese</b> , poached pear, toasted nuts and salad .....	6.50
v <b>Camembert</b> ; Baked and creamy with red onion marmalade and selection of artisan breads, for two to share .....	10.00
<b>Fish platter</b> ; Scampi, whitebait, fishcakes and squid rings with sweet chilli dipping sauce and garlic aioli for two to share .....	12.50

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## MEAT

<b>Rump steak</b> ; char-grilled with onion rings, mushrooms, grilled tomato and triple cooked chips .....	15.95
<i>Peppercorn sauce or Blue cheese sauce .....</i>	2.50
<b>Chicken</b> wrapped in Parma ham. Dauphinoise potatoes, roast beets, carrot purée, cauliflower and a chicken jus .....	14.50
Cider braised <b>belly pork</b> , mashed potato, buttered cabbage, grilled apple, cider jus ..	14.75
<b>Burger</b> ; Bear's beef burger in a bun with tomato, grilled bacon, Monterey Jack cheese and Jalapeno marmalade. Triple cooked chips, dressed salad .....	11.95
<b>Gammon</b> steak, grilled and served with 2 free range eggs, triple cooked chips, chilli and pineapple salsa .....	12.95
<b>Chef's Curry</b> , Basmati rice & naan bread ....	12.95
<b>Pie of the day</b> .....	13.50

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## FISH

<b>Fish Pie</b> with parsley velouté, peas, spinach, boiled egg, mashed potato topped with cheese, steamed vegetables .....	13.50
<b>Fish 'n' chips</b> ; Beer battered fish, triple cooked chips, garden peas, tartare sauce.....	12.95
<b>Scampi</b> ; breaded whole tail scampi, triple cooked chips, garden peas, tartare sauce ...	12.95

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## VEGETARIAN

v <b>Halloumi burger</b> , panko breaded halloumi in a bun with lettuce, tomato, red onion marmalade, grilled mushroom, triple cooked chips and salad .....	11.95
v <b>Tagliatelli</b> ; Creamy wild mushroom and tarragon .....	11.50
v <b>Tagliatelli</b> ; with roast peppers, spinach and pesto .....	11.50
v <b>Omelette</b> : wild mushroom and cheddar cheese omelette with triple cooked chips and dressed salad .....	12.50
vg <b>Aubergine</b> ; Slow roasted with a tomato and pepper concasse, new potatoes, tempura spring onion, crispy leeks .....	12.50

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## SANDWICHES .....6.00

**Served 12.00-2.00 Monday to Saturday only**

Prawn and Marie Rose
Bacon, Lettuce, Tomato with mayo
Bacon, Brie, red onion marmalade
Bacon, Brie, roast pepper
v Brie, red onion marmalade
v Cheese, red onion
Steak and fried onion (£1.50 supplement)

**All served with dressed salad garnish and crisps**

**Choose your bread: White or granary baguette, sliced granary bread or Ciabatta roll**

## SIDES £3.50

Triple cooked Chips	Boiled potatoes	Mashed potato	
Mixed salad	Fresh vegetables	Garden peas	Onion rings

## ALLERGIES AND INTOLERANCES

We have gluten-free bread available. Our fish and chips can be cooked with gluten-free batter. None of our sauces contain any flour. Our Staff are happy to discuss any allergy and intolerance requirements with you when you place your order.

(We have a gluten free dessert menu too!)