

Sunday Lunch

We are open for lunch on Sundays between 12.00 - 3.00pm. The Bear Sunday Lunch Menu

Starters Mixed spanish olives £3.50. Rustic bread, olive oil & balsamic £2.00

Soup of the day with rustic bread £ 4.25

Stir fried tiger prawns with garlic, chilli & caramelized lemon £ 9.50

Crayfish, smoked salmon and avocado tian with chive cream topping £ 7.50

 Chicken liver parfait with onion marmalade and rustic bread £ 6.50

Smoked chicken salad with croutons & bacon lardons £ 6.50

Morecambe bat potted shrimp with toasted soldiers £ 7.50

Roast butternut squash risotto with sage and onion bahjee £ 7.50

Pan fried scallops with pea puree, crispy bacon & roast tomatoes £ 10.00

Mains

Roast rib of scotch beef with the bear yorkshire pudding red wine jus £13.50

Roast corn fed chicken breast £ 12.50

Roast leg of salt marsh lamb rosemary jus £14.50

All above roasts are accompanied with roast potatoes and seasonal vegetables

Mixed fish grill with roasted peppers aioli & balsamic £ 18.00

Fillets of seabass with mussels in a light curry sauce & crushed roast potatoes £17.50

Pan-fried salmon fish cake with tartare sauce & mixed leaves £ 8.50

Roast tomato and goats cheese tart with rocket and pesto dressing £ 8.50 (v)

 Wick farm sausages, herb mash and onion gravy £ 8.50

 The bear burger, plum tomato, red onion salsa & fries £ 9.50

Desserts

House cheese board with celery, apple, homemade chutney and oatcakes £7.50

Bramley apple crumble with cinnamon ice cream £ 5.50

Banoffee pie with caramel sauce £ 5.50

Citrus crème brulee £ 5.50

The bear hot chocolate brownie with vanilla ice cream £ 5.50

Please note: Menus displayed on this site maybe subject to alteration. If you have a query about our menus or specific dietary requirements please do not hesitate to contact us.