

The Bear Inn and Burwash Motel

The core of our menu is made from ingredients sourced within 30 minutes of The Bear Inn. We continually strive to ensure that we support local farmers and the local economy and give you the best produce our neighbours are proud to grow.

Apart from a few dishes, everything on this menu is made at The Bear Inn from scratch.

OPENING HOURS

Monday - Thursday	8am - 11pm
Friday and Saturday	8am - midnight
Sunday	8am - 10.30pm

FOOD

Breakfasts	8am - 10am
Lunch	12 - 2.30pm
Dinner	6pm - 9pm
Saturday and Sunday	12 - 9pm



email: enquiries@bear-inn-hotel-burwash.co.uk • www.bear-inn-hotel-burwash.co.uk

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MENU

STARTERS AND LIGHT MEALS

- Chef's Homemade Soup** with crusty bread £5.50
- Garlic King Prawns** with crusty bread £6.75
- Pan-Fried Duck and Red Onion Salad** with plum sauce £6.25
- Deep Fried Breaded Whitebait** £5.50
- Moules Mariniere** with crusty bread £6.75
- Wild Boar Pâté** with chutney, toast and salad £5.50
- Bacon and Chicken Salad** £5.50

MAINS

- Local Steak of the day** with chips, peas, tomatoes, steak mushrooms and onion rings £18.95
- Lamb of the day** with gratin potatoes, asparagus, french beans and mint gravy £17.95
- Steak and Ale Pie** with a choice of potatoes and vegetables £11.50
- Risotto** with Sun Blushed tomatoes, Spinach and Feta Cheese £9.95
- Parma Ham Wrapped Chicken Breast** filled with Boursin cheese, with baby tomatoes, asparagus, sauté potatoes and a Boursin cream sauce £12.95
- Grilled Seabass Fillet** with rosti potatoes, green vegetables and prawn butter £13.50
- Liver and Bacon** with mash potato and red wine gravy £9.50
- Sweet Chilli Chicken Noodles** £8.50
- Smoked Salmon and Crayfish Penne Rigate** in a creamy white wine and chive sauce £10.50
- Fish of the Day** - ask staff for details £12.50

HOT SNACKS

- Wholetail Breaded Scampi**, salad and chips £10.50
Chip Shop Style Battered Cod, chips and mushy peas £10.50
Chilli and Lime Chicken Breast Burger with chips, salad and sweet chilli dip £9.50
Chicken Curry with basmati rice and poppadum's £8.95
Beef Lasagne with salad and garlic bread £9.50
The Big Bear Burger (half pounder) with bacon and cheese with chips and salad £9.95
The Big Bear Vegetable Burger with cheese, tomato, chips and salad £9.95
Cooked Ham, Egg and Chips with two eggs and chips £7.95
Gammon Steak with egg or pineapple, chips and salad £9.50
Sausage and Mash with peas and onion gravy £9.50
Chicken Caesar Salad £7.95

SIDES

- Chips £2.95 Cheesy chips £3.50 Onion Rings £2.50
Garlic Bread £3.00 Cheesy Garlic Bread £3.50

SANDWICHES

Served on white bloomer, malted wheat bread, French Stick or as a wrap

- Cheddar Cheese and Tomato Ham and Mustard Ham and Cheese
Tuna and Spring Onion Mayo Chicken, Bacon and Mayo Turkey Breast and Cranberry Sauce
Grilled Bacon and Brie with Cranberry Sauce
All £5.25
Prawn and Seafood Sauce £5.50 Sausage and onion £5.50
Spicy Chicken Fajita Wrap £6.25 Spicy Vegetable Fajita Wrap £6.25

JACKET POTATOES

- Cheddar Cheese or Baked Beans £5.50 Tuna and Spring Onion Mayonnaise £5.50
Grilled Bacon and Brie £5.75 North Atlantic Prawn and Seafood sauce £5.95

PLOUGHMANS £7.95

- Cheddar Cheese Brie Home Cooked ham Stilton Sausage

PUDDINGS (Daily specials available) £5.50

- Chocolate Brownie of the day** **Cheesecake of the day**
Mixed Berry and Apple Crumble **Sticky Toffee**
Cheese and Biscuits
A range of ice creams from Salcombe Dairy Devon *please ask for details* £4.95

A full selection of tea and coffee is available at the bar

Wi-Fi Password - Bar Wi-Fi onemorepint

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Some of our fish dishes may contain small bones. All of our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present. Our menu description does not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering. Full allergen information for food and drink is available upon request, please ask your server.