

FOOD



THE BEAR

— STRATFORD-UPON-AVON —

FED & WATERED

CHOOSE ANY **FW** MAIN COURSE AND A DRINK* FOR £11

Served weekdays from 12-3pm. Excluding bank holiday Mondays.

SMALL PLATES

Any 3 nibbles for just 11.00*

OLIVES (V) (Ve) (GF) 3.50
Mixed marinated olives

CHORIZO (GF) 3.50
Mini chorizos roasted in honey

BREADED WHITEBAIT **NEW** 3.95
Garlic aioli

DEEP-FRIED BRIE (V) 3.50
In a crisp crumb with plum chutney

CRISPY SQUID (GF) 3.95
Garlic aioli

HOUMOUS (V) (Ve) (*) 3.50
Toasted pitta bread

DUCK CROQUETTES 4.25
Plum chutney

FOUGASSE* (V) **NEW** 5.25
French-style garlic bread

CROQUE MONSIEUR CROQUETTES **NEW** 4.25
Ham and melted cheese croquettes
with Dijon mayonnaise

SPICED CHICKEN BEIGNETS **NEW** 4.45
Spiced chicken filled dough balls
with harissa yogurt dip

ARANCINI (V) **NEW** 3.95
Tomato, basil and mozzarella
rice balls with pesto mayonnaise

SOUP OF THE DAY (GF) 4.95
See your server or a blackboard
for today's choice

*Fougasse is not included in the 3 for £11 selection.

175ml glass of house red, white or rosé, pint of house ale, Beck's or Stowford Press cider. These dishes: (V) are suitable for vegetarians (Ve) are suitable for vegans (GF) are suitable for a gluten-free diet, please advise your server () can be made suitable for a gluten-free diet, please clearly advise your server that you need a gluten-free option (N) contain nuts. We handle all allergens including nuts, nut oils and derivatives and gluten in our kitchen and cannot guarantee our dishes are allergen-free. Some dishes may contain bones. We can provide a detailed list of all allergens used in our kitchen on request.

MAINS

BEER BATTERED HADDOCK & CHIPS (N) 9.95
Your choice of garden or mushy peas
and tartare sauce

SAUSAGE & MASH (FW) 9.50
Your choice of garden or mushy peas
and onion gravy

OVEN ROAST CHICKEN (GF)

Marinated and roasted half chicken
- tender, succulent and crispy.
Choose your flavour and side(s):

MUSHROOM & BACON
Mushrooms, crispy
smoked bacon and thyme

MOROCCAN
Spice rub, harissa,
coriander and lemon

CAJUN BBQ
Cajun spice, smoky BBQ
sauce, thyme, lime
and coriander

KOREAN CHILLI
7 spice chilli rub,
spicy Korean BBQ sauce,
lime and coriander

PROVENÇAL
Pesto, roasted
peppers, cherry
tomatoes and olives

One side...£12.95 • Two sides...£14.95

HOME-MADE PIE OF THE DAY 9.95
Chunky chips, your choice of garden
or mushy peas and gravy

SCAMPI & CHIPS (FW) 9.50
Your choice of garden or mushy peas
and tartare sauce

HOME-MADE CURRY OF THE DAY 8.95
Rice and paratha bread. Please see
today's board for more details

**GOAT'S CHEESE & SEASONAL
VEGETABLE TART** (V) 11.50
Light summer salad

TURN OVER FOR MORE MAINS —————

ROAST VEGETABLE TAGINE (V) (*) (N) (FW) 9.95

Roasted root vegetables, chickpea and apricot tagine with pitta bread, couscous tabbouleh and mint yogurt dressing

Vegan option also available (Ve)

THAI FISHCAKE NEW 9.50

Spiced salmon and haddock fishcake, skinny fries, crunchy slaw and sweet chilli sauce

RAINBOW BOWL SALAD (V) (FW) NEW 9.50

Mixed leaves, crunchy slaw, fresh coriander, mint and oriental dressing

SUPER SALAD (V) (*) (FW) NEW 9.50

Super grains, crunchy slaw, mixed leaves, couscous, pomegranate seeds, fresh herbs and dressing

Add a topping of your choice:

LEMON & GARLIC CHICKEN BREAST (GF) 11.50

SPICY KOREAN BBQ CHICKEN BREAST (GF) 11.50

MOROCCAN CHICKEN BREAST (GF) 11.50

BBQ CHICKEN BREAST (GF) 11.50

CHARGRILLED HALLOUMI (V) (GF) 11.50

STEAKS

Our steaks are served with skinny fries and your choice of sauce:

- Roasted garlic and parsley butter (GF)
- Green peppercorn and brandy (GF)

STEAK-FRITES (GF) (FW) 9.95

Scottish 21 day-aged minute steak with dressed leaves

RUMP STEAK (*) 16.95

8oz rump steak with classic gem lettuce wedge salad and shallot dressing

SIRLOIN (*) NEW 19.95

8oz sirloin steak with classic gem lettuce wedge salad and shallot dressing

FILLET (*) NEW 21.95

7oz fillet steak with classic gem lettuce wedge salad and shallot dressing

SIDES

CHUNKY CHIPS (V) (Ve) (GF) 2.95

SKINNY FRIES (V) (Ve) (GF) 2.95

MAC & CHEESE (V) NEW 2.95

BREAD & BUTTER (V) (*) 1.50

HOUSE SALAD (V) (Ve) (GF) 2.95

SUPERFOOD SIDE SALAD (V) (Ve) NEW 3.50

SUPER GRAIN SLAW (V) (Ve) NEW 3.25

COUSCOUS (V) (Ve) NEW 2.95

BURGERS

All our burgers are served in a toasted brioche bun with skinny fries

CHEESEBURGER (FW) 9.95

Beef burger, cheese, burger sauce, gherkins, lettuce, tomatoes and mayo

BLUE 10.95

Beef burger, blue cheese, burger sauce, gherkins, lettuce, tomatoes and mayo

CLASSIC CHICKEN 9.95

Marinated chicken breast, garlic mayo, lettuce and tomatoes

SMOKY BBQ CHICKEN 10.95

Marinated chicken breast, smoky BBQ mayo, lettuce and tomatoes

KOREAN CHICKEN 10.95

Marinated chicken breast, spicy Korean BBQ sauce, lettuce and tomatoes

HALLOUMI (V) 10.95

Harissa marinated halloumi, chargrilled peppers, harissa mayo, houmous and lettuce

VEGETARIAN (V) NEW 10.95

100% plant based Moving Mountains® burger with gherkins, burger sauce, lettuce and tomatoes

Add a topping: Cheese 50p

Bacon 1.00 / Blue Cheese 1.00

BAGUETTES

Add skinny fries for an additional 2.00 or a large cup of our Soup of the Day for an additional 2.50

CLUB 7.50

Roast chicken, bacon, lettuce, tomato and mayo

HAM & CHEESE 6.95

Ham, cheese and Dijon mustard mayo

CHEESE & CHUTNEY (V) 6.75

Le Saint Mont cheese and red onion confiture

FISH GOUJON SANDWICH (N) (FW) 6.95

Beer battered haddock and tartare sauce in a brioche bun

STEAK 9.95

Pan-seared minute steak (bavette cut, served pink) and Dijon mustard

KEEP IN TOUCH:

thebearfreehouse.co.uk •  @TheBearPub