



The Bear Inn

Summer Lunch and Evening Menu

Light bites and snacks

Suffolk Pork sausage roll with homemade piccalilli	5.95	Beer battered tiger prawns with sweet chilli dip	6.50
Goats' cheese and sun-blushed tomato tapenade bruschetta with dressed salad leaves (<i>meat free</i>)	6.50	Smoked Waveney Valley ham hock terrine with mustard and parsley, homemade pickle and bread	6.50
Home-baked baguette with olive oil and balsamic glaze	2.00	Griddled pitta bread with hummus and crudité	5.50

Sharing Platters

Suffolk Pork

Homemade sausage roll, smoked ham hock terrine, Scotch egg and crackling served with apple sauce, piccalilli and a warm crusty baguette. 15.95

Cannon Bear

Whole baked Camembert to share, with baked baguette and homemade chutneys.
(*meat free*) (*gluten-free option available*) 8.25

The Italian Job

Parma ham, marinated olives, bocconcini, sun-blushed tomatoes served with homemade pesto, olive oil, balsamic reduction and griddled bruschetta. 12.95

Sharing Suffolk cheeseboard

Suffolk Gold, Suffolk Blue and Suffolk Brie served with crackers and homemade chutneys. 10.95

Bear Favourites

Trio of Suffolk sausages served with creamed mash, cider gravy and glazed shallots.	12.95
Beer-battered cod, served with hand-cut chips, garden peas and homemade tartare sauce.	7.95 • 14.25
Thai red curry finished with coconut milk. Served with rice and your choice of chicken, prawns or vegetables.	7.50 • 13.25
Seared fillet of salmon with new potato salad and chives, homemade crème fraiche coleslaw. Served with grilled lemon and olive oil.	13.95
Risotto of pea and goats' cheese topped with parmesan, pea shoots and lemon.	6.95 • 12.95
Mussels cooked in a creamy white wine sauce with home baked baguette.	7.50 • 13.25

From the Bear Grill

*We source our meat locally from a Suffolk-based meat supplier and then butcher and prepare it on-site in our kitchen.
Our meats are cooked to perfection on a Lava Rock chargrill.*

The Bear Burger

Homemade beef burger, with rosemary and mustard. Served with melted cheddar and streaky bacon in a brioche bun 14.95

8oz sirloin steak	18.95
4oz Fillet steak with king prawns	23.95
6oz fillet steak	23.95
Chargrilled chicken breast	15.95

Served with hand-cut chips, mixed leaf salad and your choice of sauce:

*Peppercorn * Blue Cheese
Diane * BBQ*

Summer Baguettes - all 7.95

Served with hand-cut chips and dressed salad leaves

Chargrilled sirloin steak with caramelised onions (£2 supplement)
Cheddar cheese and homemade chutney (<i>meat free</i>)
Brie, bacon and cranberry
Tomato, mini-mozzarella and pesto (<i>meat free</i>)
Roast pork and apple sauce
Roast beef and horseradish

Summer Salads

The Bear Salad
Chargrilled chicken served with crisp garden leaves, tomato, cucumber, radish and avocado with a honey and mustard dressing
7.25 12.95
(<i>meat free option</i>) 5.95 9.95
Salad of Parma ham salad, with figs and honey crème fraiche
6.50

Sides

Hand-cut chips	3.50	Seasonal vegetables	2.50
Onion rings	3.50	Dressed salad leaves	2.50
Baked baguette and butter	2.00	Creamed mashed potato	2.50

Sunday Roasts

Just like our chargrilled meats, our Sunday Roasts are sourced locally and butchered and prepared on site in our kitchen.

Roast sirloin of beef with homemade horseradish 9.95 • 15.95

Roast pork with homemade apple sauce 8.95 • 13.95

Children's sized portion of today's roast 6.50

Served with roast potatoes, homemade Yorkshire pudding, seasonal vegetables and gravy

Cub's Menu – under 10s

All dishes 6.25

Served with peas or beans and followed with a scoop of ice-cream for dessert.

Tomato penne pasta with parmesan cheese.

Homemade chicken goujons with chips.

Mini fish and chips.

Food Allergies and Intolerances:

Before you order your food and drinks, please speak to a team member if you want to know about our ingredients

Small print

Bar opening: Mondays to Wednesdays 12-9pm; Thursdays to Saturdays 12-11pm; Sunday 12-6pm

Food service: Tuesdays to Saturdays 12-9pm – full menu; Sunday 12-6pm – full menu and traditional roasts

Desserts

*All of our desserts are created and made in our kitchen by Rob and Jack, our chefs.
Why not team them with a glass of dessert wine, or a glass of port to accompany your cheeseboard?*

Too full for a dessert? Try our taster-sized portions

Rob's cheesecake - ask about today's flavour 3.50 • 5.75

Bear brownies - ask about today's flavour 3.50 • 5.75

Served with a choice of cream or ice-cream

Lemon tart served with raspberry sorbet 5.75

Vanilla panna cotta, with macerated strawberries and basil sugar 5.75

Orange and almond cake with roasted pistachio ice cream 5.75

Suffolk Cheeseboard – a selection of cheeses from Suffolk Farmhouse Cheeses, based just down the road in Coddendam.

Suffolk Brie, Blue and Gold served with crackers and homemade chutney 7.25

Fruit and Dairy Ices

The award-winning local producers of our fruit and dairy ices are made on Manor Farm in Thurston. A family-run business, they use the finest of natural ingredients to create a truly delicious dessert!

Choose from: vanilla, chocolate and hazelnut, roasted pistachio, raspberry sorbet

1 scoop	2.50	2 scoops	4.25	3 scoops	5.95
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Chocolate shot

Chocolate and hazelnut dairy ice with 25ml Bailey's Irish cream liqueur	4.50
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Hot Drinks

Pot of tea – breakfast; Earl Grey; green tea; peppermint	2.25
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Cafetiere of freshly-ground Blue Mountain blend coffee	2.25
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Milky hot chocolate	2.50
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All items subject to availability. Our menu descriptions do not contain all ingredients, so please ask a member of the staff if you have any specific requirements, or queries about allergens. We accept Visa, Maestro, Mastercard and cash payments. All prices include VAT at the current rate.

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