

## **Starters**

### Greek Salad

Feta cheese, Black olives, mixed peppers  
red onion drizzled in virgin olive oil.

Served with grilled Pitta Bread

£4.95

### Pork, Chicken, Pistachio and Apricot Terrine

with sweet chutney and toast

£4.95

### Thai Crab Fishcakes

Deep fried and served with sweet chilli dip

£5.65

### Grilled Lamb Kofta Kebabs

Lightly spiced minced lamb kebabs  
served on a bed of lettuce, with a garlic mayo dip

£5.65

### Oven Baked Camembert

Served hot and gooey with half a fresh baguette

£5.75

### Asparagus & Prawn Salad

Succulent Tiger prawns on fresh asparagus spears,  
with black pepper and lemon vinaigrette

£5.75

## **Mains**

### The Bear Inn Sausages

Our own special recipe with herb mash  
and caramelised onion gravy

£8.95

### Turkey and Ham Pie

In a creamy white sauce, with a  
choice of potatoes and seasonal vegetables

£8.95

### Poached Chicken Breast

Filled with a crab and asparagus mousse, served with  
Cream and white wine sauce

£8.25

### Pan Fried Pork steak

with a chestnut mushroom and sage compot  
Served with new potatoes, braised celery, courgette & carrot

£9.95

### Dijon Roasted Rack of Lamb

With a rich red wine, mint and rosemary sauce.  
With vegetables and choice of potatoes

£10.50

### Chinese Duck

Served on Egg Noodles and Stir fried vegetable with  
Black bean sauce

£9.25

**All above served with seasonal vegetables or salad**

### Prime Rib-Eye Steak

Coated creamy pepper sauce. Chips, grilled tomato and peas

£14.95

### The Bear Inn Mixed Grill

Steak, lamb chop, gammon steak, sausage, kidney, chips  
grilled tomato, peas, onion rings and a fried egg

£14.95

## **Vegetarian**

### Aubergine and Goats Cheese bake

Laid on a bed of fresh spinach, drizzled in Olive Oil  
and parmesan shavings

£8.25

### Penne Pasta with red onions, cherry tomatoes, basil and courgette

With a spicy tomato sauce on the side, served in a large bowl  
with garlic bread

£8.25

### Chestnut Mushroom Risotto filled Red Peppers

Served with a fresh mixed salad and coated in black pepper and  
virgin olive oil dressing

£8.25

## **Fish Dishes**

### Beer Battered Cod or Just Grilled

Served with chips and peas

£8.50

### Brie crusted fillet of Salmon

Served with a Brie and Basil sauce  
Vegetables and new potatoes

£9.25

### Fishermans Pie

Mixed fish and shellfish, all cooked in a cream, white wine and  
dill sauce. Topped with mashed potato

and gently grilled

£9.25

### Roasted Sea Bass Fillets

On a Spanish style potato and chorizo sausage mix, coated in  
our own salsa verde

£10.95

### Pan Fried Red Snapper Fillets

With a mussel, cream and chive sauce  
Vegetables and new potatoes

£9.25

## **Accompaniments**

Portion of fresh vegetables - £2.25

Portion of potatoes (chips, sauté, jacket or mash) - £2.25

Bowl of green salad - £2.50

Garlic bread - £2.50

Garlic bread with cheese - £3.50

We believe fresh is best and constantly strive to provide the freshest ingredients – as a result of this our menus sometimes change. If your favourite dish isn't here please try a new one and keep a look out for that old favourite – when it's in season it's bound to be back.

Some of our produce may contain nuts, raw egg or unpasteurised dairy products. We will try to accommodate all food allergy sufferers. Please inform a member of staff if you have any special requirements.

Enjoy your meal.

**Please see our specials board for daily dishes.  
Child size portions available to under 14's.  
Sweets and puddings available – see dessert board.**

## **The Burwash Motel**

The Burwash Motel is a night to remember with its Four-Poster Beds and magnificent views overlooking the Dudwell Valley.

**£65.00 per double/twin room inc. breakfast**

The Bear Inn is one of Burwash's oldest places of rest and refreshments, where for over 300 years we have offered the pilgrim, traveller, and tourist rest and hospitality. The Kipling Restaurant offers a wide selection of home made dishes, as well as Sunday roast served from our Carvery. Meals and fine ales can also be enjoyed in the main bar area that is dominated by the large Inglenook fireplace and open log fire.

The Bear has a quiet and pleasant beer garden with stunning views to be admired whilst relaxing over that pint of real ale and fine food.

### **The Kipling Restaurant**

Sunday Carvery £8.50 per person

**120 covers available for weddings, meetings, parties and funerals.  
Additional conservatory.**

### **The Bear Inn & Burwash Motel**

High Street, Burwash, Nr. Etchingam, and East Sussex  
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