

THE PARLOUR



Welcome to The Parlour here at The Bear. Formerly a 13th century coaching inn, you will experience period features, oak beams, rich interiors and, importantly, superb food and friendly service. Truly a hidden gem, the combination of history, culture and the expertise of the kitchen team will combine to make this a memorable experience - let our expert chefs showcase the best of the British bounty and Scottish heritage products.

At Macdonald Hotels & Resorts, we place a great deal of importance on the provenance and traceability of ingredients. Animal welfare is top priority, and we only work with suppliers who share our commitment to best practice.

Group Executive Chef, Richard Dickson, is particularly proud to serve the following hero ingredients:

- Smoked salmon from **John Ross & Son of Aberdeen**, holder of the Royal Warrant.
- Wild and sustainable fish, landed in Peterhead, Scrabster and Shetland by **Fish Brothers**.
- Lamb and beef from **Scotbeef**, as they bring 100 years of experience and the highest welfare standards. All beef is matured for a minimum of 21 days.
- All shelled eggs are **100% free range**.
- Cheese and chutneys are proudly provided by **Taste of Arran**.

Please enjoy and do not hesitate to ask any questions of your server.



THE BEAR

THE PARLOUR



NIBBLES

MARINATED OLIVES / 4
Pitted green and black olives
marinated in herbs (102kcal/VE/GF/DF)

SOURDOUGH MINI LOAF / 6
With whipped anchovy butter
(453kcal)

SALT AND PEPPER SQUID / 11
Jalapeño and coriander mayonnaise,
almond and lime (196kcal)

STARTERS

**CORNFED CHICKEN
RILLETTE / 14**
Apple and celeriac
remoulade, lamb lettuce,
truffle dressing (641kcal/GF/DF)

**MACKEREL
ESCABECHE / 9.5**
Celeriac creamy horseradish,
vol au vent & micro fennel salad

**PIG CHEEKS
CROQUETTE / 10**
Cranberry red beetroot
remoulade, pickled bell pepper
& baguette croutes (DF)

**ROAST WINTER
VEGETABLES FEUILLET / 8**
Rosemary chilli oil dressing
& feta cheese snow

APPLE & PARSNIP SOUP / 8
Roasted hazelnuts (V/VE/GFO/DF)

SANDWICHES

**PRAWN MARIE ROSE
AND ROCKET ROLL / 14.5**
Served with French fries (561 kcal)

CLUB SANDWICH / 18
Chicken breast, bacon, lettuce,
tomato, mayonnaise
and fries (679kcal)

**SMOKED SALMON AND
CRÈME FRAÎCHE (359kcal) / 12**

**HUMMUS, SUNDRIED
TOMATO AND
OLIVE (527kcal/VE) / 10**

**CHEESE, TOMATO AND
PICKLE (327kcal/V) / 10**

**HAM, CHEDDAR AND
MUSTARD MAYONNAISE
(358kcal) / 10**

SALADS

**QUINOA AND BUTTERNUT
SQUASH SALAD / 18**
Pomegranate, seasonal
vegetables (650kcal/VE)

CAESAR SALAD / 18
Baby gem lettuce, croutons,
anchovies, parmesan (310kcal)
Add chicken + 5 or
smoked salmon + 6

MAINS

**TRADITIONAL HADDOCK
AND CHIPS / 19**
Served with thin cut chips,
mushy peas, tartare sauce
and lemon (765kcal)

**AGED SIRLOIN
STEAK 220G / 41**
Served with duck-fat chips,
rocket salad and choice
of sauce (1082kcal/DF)

CHICKEN MILANESE / 21
Breaded and butterflied
chicken breast dusted with
Parmesan cheese on a bed of
greens, fried egg, and creamy
truffle sauce (469kcal)

**PAUPIETTES OF TURKEY
CROWN A LA CRECY / 21**
Potato a la boulangère, selection
of vegetables, pigs in blankets &
turkey jus (GF/DF)

**BRAISED FEATHER
BLADE OF BEEF / 24**
Duchess potato, green bean
parcels & bourguignon sauce (GF)

**SCOTTISH BEEF
BURGER / 22**
Caramelised red onion, aged
cheddar, truffle mayonnaise
and French fries (1237kcal)

**HAKE FILLET
EN CROUTE / 20**
Asparagus and chantenay carrots,
cavolo nero & bordelaise sauce

HALLOUMI BURGER / 19
Grilled halloumi cheese,
basil pesto, tomatoes, rocket,
spiced mayonnaise and
French fries (773 kcal/V)

**WILD MUSHROOMS
PICCATTA
TAGLIATELLE PASTA / 17**
Crunchy rocket & parmesan
shavings (V/VEO)

SIDES

**SEASONAL GREENS
(117kcal/VE/GF/DF) / 5**

**DUCK FAT CHIPS WITH
ROSEMARY (453kcal/DF) / 5**

**OLIVE OIL MASHED
POTATO (134kcal/V/GF) / 5**

**GREEN SALAD
(70kcal/VE/GF/DF) / 5**

DESSERT

**SELECTION OF
ENGLISH CHEESES / 15**
Smoked Applewood, Somerset
Brie, Clawson Blue Stilton,
fig compote, grapes,
oat crackers (676kcal/V)

AU CITRON TART / 8
Berries compote puree
& meringue crumble

CLEMENTINE TART / 9
Chocolate soil

CHRISTMAS PUDDING / 8.5
Brandy sauce, red current
& holy bush (GFO/DF)

MINT PANNA COTTA / 8.5
Chocolate biscotti
& mango puree (GFO)

**RASPBERRY
BAKEWELL / 9 (VE)**

(V) Vegetarian (VE) Vegan (VEO) Vegan Option (GF) Gluten-Free (GFO) Gluten-Free Option (DF) Dairy-Free | Adults need around 2000 kcal a day

We are now cash-free, so to make it easy for our team to receive tips, if you want to, we've added an optional 10% service charge. Every penny of all tips received is shared between the members of the team. This service charge is entirely optional and if you would like it removed, please let us know.

All our food and drinks have been freshly prepared in our premises where we handle all allergens. If you have a food allergy or intolerance, please speak to your server before you order your meal or drinks. Check with the server for Vegetarian and Gluten free options. All prices include VAT at 20%. Steaks are uncooked weights.