

# 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.



# THE BEAR

## STARTERS

SOUP OF THE DAY / 8 (V / VE / DF)

## COLD SANDWICHES

HAM / 10

Mustard mayonnaise, tomato, crisps (458kcal)

GRUYERE CHEESE / 9

Branston Pickle, crisps (327kcal V)  
(Vegetarian or vegan with vegan cheese)

EGG AND MAYONNAISE / 9

Micro watercress, crisps (561kcal / V)

SMOKED SALMON / 12

Citrus crème fraîche, crisps (621kcal)

## HOT SANDWICHES

GRILLED MEDITERRANEAN VEGETABLES / 13

Feta cheese ciabatta (751kcal)  
(vegetarian or vegan without cheese)

TOMATO, MOZZARELLA, ROCKET PANINI / 13

(vegetarian or vegan without cheese) (651kcal)

RUMP STEAK SANDWICH / 18

Red onion, fries (827kcal)

CLUB SANDWICH / 18

Served with fries (679Kcal)

## SALADS

WARM HALLOUMI AND ARTICHOKE SALAD / 16

Grilled halloumi, marinated artichokes, arugula,  
cherry tomatoes, and a citrus-honey dressing (752kcal)

SUPERFOOD SALAD OF THE DAY / 16

(637kcal / V / VE)

CHICKEN CAESAR SALAD / 18

(598kcal)

## MAINS

6OZ RUMP STEAKS / 32

Fries, grilled mushroom and tomato (992kcal)

BEEF BURGER / 20

Fries, coleslaw (1237kcal)

HALLOUMI BURGER / 19

Coleslaw, fries (773kcal / V)

FISH AND CHIPS (HADDOCK) / 19

(765kcal)

## DESSERTS

CHEF CHOICE DESSERTS OF THE DAY / 10

(V) Vegetarian (VE) Vegan (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.