

Bear Sharers

Ideal as a shared starter or just as nibbles with a drink

- CHEESY NACHOS – with sour cream, jalapeno peppers and guacamole £5.50 **V**
- DELI MEDLEY - Yellow bell pumpkins, marinated goats cheese & borretane onions £7.95 **V**
- CHORIZO, OLIVES & SARDINES - Olives stuffed with feta, chorizo sausage & sardine fillets £8.95
- BOMBAY PLATTER – Onion bhaji, lamb samosa, vegetable & spinach pakora, raita, red onion & coriander salad £7.50

Staffordshire Beef Steak Burgers

All our beef burgers are 100% beef – aged for a minimum of 28 days

- BURGER - 28 day dry aged, 100% char-grilled Staffordshire beef burger £7.75
- BACON & CHEESE - Streaky Bacon & mature cheddar cheese £8.95
- FLAT CAP MUSHROOM BURGER - topped with grilled flat cap mushroom & tarragon mayo £8.75
- STILTON BURGER - topped with the finest blue Stilton cheese £9.65
- CHORIZO & JACK BURGER - topped with chorizo sausage, Monterey Jack cheese & chilli jam £9.65
- PEPPER & GOATS CHEESE BURGER - topped with roasted red pepper & goats cheese £9.25
- LE RAJ – Curry Spiced Burger, with mango chutney & onion bhaji £8.25 **N**
- MEXICAN BURGER - topped with Cajun spices, salsa, guacamole, Jalapeno peppers & sour cream £9.65
- GARLIC MUSHROOM BURGER - topped with sliced garlic button mushrooms & Spanish onions £8.95
- ITALIAN BURGER - topped with Proscuitto ham & melted buffalo mozzarella cheese £9.65
- SURF & TURF - beef burger & King Prawns, tartar sauce or chilli jam £10.95
- BIG BEAR BURGER - Double Steak (12oz) burger with 1 topping of your choice and tempura onion rings £11.95

Chicken Burgers

- CHICKEN - whole butterflied chicken breast seasoned & char-grilled £7.95
- CHICKEN & MUSHROOM - whole butterflied chicken breast, grilled flat cap mushroom, topped with tarragon mayo £8.55
- THAI CHICKEN - whole butterflied chicken breast marinated in lemon grass, coconut milk, coriander & chillies £7.95
- JERK CHICKEN - whole butterflied chicken breast seasoned in our jerk spices & topped with Caribbean fruit chutney £8.25
- SATAY CHICKEN - whole butterflied chicken breast with satay sauce, crispy leeks and spring onion £8.95 **N**
- HONEY MUSTARD CHICKEN - whole butterflied chicken breast, streaky bacon & melted cheddar cheese, smothered in our honey-mustard sauce £9.25
- BEAR CLUB CHICKEN - whole butterflied chicken breast, topped with melted cheddar cheese, beef tomato, bacon & lettuce, topped with avocado £8.45

Lamb Burgers

Our Lamb burgers are made from shoulder of Staffordshire Lamb

- LAMB BURGER – with camembert & cranberry £8.95
- MINTED LAMB BURGER - Lamb burger with a herbed mint yoghurt dressing £8.95
- GREEK LAMB BURGER – lamb burger with houmous, cucumber & feta cheese £9.25

Fish Burgers

- SIMPLY COD - chunky skinless & boneless cod steak lightly seasoned in pure Staffordshire rape seed oil & sea salt £9.95
- SALMON – Loch Duart salmon with wasabi mayonnaise & little gem Lettuce £9.95
- BEAR GRILL FISH & CHIPS – served with minted mushy peas, tartar sauce & fresh lemon £9.95

Our burgers are served on a fresh toasted floured bap with salad leaves, beef tomato, red onion, mayo, French fries & chunky coleslaw, unless stated differently.
We are happy to substitute the bap and fries with a green salad if preferred
Upgrade to curly fries 50p

Steaks and Grills

- 8OZ SIRLOIN STEAK – Served with fries, mushroom, tomato, watercress and onion rings £16.95
- 10OZ RUMP STEAK – Served with fries, mushroom, tomato, watercress and onion rings £13.95
- 10OZ RIBEYE STEAK – Served with fries, mushroom, tomato, watercress and onion rings £16.95
- All served with a choice of Peppercorn sauce or melted stilton
- 10 OZ GAMMON STEAK - Served with fries, fried egg & grilled pineapple £9.50

Homemade Falafel Burgers

Our Falafel burgers are made using chick peas, garlic, onion, cumin, coriander and flour

- SWEETCORN - Our falafel burger topped with baby spinach with sweetcorn chive mayo £5.95 **V**
- FOREST - Our falafel burger, flat cap mushroom topped with houmous £6.95 **V**
- GREEK - Our falafel burger, flat cap mushroom, oregano, sliced olives & halloumi cheese £7.25 **V**
- VEGETARIAN DELUX - Our falafel burger, Grilled flat cap mushroom sitting on roasted red pepper, grilled courgette with Mozzarella & topped with pesto £8.95 **V N**
- Or alternatively invent your own vegetarian burger using our list of Extra Toppings

Food for little appetites

A smaller portion, we cook to order so just let us know if you want your burger just that little bit smaller

- BEEF BURGER - 4oz, 28 day dry aged burger £5.25
- CHICKEN BURGER - butterflied chicken breast, seasoned & char-grilled £5.25
- FALAFEL MUSHROOM BURGER - grilled flat cap mushroom and houmous £5.25 **V**

Sides

- Curly fries...£2.25 Green salad...£2.25 Tomato & onion salad...£2.25 Tempura onion rings...£2.25
- Rocket & parmesan salad...£2.95

Extra Toppings

- Roasted red pepper; Streaky bacon; Mature cheddar; Brie; Jalapeno peppers; Gherkins...add £1.50
- Flat cap mushroom; Goats cheese; Stilton; Mozzarella; Chorizo; Monterey Jack cheese...add £1.75

Dips

- Guacamole, Garlic mayonnaise, Chilli jam, Sour cream, Mango chutney, Honey-mustard sauce, Pesto **N**, or Béarnaise mayo...add £1.25

Sunny Salads

All our salads are served with a selection of Greengate Deli dressings

- CHICKEN CAESAR SALAD - torn char-grilled chicken breast, topped with grilled bacon lardons, anchovies, parmesan shavings & croutons £8.95
- THAI CHICKEN SALAD - torn chicken breast marinated in coconut milk & cream, coriander, chillies & lemon grass, served on a bed of mixed leaves, with a coriander & chilli soy dressing £8.95
- AVOCADO SALAD - avocado, mixed green leaves, tomato, roasted red peppers, toasted pine nuts & French dressing £7.95 **V N**
- STEAK SALAD - char-grilled rump steak on a bed of mixed leaves, red onions, cherry tomatoes, watercress & béarnaise mayo £10.95
- GREEK SALAD – feta cheese, sliced olives, basil, parsley, tomatoes & olive oil £7.95 **V**
- ROAST SALMON SALAD – with dressed leaves, tomato & peppers £9.95

Desserts

Get your paws on one of our great desserts

- BANOFFEE CHEESECAKE - served with butterscotch sauce £4.45
- LEMON MERINGUE ROULADE - served with lemon ice cream £4.75
- RICH MALTESER CHOCOLATE GATEAU – served with chocolate sauce £4.55
- ETON MESS – made with fresh local strawberries £4.50
- ICE CREAM - selection of Red Lion Farm ice creams £2.95

Please bring any special dietary requirements or allergies to the attention of your server. Some of our products may contain nuts, seeds or other allergens. There is a risk that traces of these may be found in other dishes.

V = denotes dish suitable for Vegetarians

N - denote dish known to contain seeds / nut products

No charge for service is made

Our gratuity policy is simple, if a customer chooses to tip, whether by cash or credit card, it is taxed at source & divided equally amongst our team. We do not subsidise any wages by gratuities.

All major credit & debit cards accepted. All our beef burgers are 100% beef - aged for a minimum of 28 days.