

BREAKFAST AT THE BEAR & RAGGED STAFF

A decent start to the day. Whether it's a proper brew from B Corp Certified Union Coffee, a quick bap with Jimmy Butler's Blythburgh sausages and bacon, or a Benedict made with British free-range eggs, you'll find producers who share our ethics and care about the good stuff just as much as we do.

LIVENERS

Bloody Mary 8.75 | Champagne Mimosa 9.00 | Espresso Martini 10.00

THE CLASSICS

Croissant v Danish Pastry v Sourdough Toast v <i>Tiptree Jam, Marmalade, Marmite or Organic Peanut Butter</i>	3.75	Shakshuka - Spiced Tomatoes & Peppers, Baked Eggs, Spinach & Feta v	11.00
Toasted Granola <i>Banana, Greek Yoghurt & Honey v Coconut Yoghurt, Berry Compote & Pecans ve</i>	6.00	Full English - Blythburgh Sausage & Bacon, Clonakilty Black Pudding, Poached Eggs, Mushroom, Tomato, Beans & Sourdough	14.00
Buttermilk Pancakes <i>Maple Syrup & Crispy Bacon Blueberries & Crème Fraîche v</i>	7.75	Veggie Full English - Vegan Haggis, Poached Eggs, Mushrooms & Tomatoes, Spinach, Beans & Sourdough v	12.75
Aubrey Allen's 5oz Flat Iron & Fried Eggs	15.50	Smashed Avocado, Poached Eggs, Spring Onion & Chilli, Toasted Sourdough v	10.50
Eggs Benedict - English Muffin, Roast Ham, Poached Eggs & Hollandaise	11.25	Chapel & Swan Smoked Salmon & Scrambled Eggs, Sourdough Toast	9.75
Blythburgh Sausage or Bacon Bap	6.50	Wild Mushrooms & Poached Eggs, Toasted Sourdough v	9.00

MAKE IT YOUR OWN

Blythburgh Sausage or Bacon 2.50 | Free-range Egg 1.75 **v** | Hash Browns 2.50 **v**
Smashed Avocado 2.50 **v** | Chapel & Swan Smoked Salmon 3.00 | Roast Tomatoes or Flat Mushrooms 2.00 **v**
Chorizo 2.50 | Halloumi 2.50 **v** | Clonakilty Black Pudding 2.50 | Thick-cut Chips 4.95 **ve**

UNION HAND-ROASTED

Double Espresso	3.00
Flat White, Cappuccino, Latte	3.80
Americano, Cortado	3.70
Hot Chocolate, Luxury Hot Chocolate	4.00 4.50



TEA

Taylors Yorkshire Tea	3.40
Fresh Mint Tea	2.85
Twinings Tea	3.30
<i>Earl Grey, Green Tea, Peppermint Chamomile & Honey Lemon & Ginger, Spicy Chai</i>	

JUICES

Fresh Orange Juice	3.00
Eager Apple or Cranberry Juice	2.80
Big Tom Virgin Bloody Mary	4.50

PRESSED

Mockingbird Raw Greens	4.75
Mockingbird Raw Defence	4.75
Mockingbird Raw Boost	4.75

BOOSTS

JARR Ginger Kombucha	4.00
Biotiful Kefir	4.75
Turmeric or Ginger Shot	3.50

V Vegetarian Ingredients **Ve Vegan Ingredients** Please note - some items may be cooked in multi-purpose fryers.

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us.

An optional 10% service is added to parties of six or more, all tips go to the team.



LUNCH AT THE BEAR & RAGGED STAFF

APERITIFS

- Kir Royale 11.00
- Champagne Piper-Heidsieck 10.50
- Negroni 9.50

DELI

- Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 6.75
- Roast Squash & Salsa Verde Houmous, Pumpkin Seeds, Flatbread 6.50 **Ve**
- Gochujang Chicken Wings, Spring Onion, Sesame 7.00
- Tempura Courgette Fries, Truffle Cheese Dip 7.00 **V**
- Poached & Smoked Salmon Rillettes, Pickled Cucumber, Toasted Rye 7.00
- Halloumi Fries, Bloody Mary Ketchup 7.50 **V**
- Warm Artisan Ciabatta, Garlic Butter & Marmite Butter 6.25 **V**

STARTERS

- Garlic & Paprika King Prawns, Roast Tomatoes, Toasted Sourdough 10.75
- Whipped Crematta, Wild Mushrooms, Toasted Hazelnuts & Salsa Verde 8.75 **Ve**
- Today's Winter Soup, Ciabatta - See Blackboard 7.75 **V**
- Merrifield Duck Scrumptet, Hoisin, Cucumber & Spring Onion 9.50
- Baked Somerset Camembert, Roast Garlic Crumb, Onion Marmalade & Croûtes 9.75 **V**
- Devon Crab & Leek Tart, Free-range Poached Egg, Watercress 10.50

MAINS

- Merrifield Confit Duck Leg, Celeriac Purée, Savoy Cabbage & Jus 19.95
- Free-range Chicken Schnitzel, Garlic & Parsley Butter, Rocket, Parmesan & Fries 20.25
- Wild Mushroom & Spinach Gnocchi, Tarragon Crumb 15.50 **V**
- Daily Market Fish, Brown Butter, New Potatoes, Rocket - Market Price
- Venison Shepherd's Pie, Winter Greens 22.25
- Pan-fried Sea Bream, Miso Butter Sauce & Ssamjang Cabbage 23.50
- Battered Haddock, Thick-cut Chips, Peas & Tartare Sauce 18.75
- Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati 16.00 **Ve**
- 14-hour Braised Beef & Ale Pie, Buttered Mash, Greens, Gravy 18.00
- Warm Squash & Lentil Salad, Orange, Walnuts & Chilli 14.95 **Ve**
- Add Crispy Duck or Halloumi Croutons **V** 3.75
- Add 30z Fillet Medallion 7.50

GRILL

- Enjoy 28-day dry-aged British beef, from Aubrey Allen
- Steaks served with Chips & Rocket
- Add Béarnaise or Peppercorn Sauce 2.75 | Café de Paris Butter 2.75
- 8oz Rump Cap Steak 23.50
- 12oz Sirloin on the Bone 32.50
- Steak Diane - Fillet Steak Medallions, Mushroom, Shallot & Cream Sauce 33.00
- Add extra 30z Fillet Medallion 7.50
- Aubrey's Steak Burger, American Cheese, Pickles, Relish & Fries 17.00
- Crispy Aubergine Burger, Sweet Chilli Jam, Smoked Cheese & Fries 16.50 **Ve**
- Add Free-range Bacon or Grilled Halloumi **V** 2.50

SANDWICHES *Add Chips or Soup 3.50*

- Fish Goujon Brioche, Tartare Sauce & Butter Leaf 9.75
- Maple-cured Gammon Ciabatta, Piccalilli & Rocket 10.75
- Grilled Cheese on Sourdough, Marmite Onions 10.25 **V**

SIDES

- Harissa-glazed Carrots 4.95 **V**
- Winter Greens, Garlic Butter 4.95 **V**
- Thick-cut Chips or Skinny Fries 4.95 **Ve**
- Balsamic Roast Tomatoes, Herb Crumb 4.95 **V**
- Green Salad, Soft Herbs, Toasted Seeds, Chardonnay Vinaigrette 4.95 **Ve**
- Onion Rings 4.95 **Ve**
- Mac & Cheese 4.95 | Add Truffle 1.00 **V**

PUDS & BRITISH CHEESE

- Chocolate Fondant, Honeycomb, Caramel Cookie Dough Ice Cream 9.00 **V**
- Apple Tarte Tatin, Vanilla Ice Cream 8.75 **Ve**
- Crème Brûlée, Shortbread 7.50 **V**
- Sticky Toffee Pudding, Toffee Sauce, Vanilla Ice Cream 8.95 **V**
- Salted Honey Tart, Thyme Crème Fraîche 8.25 **V**
- Jude's Ice Cream & Sorbet 6.95 **V**
- Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Ice Cream, Raspberry or Lemon Sorbet
- Mini Pud & Tea or Coffee 6.95 **V**
- Chocolate Brownie with your choice of Tea or Coffee
- British Cheese - Our cheese changes with the season & are all served ripe & ready with Chutney, Apple & Peter's Yard Crackers
- Choose from: Waterloo **V** | Driftwood Goats' **V** | Yarlington | Keen's Cheddar | Cornish Blue **V**
- All Five Cheeses 13.25 | Any Three Cheeses 9.50 | Smidgen of Cheese 4.75

V Vegetarian Ingredients **Ve Vegan Ingredients** Please note - some items may be cooked in multi-purpose fryers.

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us. A 25p contribution from the superfood salad goes to The Bigger Peach, which raises funds to support good causes in our local communities. Children are heartily welcome and we're happy to make simplified versions of dishes, or half portions at half price. An optional 10% service is added to parties of six or more, all tips go to the team.



WINTER AT THE BEAR & RAGGED STAFF

APERITIFS

- Kir Royale 11.00
- Champagne Piper-Heidsieck 10.50
- Negroni 9.50

DELI

- Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 6.75
- Roast Squash & Salsa Verde Houmous, Pumpkin Seeds, Flatbread 6.50 **Ve**
- Gochujang Chicken Wings, Spring Onion, Sesame 7.00
- Tempura Courgette Fries, Truffle Cheese Dip 7.00 **V**
- Poached & Smoked Salmon Rillettes, Pickled Cucumber, Toasted Rye 7.00
- Halloumi Fries, Bloody Mary Ketchup 7.50 **V**
- Warm Artisan Ciabatta, Garlic Butter & Marmite Butter 6.25 **V**

STARTERS

- Garlic & Paprika King Prawns, Roast Tomatoes, Toasted Sourdough 10.75
- Whipped Crematta, Wild Mushrooms, Toasted Hazelnuts & Salsa Verde 8.75 **Ve**
- Today's Winter Soup, Ciabatta - See Blackboard 7.75 **V**
- Merrifield Duck Scrumptet, Hoisin, Cucumber & Spring Onion 9.50
- Baked Somerset Camembert, Roast Garlic Crumb, Onion Marmalade & Croûtes 9.75 **V**
- Devon Crab & Leek Tart, Free-range Poached Egg, Watercress 10.50

MAINS

- Merrifield Confit Duck Leg, Celeriac Purée, Savoy Cabbage & Jus 19.95
- Free-range Chicken Schnitzel, Garlic & Parsley Butter, Rocket, Parmesan & Fries 20.25
- Wild Mushroom & Spinach Gnocchi, Tarragon Crumb 15.50 **V**
- Daily Market Fish, Brown Butter, New Potatoes, Rocket - Market Price
- Venison Shepherd's Pie, Winter Greens 22.25
- Pan-fried Sea Bream, Miso Butter Sauce & Ssamjang Cabbage 23.50
- Battered Haddock, Thick-cut Chips, Peas & Tartare Sauce 18.75
- Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati 16.00 **Ve**
- 14-hour Braised Beef & Ale Pie, Buttered Mash, Greens, Gravy 18.00
- Warm Squash & Lentil Salad, Orange, Walnuts & Chilli 14.95 **Ve**
Add Crispy Duck or Halloumi Croutons **V** 3.75
Add 30z Fillet Medallion 7.50

GRILL

- Enjoy 28-day dry-aged British beef, from Aubrey Allen Steaks served with Chips & Rocket
Add Béarnaise or Peppercorn Sauce 2.75 | Café de Paris Butter 2.75
- 8oz Rump Cap Steak 23.50
- 12oz Sirloin on the Bone 32.50
- Steak Diane - Fillet Steak Medallions, Mushroom, Shallot & Cream Sauce 33.00
Add extra 30z Fillet Medallion 7.50
- Aubrey's Steak Burger, American Cheese, Pickles, Relish & Fries 17.00
- Crispy Aubergine Burger, Sweet Chilli Jam, Smoked Cheese & Fries 16.50 **Ve**
Add Free-range Bacon or Grilled Halloumi **V** 2.50

SIDES

- Harissa-glazed Carrots 4.95 **V**
- Winter Greens, Garlic Butter 4.95 **V**
- Thick-cut Chips or Skinny Fries 4.95 **Ve**
- Balsamic Roast Tomatoes, Herb Crumb 4.95 **V**
- Green Salad, Soft Herbs, Toasted Seeds, Chardonnay Vinaigrette 4.95 **Ve**
- Onion Rings 4.95 **Ve**
- Mac & Cheese 4.95 | Add Truffle 1.00 **V**

PUDS & BRITISH CHEESE

- Chocolate Fondant, Honeycomb, Caramel Cookie Dough Ice Cream 9.00 **V**
- Apple Tarte Tatin, Vanilla Ice Cream 8.75 **Ve**
- Crème Brûlée, Shortbread 7.50 **V**
- Sticky Toffee Pudding, Toffee Sauce, Vanilla Ice Cream 8.95 **V**
- Salted Honey Tart, Thyme Crème Fraîche 8.25 **V**
- Jude's Ice Cream & Sorbet 6.95 **V**
Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Ice Cream, Raspberry or Lemon Sorbet
- Mini Pud & Tea or Coffee 6.95 **V**
Chocolate Brownie with your choice of Tea or Coffee
- British Cheese - Our cheese changes with the season & are all served ripe & ready with Chutney, Apple & Peter's Yard Crackers
Choose from:
Waterloo **V**
Driftwood Goats' **V**
Yarlington
Keen's Cheddar
Cornish Blue **V**
- All Five Cheeses 13.25 | Any Three Cheeses 9.50 |
Smidgen of Cheese 4.75

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SUNDAY BEST AT THE BEAR & RAGGED STAFF

ENJOY TWO COURSES 26.00 | THREE COURSES 32.00

Includes deli, starters, roasts and puddings

DELI

Jimmy Butler's Honey Mustard Chipolatas & Crispy Shallots 6.75
Tempura Courgette Fries, Truffle Cheese Dip 7.00 v | Halloumi Fries, Bloody Mary Ketchup 7.50 v
Roast Squash & Salsa Verde Houmous, Pumpkin Seeds, Flatbread 6.50 ve
Warm Artisan Ciabatta, Garlic Butter & Marmite Butter 6.25 v

STARTERS

Today's Winter Soup, Ciabatta - See Blackboard 7.75 v
Garlic & Paprika King Prawns, Roast Tomatoes, Toasted Sourdough 10.75
Merrifield Duck Scrumpet, Hoisin, Cucumber & Spring Onion 9.50
Baked Somerset Camembert, Roast Garlic Crumb, Onion Marmalade & Croûtes 9.75 v

SUNDAY ROASTS

Served with Roast Potatoes, Seasonal Vegetables, Roasted Roots, Yorkshire Pudding & Jugs of Gravy

Aubrey Allen's Dry-aged Rump of Beef 21.75
Jimmy Butler's Free-range Pork & Crackling 20.75
Free-range Chicken Supreme 20.95
Vegetarian Wellington - Artichoke Heart, Spinach, Emmental & Pine Nuts 18.95 v

MAKE THE MOST OF YOUR ROAST

To Share - Cauliflower Cheese 6.25 v | Free-range Pork & Sage Stuffing 4.95

MAINS

Pan-fried Sea Bream, Miso Butter Sauce & Ssamjang Cabbage 23.50
Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati 16.00 ve
Venison Shepherd's Pie, Winter Greens 22.25
Aubrey Allen's 12oz Sirloin on the Bone, Chips & Rocket 32.50
Add Béarnaise or Peppercorn Sauce 2.75 | Café de Paris Butter 2.75

SIDES

Thick-cut Chips or Skinny Fries 4.95 ve | Onion Rings 4.95 ve | Mac & Cheese 4.95 (*Add Truffle 1.00*) v

PUDS & BRITISH CHEESE

Bramley Apple Crumble, Custard 7.95 v
Chocolate Fondant, Honeycomb & Caramel Cookie Dough Ice Cream 9.00 v
Apple Tarte Tatin, Vanilla Ice Cream 8.75 ve
Sticky Toffee Pudding, Toffee Sauce, Vanilla Ice Cream 8.95 v
Jude's Ice Cream & Sorbet 6.95 v
Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Ice Cream,
Raspberry or Lemon Sorbet
Mini Pud - Chocolate Brownie & your choice of Coffee or Tea 6.95 v
British Cheese - Our cheese changes with the season & are all served ripe & ready, with Chutney, Apple & Peter's Yard Crackers
Waterloo v | Driftwood Goats' v | Yarlington | Keen's Cheddar | Cornish Blue v
All Five Cheeses 13.25 | Any Three Cheeses 9.50 | Smidgen of Cheese 4.75

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CHILDREN'S MENU

Don't forget you're also welcome to eat from our main menu - our Chefs are happy to make simpler versions of most dishes, or a half portion at half the price. Our ketchup is Rubies in The Rubble, which has none of the nasties compared to others, and you'll find no artificial ingredients in our soft drinks too!

STARTERS

- Garlic Bread 4.95 **v**
Houmous & Crunchy Vegetables 5.25 **ve**
Halloumi Fries & Rubies in the Rubble Ketchup 5.95 **v**
Jimmy Butler's Honey Chipolatas & Crispy Shallots 5.75
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MAINS

Our chips are served unsalted, and all dishes are served with vegetables

- Jimmy Butler's Sausage & Mash, Peas & Jug of Gravy 8.00
Fish & Chips, Peas or Beans 8.50
Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Basmati Rice 7.75 **ve**
Aubrey Allen's Steak Burger, American Cheese, Fries & Crunchy Vegetables 8.00
Free-range Grilled Chicken, Peas & Fries 8.50
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PUDDINGS

- Sticky Toffee Pudding, Toffee Sauce, Vanilla Ice Cream 4.75 **v**
Chocolate Brownie & Vanilla Ice Cream 4.75 **v**
Jude's Ice Cream or Sorbet Scoop 3.75 **v**
*Madagascar Vanilla, Strawberry, Caramel Cookie Dough or
Chocolate Ice Cream, Raspberry or Lemon Sorbet*
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SOFT DRINKS

- Orange or Apple Juice 2.30
Cawston Juice Waters 2.00
Apple & Pear or Apple & Summer Berries
Frobishers Juice
Bumbleberry, Pineapple or Cherry 3.00
Apple & Mango or Orange & Passionfruit 3.30

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