

SMALL PLATES

3 FOR £20.95 OFFER 🐾

(Monday to Thursday 2pm to 5pm Choose any 3 small plate dishes marked 🐾 on our main menu. The perfect way to sample some of our favourites.

CHEEKY OLIVES 🌱 **£5.50** 🐾
Marinated in Greek spices
Add Feta £2

HONEY CHILLI CHICKEN 🍷 **£8.95** 🐾
Lightly battered chicken in a honey, soy & chilli glaze, finished with spring onions & sesame seeds

GARLIC SIZZLING NDUJA KING PRAWNS **£11.95**
Cooked in garlic, nduja spicy sausage & butter sauce, served with toasted sourdough bread

KING PRAWNS SAGANAKI **£11.95**
Juicy king prawns pan fried in a tomato & basil sauce finished with feta cheese, served with toasted sourdough bread

HALLOUMI FRIES 🌱 **£7.95** 🐾
The squeaky cheese tossed in paprika & Japanese panko breadcrumbs, with a rainfall of pomegranates. Served with a harissa & yoghurt dip

BEAR BRAVAS 🌱 🌿 **£8.25** 🐾
Fried potatoes, red onions, peppers, spinach & bravas sauce. Crowned with sour cream
Can be made vegan

SALMON & DILL FISHCAKES **£8.95** 🐾
Panko breaded fishcakes, served with a hollandaise sauce

LAMB KOFTA **£9.95**
Grilled spiced lamb kofta, mixed leaf salad served on a homemade mini flatbread, topped with pomegranates, crumbled feta & a cool tzatziki drizzle

NACHOS 🌱 🌿 **£9.25**
Topped with cheese sauce, guacamole, jalapenos, pickled red onions, sriracha & sour cream
Add buttermilk chicken or brisket chilli £3.50

BEETS & GOATS CHEESE SALAD 🌱 🌿 🍷 **£8.95** 🐾
Beetroot tossed with baby gem, crumbled feta, walnuts & croutons, in a mustard dressing

WILD MUSHROOM BRUSCHETTA 🌱 **£8.75** 🐾
Pan fried wild mushrooms, madeira wine, house infused garlic oil & spinach, all in a creamy parmesan sauce, topped on toasted sourdough

FRIES & LOADED FRIES

HAND CUT GASTRO CHIPS & DIPS **£4.75**

SKINNY FRIES & DIPS **£4.75**

SWEET POTATO FRIES & DIPS **£5.50**

CHEESY TRUFFLE FRIES 🌱 **£9.50**
House fries with cheese sauce, parmesan & truffle oil

HOLY TRINITY FRIES 🌱 **£11.50**
A mix of house fries & sweet potato fries, topped with fried halloumi, harissa yogurt, jalapenos & a naughty cheese sauce

CHILLI BRISKET FRIES **£11.50**
House fries covered with beef brisket chilli, guacamole, sour cream, cheese sauce & jalapenos

LEGENDARY KEBABS

Kebabs worth sitting down for

CHICKEN **£18.95**
Chicken breast marinated in house spice mix & cooked on the grill, on a homemade hand pulled to order flatbread, topped with kebab salad, pickled red cabbage, jalapenos & lashings of garlic mayo & chilli sauce. Served with skinny fries

LAMB **£18.95**
Spiced lamb koftas served on a homemade hand pulled to order flatbread topped with kebab salad, pickled red cabbage, pomegranates, pink sauce & hot sauce.
Served with skinny fries

MIXED DUO **£19.95**
The best of both... a chicken skewer & lamb skewer cooked on the chargrill, on a homemade hand pulled to order flatbread, topped with kebab salad, pickled red cabbage, jalapenos, lashings of garlic mayo & hot sauce. Served with skinny fries

FALAFEL 🌱 **£17.95**
Middle eastern spiced falafel on a homemade hand pulled to order flatbread, topped with kebab salad, crumbled feta, pickled red cabbage, pomegranates, cool tzatziki & mango sauce.
Served with skinny fries

MAIN EATS

BEEF BRISKET CHILLI **£15.95**
12 hour slow cooked beef brisket cooked in spices & chillies. Served with basmati rice, sour cream, guacamole, jalapenos & tortilla chips

FLAT IRON STEAK **£26.50**
Comes from the shoulder blade of the cow. A tender & flavoursome cut of beef, best served medium rare.

10oz steak served with sliced mushrooms & chimichurri with a rocket and parmesan garnish, skinny fries.

TERIYAKI SALMON STEAK **£18.25** 🍷
Marinated salmon supreme with stir fried vegetables & basmati rice. Topped with teriyaki sauce & finished with sesame seeds

PIE & CHIPS **£15.50**
(ASK FOR TODAY'S PIE)
Encased in a thin shortcrust pastry, served with mixed greens, gastro chips & a side of gravy

CLASSIC CAESAR SALAD **£11**
Cos lettuce, Caesar dressing, burger bun croutons and a mega load of parmesan cheese...dig in!
Add Buttermilk Chicken **£3.50**

FISH & CHIPS **£16.50**
Traditional battered cod, gastro chips, tartare sauce & mushy peas

CHICKEN SUPREME **£18.95**
Roasted chicken breast, sautéed potatoes, mixed greens & wild mushrooms, in a creamy parmesan sauce

THAI GREEN CHICKEN CURRY **£15.50**
Served with basmati rice & warm flat breads

WILD MUSHROOM & ASPARAGUS LINGUINI 🌱 **£14.50**
Pan fried wild mushrooms & asparagus in a madeira wine, house infused garlic oil, cream, baby leaf spinach & parmesan sauce. Finished with truffle oil

SWEET POTATO, SPINACH & GOATS CHEESE PIE 🌱 **£15.50**
Encased in a thin shortcrust pastry, served with mixed greens, gastro chips & a side of gravy
Vegan pie available on request

BEETS & GOATS CHEESE SALAD 🌱 🌿 🍷 **£13.50**
Beetroot tossed with baby gem, crumbled feta, walnuts, burger bun crouton

BETWEEN BUNS

All our burgers are served in a toasted brioche bun (gluten free burger bun available upon request)
All burgers served with skinny fries... *Swap your fries to sweet potato fries for £2.50*

AMERICAN BOY £14.95

Double beef patties, ketchup, yellow mustard, pickles, American cheddar, shredded iceberg & Al Bear burger sauce
Add Bacon £2

BEEF & BRIE £15.95

Double beef patties stacked with soft brie wedges, caramelised red onion, shredded iceberg & Al Bear burger sauce
Add Bacon £2

GOOEY LOUIE £15.95

Double beef Patties, Swiss cheese, BBQ beef brisket chilli, jalapeños, Al Bear burger sauce & shredded iceberg
Add Bacon £2

VEGAN BEYOND BURGER £14.95

Double plant-based patties, vegan cheese, shredded iceberg, pickles, vegan mayo, caramelised red onions all in a gluten free burger bun

CHICKEN BOY £15.95

Fried buttermilk chicken, sliced pastrami, pink onions, burger sauce, cheese sauce & shredded iceberg
Add Bacon £2

THE COWBOY £17.95

Double beef patties, American cheese, Swiss cheese, spinach & burger sauce. Loaded with sliced flat iron steak

PIZZA

All of our pizzas are hand crafted & pulled to order, with house made tomato sauce & 100% mozzarella.
Gluten free pizza bases available on request. *Vegan cheese available for £2 supplement*

GARLIC FLATBREAD £7.45

Freshly baked & drenched with house infused garlic oil

GARLIC FLATBREAD TOPPED WITH MOZZARELLA CHEESE £8.45

Freshly baked & drenched with house infused garlic oil, topped with mozzarella cheese

PROPER MARGARITA £11.50

Red base, mozzarella, oregano & fresh basil
Add Pepperoni £2

BUILD ME UP BUTTERNUT £14.95

Creamy cheese, red onion chutney, balsamic syrup, roasted courgettes, butternut squash, finished with baby leaf salad a fresh mozzarella ball & a pesto drizzle

MEAT SWEATZ £15.50

Red base, mozzarella, pepperoni, nduja sausage (soft sausage that melts into the pizza. Beware its hot) jalapenos, sun blushed tomatoes, house garlic oil & red onions

SALMON LIKE IT HOT £14.95

Smoked salmon, mix of mozzarella & cheddar cheese, spinach, sweetcorn & paprika. Finished with cheese sauce & lemon

GOOD-BYE GLUTEN £13.95

Served on a gluten free pizza base, red base, vegan mozzarella, artichokes, sweetcorn, olives, mushrooms, roasted courgettes, butternut squash & sun blushed tomatoes

BURGER ON THE DANCEFLOOR £14.50

100% chuck beef smashed patty, cheddar cheese, gherkins, bacon bits, red onions & Al Bear burger sauce

ROCK N ROLL INDIAN £14.50

Masala sauce, chicken tikka, onions bhajis, mini poppadom's, mango chutney with a mint & yoghurt dressing

CALZONE £14.95

Homemade pizza sauce, mozzarella with bacon bits, spicy nduja sausage, chicken, mushrooms, peppers & red onions. All wrapped up in a pizza base

AMERICAN £14.50

Our chefs favourite. Red sauce, extra mozzarella, topped with hot dog sausages & French fries, then laced with ketchup, yellow mustard & crispy onions

SARNIES

Served between 12-4pm | Monday to Saturday
Choose from gastro chips, skinny fries, mixed salad...
Swap your fries for sweet potato fries £2.50

RUSTIC STEAK SANDWICH £12.95

Sliced Flat ironed steak, caramelised red onion chutney, Dijon mustard mayo, topped with melting cheese, served in a sourdough baguette

SMOKED SALMON & AVOCADO £12.50

Smoked salmon & guacamole, served on open sourdough bread topped with poached eggs and side of hollandaise sauce

LOW N SLOW £12.50

Slow cooked beef brisket chilli stuffed in a sourdough baguette, topped with jalapeños & grilled cheese, served with sour cream

BRIE & AVOCADO SARNIE £ 11.00

Brie, avocado, pesto, caramelised red onion chutney & baby gem, served in a gluten free bun

LOUISIANA WRAP £11.95

Louisiana style Cajun breaded chicken, house spicy ketchup, baby gem & tomatoes, in a toasted flour tortilla

PASTRAMI TOASTIE £12.95

Sliced pastrami, cheese, pickles, red cabbage, mustard mayo, all toasted until golden brown in sourdough bread

CAESAR CHICKEN WRAP £12.75

Wrap filled with chicken, lettuce, bacon, creamy dressing, parmesan, burger bun croutons & sun blushed tomatoes

EXTRA DIPS £1.50

GARLIC MAYO

HOT SAUCE

HARISSA YOGURT

SWEET CHILLI SAUCE

CHIMICHURRI

TZATZIKI

CURRY MAYO

SOUR CREAM

GUACAMOLE

HOUSE SPICED KETCHUP

KOREAN BBQ

All your food is being prepared to order by our hardworking & talented team of chefs, therefore we welcome your patience when the restaurant is busy - Thank you