

No. 46-60

# AL BEAR

BAR & KITCHEN

WHITLEY BAY





## TO START

### HALLOUMI FRIES 🌱 £7.95

The squeaky cheese tossed in paprika & Japanese panko breadcrumbs, topped with pomegranates & a harissa & yoghurt dip

### WILD MUSHROOM BRUSCHETTA 🌱 £8.25

Pan fried wild mushrooms in a madeira wine, house infused garlic oil, spinach & creamy parmesan sauce, topped on toasted sourdough

### HONEY CHILLI CHICKEN 🌱 £8.95

Lightly battered chicken in a honey, soy & chilli glaze, finished with spring onions & sesame seeds

### GARLIC FLATBREAD 🌱 £6.95

Freshly baked, brushed with house infused garlic oil **ADD CHEESE £1**

### KING PRAWNS SAGANAKI £11.50

Juicy king prawns, pan fried in a tomato & basil sauce finished with feta cheese, served with toasted sourdough bread

### GARLIC SIZZLING NDUJA KING PRAWNS £11.50

Cooked in a garlic & nduja spicy sausage butter sauce, served with toasted sourdough bread

### BEETROOT & GOATS CHEESE SALAD 🌱 🌱 £8.50

Beetroot tossed with baby gem lettuce, crumbled goats cheese, walnuts & croutons in a mustard dressing

## ROASTS

All roasts are served with garlic & rosemary roast potatoes, mash, Yorkshire pudding, roasted carrots, mixed greens (leeks, savoy cabbage, tenderstem broccoli, peas) & topped with gravy

### BRAISED BEEF £15.50

Slow roasted succulent braised beef, served in our tasty homemade gravy

### SHOULDER OF LAMB £15.50

With a minted gravy

### ROAST CHICKEN BREAST £15

Sausage & herb stuffing

### SUPER ROAST £18.50

Roast chicken, braised beef, roast lamb

### MUSHROOM WELLINGTON 🌱 🌱 £15.50

Puff pastry wellington slice filled with butternut squash, chickpea, sweet potato, carrot & walnuts with a smokey red pepper & redcurrant chutney. Served with all the Sunday roast trimmings & vegan gravy

### SWEET POTATO, SPINACH & GOATS CHEESE PIE 🌱 🌱 £14.50

Served with all the Sunday roast trimmings & veggie gravy

## MAINS

### FISH & CHIPS £15.50

Traditional battered cod, gastro hand cut chips, mushy peas & tartare sauce

### AMERICAN BOY BURGER £13.95

Double beef patties, ketchup, yellow mustard, pickles, American cheddar, shredded iceberg & Al Bear burger sauce, served with house skinny fries

### VEGAN BEYOND BURGER 🌱 🌱 £13.95

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

### MARGARETA PIZZA 🌱 £10.50

Red base, mozzarella, oregano & fresh basil

### MEAT SWEATZ PIZZA £14.50

Red base, mozzarella, pepperoni, nduja sausage (soft sausage that melts into your pizza beware its hot) jalapeños, sun blushed tomatoes, house garlic oil & red onion

### WILD MUSHROOM & ASPARAGUS LINGUINI 🌱 🌱 £13.50

Pan fried mushrooms & asparagus in a madeira wine, house infused garlic oil, cream, baby leaf spinach &

## EXTRAS FOR THE TABLE

### PIGS IN BLANKETS £5

### YORKSHIRE PUDDING, ROASTIES & JUG GRAVY £5

### SAUSAGE MEAT & HERB STUFFING £3.5

### MIXED GREENS 🌱 £4

(leeks, savoy cabbage, tenderstem broccoli, peas)

### MASHED POTATO 🌱 £3.5

### SKINNY HOUSE FRIES 🌱 £4.50

### GASTRO HAND CUT CHIPS 🌱 £4.50

### SWEET POTATO FRIES 🌱 £5.95

### HOUSE SALAD 🌱 £4

All dishes may contain traces of nuts. Please speak to staff about your allergies.

🌱 Vegan 🌱 Vegetarian 🌱 Gluten Free

🌱 Mustard 🌱 Nuts 🌱 Sesame

## DESSERTS

### RED VELVET CHEESECAKE 🌱 £7.5

Buttery biscuit base with white chocolate cheesecake filling, topped with silky red velvet sponge. Served with your choice of ice cream or cream

### CHOCOLATE ORANGE BROWNIE TORTE 🌱 🌱 £7.5

Brownie base topped with a chocolate orange torte. Served with ice-cream (vegan ice-cream is available, please advise your server)

### APPLE & BLACKBERRY CRUMBLE 🌱 🌱 £7.5

Served with your choice of ice cream or custard (vegan ice-cream & vegan custard are available, please advise your server)

### STICKY TOFFEE PUDDING £7.5 🌱

Served with your choice of ice cream or custard

### SORBET (3 SCOOPS) 🌱 🌱 £6.5

Choice of Mango or Raspberry

### ICE CREAM (3 SCOOPS) 🌱 🌱 £5.95

Choice of Vanilla, Strawberry or Chocolate