

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 🌿 £8.75

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 🌿 £7.45

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

KING PRAWNS SAGANAKI £11.95

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

GARLIC SIZZLING NDUJA KING PRAWNS £11.95

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

BEETROOT & GOATS CHEESE SALAD 🌿 🍷 £8.95

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

ROASTS

All roasts are served with duck fat roast potatoes, mash, Yorkshire pudding, honey roasted carrots, swede, mixed seasonal greens & gravy

TOPSIDE OF BEEF £16.95

Succulent topside of beef, served pink or past pink

ROLLED SHOULDER OF PORK £16.50

Sausage & herb stuffing

ROAST CHICKEN BREAST £16.95

Sausage & herb stuffing

SUPER ROAST £19.75

Roast chicken, topside of beef, roast pork

MUSHROOM WELLINGTON 🌿 🍷 £15.95

Puff pastry wellington slice filled with butternut squash, chickpea, sweet potato, carrot & walnuts with a smokey red pepper & redcurrant chutney. Served with roast potatoes, seasonal green vegetables & vegan gravy

SWEET POTATO, SPINACH & GOATS CHEESE PIE 🌿 🍷 £15.50

Served with all the Sunday roast trimmings, veggie roast potatoes & gravy

MAINS

FISH & CHIPS £16.50

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

AMERICAN BOY BURGER £14.95

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

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, served with house skinny fries

MARGARETA PIZZA 🌿 £11.50

Red base, mozzarella, oregano & fresh basil

MEAT SWEATZ PIZZA £15.50

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 🌿 £14.50

Pan fried mushrooms & asparagus in a madeira wine, house infused garlic oil, cream, baby leaf spinach & parmesan sauce, finished with truffle oil

EXTRAS FOR THE TABLE

PIGS IN BLANKETS £5.50

YORKSHIRE PUDDING, ROASTIES & JUG GRAVY £5.50

SAUSAGE MEAT & HERB STUFFING £4

MIXED GREENS 🌿 £4.50

Leeks, savoy cabbage, tenderstem broccoli, peas

MASHED POTATO 🌿 £4

SKINNY HOUSE FRIES 🌿 £4.75

GASTRO HAND CUT CHIPS 🌿 £4.75

SWEET POTATO FRIES 🌿 £5.50

HOUSE SALAD 🌿 £5

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 🌿 🍷 £7.50

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 🌿 🍷 £7.50

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

APPLE & BLACKBERRY CRUMBLE 🌿 🍷 £7.50

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

STICKY TOFFEE PUDDING £7.50 🍷

Served with your choice of ice cream or custard

SORBET (3 SCOOPS) 🌿 🍷 £6.50

Choice of Mango or Raspberry

ICE CREAM (3 SCOOPS) 🌿 🍷 £5.95

Choice of Vanilla, Strawberry or Chocolate

AL BEAR

BAR & KITCHEN

WHITLEY BAY



AL BEAR