



THE BEAR'S PAW

Gluten Free Menu

Starters

Duck liver parfait, gooseberry compote and gluten free toast **£7.25**

Tiger prawn pil pil, basil, cherry tomatoes, garlic and chilli **£7.25**

Sautéed wild mushrooms, in a creamy white wine, garlic and Blacksticks blue cheese sauce, on gluten free toast with a soft poached egg (v) **£6.95**

Pan seared scallops, caramelised pork belly, crispy pancetta and Granny Smith purée **£9.25**

Risotto of summer greens, peas and mint, parmesan and basil pesto (v) **£6.95 / £11.25**

Sandwiches served on gluten free bread or bun (available Mon-Sat, 12pm - 6pm)

BBQ pulled pork, and baby gem lettuce **£7.95**

Chargrilled tandoori chicken, harissa mayonnaise, cucumber and cos lettuce **£7.50**

Open sandwich of smoked salmon and Atlantic prawn, Marie rose sauce and cucumber **£7.25**

Tuna melt, toasted bread topped with tuna mayonnaise and melted cheddar cheese **£7.25**

Chargrilled 4oz ribeye of Ridings Reserve beef, Dijon mustard and rocket **£8.95**

Mains

8oz fillet of beef 'steak stone' (cooked to your liking as you are the chef!) served with jenga chips, house salad, Béarnaise and peppercorn dipping sauces **£27.50**

Smoked bacon wrapped loin of rabbit, summer vegetables, carrot purée, butter poached potato, wholegrain mustard and tarragon sauce **£17.95**

Pan fried sea bass fillet, roasted scallops, king prawns, saffron cocotte potatoes, leeks and clams in a langoustine and chervil bisque **£19.95**

Roasted cod loin, new potatoes, pea and mint purée, broad bean, tomato and shallot dressing, carrot and courgette ribbons **£16.95**

Honey roasted duck breast, savoy cabbage, creamed potato, beetroot two ways, pickled blackberries and port jus **£17.95**

Bear's Paw Thai red curry with basmati rice -

Choose from; Chicken **£13.95** Duck breast **£15.75** King prawn **£15.25** Vegetable **£11.95**

Grilled North Sea haddock, chunky chips, mushy peas and tartare sauce **£7.95 / £13.95**

Bear's Paw steak burger, iceberg lettuce, house sauce and hand cut chips **£11.95** *Add a topping for £1.95*



THE BEAR'S PAW

Gluten Free Menu continued...

FROM THE GRILL

10oz ribeye of beef **£23.95**

8oz fillet of beef **£27.50**

8oz tuna supreme **£16.95**

10oz gammon with fried egg **£13.95**

The Bear's Paw mixed grill; pork and herb sausage, lamb chop, gammon and rib-eye steak **£21.95**

Above all served with scorched beef tomato, flat cap mushroom and chunky chips (see sides for sauces)

32oz cote de boeuf to share, hollandaise and peppercorn sauce, pont neuf and watercress **£50.00**

Salads

Classic Caesar salad, crispy bacon, parmesan and anchovies **£9.95**

- with chargrilled chicken breast or grilled salmon **£12.95**

Feta, beetroot, pine nut and mizuna salad, candied walnuts and walnut vinaigrette (v) **£10.95**

Chargrilled tuna niçoise, warm salad of green beans, new potatoes, sundried tomato, soft boiled egg, olives and gem lettuce **£14.95**

Sides all £3.50

Chunky chips

Mixed leaf salad

Seasonal vegetables

Skin on fries

Rocket and cherry tomato salad

Desserts all £6.25

Raspberry bavaois, poached apricot and rose water meringue

Bear's Paw sundae, salted caramel, Chantilly cream, chocolate sauce and honeycomb ice cream

Affogato, vanilla ice cream, espresso shot and Disaronno amaretto liqueur