



THE BEAR'S PAW

Gluten Free Menu

Nibbles

Fire-roasted red pepper hummus , smoked paprika, pomegranate and gluten-free bread (ve)	£4.50
Pork crackling , apple sauce	£3.25
Marinated mixed olives (ve)	£3.95
Crispy salt and pepper squid rings , sweet chilli dip	£5.95

Sandwiches served available Mon-Sat from 12pm - 6pm

Collier's Welsh cheddar , red onion, tomato and pickle	£6.95
Chargrilled ribeye steak sandwich , caramelised onion, cress and horseradish sauce	£9.50
Grilled Cajun chicken , chorizo, iceberg lettuce and smoked paprika mayonnaise	£7.95
Crispy sweet chilli beef , Thai-style salad, lime juice and coriander	£7.95
Smoked salmon , Atlantic prawn, cucumber and Marie Rose dressing	£7.95
Sweet chilli vegetable and red pepper hummus (ve)	£6.95
Glazed goat's cheese and candied beetroot , watercress and aged balsamic (v)	£7.95

(Sandwiches served on gluten-free bread with house salad and kettle crisps on gluten-free bread or bun)

Salads

Classic Caesar salad , crispy bacon, Grana Padano and anchovies	£10.50
Chargrilled vegetables , roasted pine nuts, rocket, olives and sun blushed tomatoes, basil pesto dressing (ve)	£10.50
Salad of herbed quinoa , pomegranate, pistachio, baby spinach, blush tomato, sunflower seeds, mung beans, edamame beans and citrus dressing (ve)	£10.50

Add -

Roasted salmon fillet £3.95	Chargrilled chicken £3.95
Chargrilled halloumi (v) £2.95	Glazed goat's cheese (v) £2.50
Crispy sweet chilli beef with carrots, celery, coriander, shallots, candied cashew nuts and lime juice	£13.95

Starters

Chef's soup of the day with gluten-free bread	£5.95
Tiger prawn pil pil , basil, cherry tomatoes, garlic and chilli with garlic gluten-free bread	£7.95
Chicken liver and brandy parfait , gluten-free toast, sweet poached raisins	£7.50
Sautéed wild mushrooms in a creamy white wine, garlic sauce on toasted gluten-free bread topped with a cheese and herb crumb (v)	£6.95
Salmon pave , celeriac remoulade, sauce vierge, pea puree and confit tomato	£7.50
Baked camembert (for two) with crudités, candied walnuts, cranberry and port relish, gluten-free toasted bread (v)	£12.50

Mains

8oz fillet of beef 'steakstone' (cooked to your very own liking as you are the chef!) served with Jenga chips, house salad and Béarnaise and peppercorn dipping sauces	£28.50
Roasted fillet of hake , fondant potato, chive crème fraiche, tender stem broccoli and sauce vierge	£16.95
Pan-fried seabass fillet , mussels, king prawns and squid in a langoustine bisque with saffron cocotte potatoes and samphire	£18.50
Prosciutto-wrapped chicken breast filled with mushroom duxelle, fondant potato, cocotte vegetables and red wine jus	£15.95
Honey-roasted duck breast , turnip and sage rösti, salt-baked beetroot, creamed savoy cabbage and port jus	£18.50
Confit pork belly , apple puree, duck fat cabbage, caramelised apple, fondant potato and honey roasted carrots	£17.95

FROM THE GRILL

8oz fillet of beef	£27.50
10oz ribeye of beef	£24.50
10oz gammon steak with a fried hen's egg	£15.50

All served with grilled beef tomato, flat cap mushroom and chunky chips (see sides for sauces)

(v) suitable for vegetarians. (ve) suitable for vegans.
Please note that some dishes may contain traces of nuts.
Please inform your server of any dietary requirements upon placing your order.



THE BEAR'S PAW

Gluten Free Menu continued...

Pub Classics

Deep-fried gluten-free battered haddock, £11.50 / £14.50
chunky chips, mushy peas and tartare sauce

Add chip shop curry sauce £1.50

The Bear's Paw steak burger, shredded iceberg, £12.95
coleslaw, house sauce, served on a gluten-free bun
with hand-cut chips

Add a topping for £1.95

Choose from; Blacksticks Blue cheese, cheddar cheese,
goat's cheese and red onion marmalade, chilli con carne,
smoked streaky bacon or field mushroom

Spiced chickpea burger, red onion marmalade and £12.95
dill pickle and served in a gluten free bun with
hand cut chips and salsa (ve)

Chilli con carne with glazed mozzarella, £14.50
wild basmati rice and sour cream

Five bean chilli, glazed vegan cheese and £13.95
wild basmati rice (ve)

Side orders (all £3.95 unless stated otherwise)

Chunky chips (ve)

Truffle oil and Grana Padano chips (£4.50)

Skin-on fries (ve)

Sweet potato fries (ve)

Creamy mashed potato (v)

Gluten free beer-battered onion rings (v)

Rocket, cherry tomato and parmesan salad

Panache of seasonal vegetables (v)

Dressed mixed leaf salad (ve) (£3.50)

Gluten-free bread and butter (£1.95)

Sauces (all £2.25)

Peppercorn, Diane, Hollandaise, Blue Cheese,
Traditional gravy, Curry sauce

Desserts (all £6.95 unless stated otherwise)

White chocolate and strawberry crème brûlée, fresh fruits and
strawberry compote

White chocolate and baileys panna cotta, mulled winter
berries, and strawberry ice cream

Cheshire Farm ice cream - 2 scoops £3.95 / **3 scoops** £5.50

Choose from: vanilla, chocolate, strawberry and cream,
honeycomb, mint chocolate chip, salted caramel, banoffee or
raspberry ripple

Add a sauce £0.95

Strawberry coulis, salted caramel or double chocolate
Affogato; vanilla ice cream, espresso shot and
Disaronno Amaretto liqueur

Seasonal berries knickerbocker glory; blackberry jelly,
strawberry coulis, Chantilly cream, strawberries and
cream ice cream

Cheshire Farm Sorbets -

1 scoop £2.95 / **2 scoops** £3.95 / **3 scoops** £5.50

Choose from: blackcurrant, mango or lemon

The Bear's Paw Cheeseboard £8.95

*A selection of delicious cheeses served with gluten-free crackers
and traditional accompaniments*

Blue Monday – a British cow's milk cheese in the style of
a Gorgonzola Piccante. Soft, creamy blue cheese with strong
blue veining which delivers a smooth, satisfying piquancy to
the palate.

Collier's Welsh Cheddar – a creamy cheddar with a distinctive,
long and powerful taste.

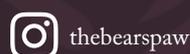
Ravens Oak – made at the Butler family dairy in Lancashire
using pasteurized local goat's milk. Similar in consistency to
brie with a soft and very mild taste.

Award-winning Lincoln Poacher Smoked – smooth, silky
textured and lightly oak smoked. This cheese is rounded and
full of flavor, carefully matured for fourteen to sixteen months.

*Opening
hours*

Daily from 11.00am to 11.00pm

Food served: Mon - Thu 12.00noon - 9.30pm,
Fri-Sat 12.00noon - 10.00pm,
Sunday 12noon - 9.00pm



thebearspaw



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TheBearsPaw

www.thebearspaw.co.uk

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by Nelson Hotels – www.nelsonhotels.co.uk

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