



Three Bears Menu

MAIN COURSE

Pan fried seabass, hassleback potatoes, seasonal vegetable & white wine & herb cream sauce	£16
Rump steak, 8oz steak served with cooked tomato, mushroom, hand cut chips & garlic butter	£20
Braised lamb, creamed mashed potatoes, seasonal vegetables & redcurrant and mint jus	£20
Chicken breast, Parmenter potatoes, seasonal vegetable & Chardonnay cream sauce	£16
Mediterranean tart, sweet potato fries, salad & relish	£16
Steak & mushroom pie, hand cut chips, seasonal vegetables & rich gravy (homemade pie will take 25min in oven)	£16
Cheese & onion pie, hand cut chips & baked beans (homemade pie will take 25min in oven)	£16
Beef burger served with cheese, brioche bun, fries, salad & relish	£17
Beer battered cod, hand cut chips, mushy peas	£17
Scampi, breaded & served with chips & mushy peas	£14
Spicy vegetable burger, brioche bun, fries, tomato & relish	£14

SIDES

Garlic ciabatta	£6
Garlic ciabatta with cheese	£7
Pan Catalina, garlic, crushed tomatoes & parsley on ciabatta	£7
Hand cut chips	£6
Salt & pepper chips	£6
French fries	£6
Sweet potato fries	£6
Onion rings	£6
Side salad	£6
Tenderstem broccoli in soya sauce & chili	£7
Carrots in honey & lemon	£7

We prepare each dish fresh upon request with locally sourced ingredients, which may result in minor wait times during peak hours. Although we take great care, our kitchen regularly handles nuts and other allergens, so we cannot assure that our meals are completely allergen-free. If you have specific dietary concerns, please inform your server. Additionally, please be aware that our fish and poultry dishes could contain small bones.



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LUNCH TIME - SET MENU
(Available 12-5pm Wednesday to Saturday)

STARTERS

- Creamy garlic mushrooms on ciabatta
- Breaded butterfly prawns with tartare sauce
- Chicken wings with garlic mayonnaise

MAINS

- Fish and chips with mushy peas
- Spinach and ricotta ravioli in white wine cream
- Pork loin, wholegrain mustard mashed potato,
seasonal vegetable, red wine sauce

DESSERTS

- Chocolate brownie with vanilla ice cream
- Lemon tart with pouring cream
- Two scoop of ice cream or sorbet

2 courses £20 | 3 courses £25

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CIABATTAS (add soup for £3)

Tuna & cheese melt with fries & a side salad	£11
Fish goujons & tartare sauce with fries & a side salad	£11
Crispy chicken with fries & a side salad	£11
Brie cheese & cranberry with fries & a side salad	£11
Steak with caramelised red onion with fries & a side salad	£12

SALADS

Pan fried chicken breast on mixed leaf, Caesar dressing	£13
Cajun salmon fillet, served with honey and mustard dressing	£13
Greek salad, olives, feta, cucumber, tomato, oregano, olive oil	£12
Warm chickpea salad, roasted vegetables, feta cheese and olive oil	£12

DESSERTS

Chocolate brownie, vanilla ice cream, chocolate sauce	£6
Tart au citron, raspberry sorbet, coulis	£6
Sticky toffee pudding, toffee sauce, honeycomb ice cream	£6
Chef dessert of the day	£6
3 scoops of Devon made ice cream or sorbet served with Rossini curl	
Choice of flavours:	
Honeycomb, Vanilla, Clotted Cream, Chunky Chocolate, Strawberry, Ice cream of the day, Raspberry Sorbet, Lemon Sorbet, Passionfruit Sorbet	£6

HOT DRINKS

Please ask your server for our selection of coffee's and tea's

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