

Three Bears Menu

SMALL PLATES

Why not try our tapas as a starter or we recommend sharing 3 or 4 dishes per person as a meal. Please note that we cannot mix & match tapas & main courses for parties over 4 people.

VEGETARIAN

Mushrooms, spinach in cream, white wine sauce	£6
Homemade soup with warm bread roll & butter	£6
Breaded brie wedges served with cranberry chutney	£5
Patatas bravas, fried potatoes, spicy tomato sauce	£5
Spinach & ricotta ravioli, white wine cream	£6
Vegetable spring rolls with a sweet chilli sauce	£6
Battered cauliflower florets, curried mayonnaise	£7
Chickpea, spinach cooked with cumin & paprika	£6
Baked Camembert, toasted bread, cranberry sauce	£7

MEAT

Sausages wrapped in bacon with apple sauce	£6
Chef's croquettes of the day	£6
Breaded chicken breast in Katsu curry sauce	£6
Chorizo al vino Tinto, Spanish sausage in red wine & honey	£7
Duck spring rolls served with hoisin sauce	£6
Meatballs made from beef & served in a rich tomato ragout	£6
Wild boar ravioli, beef jus, drizzled with cream sauce	£8
Mesquite chicken wings, garlic aioli sauce	£6
Lamb Koftas meatballs served with mint yogurt	£7

FISH & SEAFOOD

Salt & pepper calamari, squid chunks served with tartare sauce	£7
Breaded butterfly prawns accompanied with garlic mayonnaise	£7
Cajun salmon fillet served with lemon & caper butter	£9
Chefs fishcake served with poached egg & lemon mayonnaise	£9
Beer battered cod on crushed peas with tartare sauce	£9
Scampi breaded with wholegrain, quinoa, linseed & oats	£9

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.