

# SUMMER SPECIALS.

Our menus are centred around fresh preparation, ethically-sourced ingredients, and minimising waste. Our House Specials are curated, limited edition plates, inspired by seasonal produce and trending flavours.

## *food.*

### **Lemon Meringue French Toast** 14.90

Two slices of brioche French toast topped with lemon curd, lemon ricotta, crumbled meringue, blueberries, charred lemon and icing sugar (v)

### **Sweet Potato Latke Bennies** 14.90

House made crispy sweet potato, carrot and chickpea latkes, served with poached eggs, harissa hollandaise, whipped feta, salsa verde, crispy chilli oil and dressed rocket (v)

### **Chicken Milanese** (from 12pm) 15.90

Crispy chicken topped with house tomato sauce, mozzarella, grated Italian cheese and chives, served with a rocket, onion, tomato & red pepper salad and house seasoned fries

### **Tabbouleh Grain Bowl** (from 12pm)

Bulgur wheat, parsley, mint, red pepper, cucumber, harissa & lemon salad on a bed of rocket, topped with crispy chickpeas, pink onions and your choice of:

Za'atar chicken 13.90

Grilled halloumi (v) 13.90

House made sweet potato latkes (vg) 13.90

LEMON MERINGUE FRENCH TOAST



SWEET POTATO LATKE BENNIES





## Daytime *menu.*

Served from open – 4:30pm daily.

Served until 4pm on days we're open late. Please check our website for opening times of your nearest BEAR.

### House Made Granola 6.50

Coconut & seed granola served with Greek yoghurt, fresh passion fruit and mango compote (v)

### Overnight Oats 6.50

Roasted rolled oats, Oatly m\*lk, coconut & seed granola, blueberries, strawberries and house maple syrup (vg)

### Bacon & Egg Brioche 7.90

Streaky bacon and a fried egg served on a brioche bun with herbed butter

### Sourdough Toast 4.20

Two slices, served with butter and your choice of strawberry jam or marmalade (v) (vo)

Get a coffee for **FREE** when you buy any 'On Toast', 'Brunch' or 'House Specials' dish.

*Ts & Cs apply. Includes selected drinks from 'Coffee', 'Not Coffee' or 'Tea' sections.*

MON - FRI  
BEFORE  
10AM

## ON TOAST. SERVED ALL DAY

*served on a slice of toasted sourdough. ngci options available.*

### Smoked Salmon & Avocado 13.90

with whipped feta, pink onions, salsa verde and chives

Add a poached egg 2.20

### Chilli Cheese Brioche 12.90

Two brioche slices smothered in melted mozzarella, topped with Scotch bonnet chilli jam, Italian cheese, a drizzle of honey and chives (v)

Add streaky bacon 3.30

TEAM  
FAVE

### Avocado, Pea & Mint Smash

with pink onions, red chilli, salsa verde and your choice of:

Two poached eggs (v) 12.90

Crumbled feta (v) 11.90

Scrambled tofu (vg) 11.90

### Slow Cooked Barbacoa Beef 11.90

with Greek yoghurt, pink onions, red chilli, salsa verde and chives

Add a poached egg 2.20

### Scrambled Tofu 9.90

with turmeric, onion and cumin, topped with crispy chilli oil and mixed herbs (vg)

Add crumbled feta (v) 2.80

### Za'atar Roasted Mushrooms 8.90

with hummus, red chilli, salsa verde and chives (vg)

Add a poached egg (v) 2.20

### Spiced Eggs 8.90

Two poached eggs with sriracha, crispy chilli oil and chives (v)

Add streaky bacon 3.30

### Poached Eggs 7.90

Two poached eggs with house herbed butter and chives (v)

Add an extra poached egg (v) 2.20

## **BRUNCH.** SERVED ALL DAY

### **Angry Mac 15.90**

Smash beef patty, streaky bacon, fried egg, American cheese, hash brown, sriracha mayo and chives, served in a toasted brioche with tater tots

Add an extra beef patty 3.00

### **Full House Breakfast 14.90**

Streaky bacon, butchers sausages, poached egg, hash browns, za'atar mushrooms, grilled tomato and a shakshuka pot, served with toasted sourdough and butter

Double up on bacon, sausage and egg 5.00

### **Veggie House Breakfast 14.90**

Grilled halloumi, avocado, poached egg, hash browns, za'atar mushrooms, grilled tomato and a shakshuka pot, served with toasted sourdough and butter (v)

### **Latke Breakfast Bowl 11.90**

Warm house made sweet potato latkes, served with scrambled tofu, hummus, seed-dipped avocado, grilled tomato, harissa oil, chives and warm seasoned flatbread (vg)

### **Chicken & Bacon Pancakes 15.90**

American pancakes topped with a crispy chicken fillet, streaky bacon and house maple syrup

### **Passion Fruit & Mango Pancakes 11.90**

American pancakes topped with fresh passion fruit, mango compote, passion fruit purée and Greek yoghurt (v)

### **Shakshuka**

House made tomato, red pepper & chickpea ragu, served with warm seasoned flatbread and topped with your choice of:

Poached egg, crumbled feta, crispy chickpeas and mixed herbs (v) 12.90

Scrambled tofu, crispy chickpeas, pink onions and mixed herbs (vg) 11.90

### **Eggs Bennies**

Two poached eggs, served on an English muffin, topped with hollandaise, chives and served with your choice of:

Smoked salmon 13.90

Grilled halloumi (v) 12.90

Streaky bacon 11.90

### **Turkish Eggs 10.90**

Two poached eggs, served on Greek yoghurt, with crispy chilli oil, pink onions, crispy chickpeas, mixed herbs and a warm seasoned flatbread (v)

Swap Greek yoghurt for whipped feta 2.00

Add grilled halloumi (v) 4.30     Add streaky bacon 3.30

## LUNCH. SERVED FROM 12PM

### The Classic Cheeseburger 15.90

Two smash beef patties, American cheese, house secret sauce and house pickles, served in a toasted brioche with harissa slaw and house seasoned fries

Add slow cooked barbacoa beef, bacon & crispy onions 4.00

### Spicy Chick Burger 16.90

Sriracha-glazed crispy chicken fillet, sriracha mayo and house pickles, served in a toasted brioche with harissa slaw and house seasoned fries

*Don't fancy the spice? Let our team know - we can ditch the sriracha glaze and swap the sriracha mayo for garlic aioli!*

### Halloumi & Avo Burger 15.90

Fried halloumi, avocado, pea & mint smash, rocket, house slaw and garlic aioli, served in a toasted brioche with harissa slaw and house seasoned fries (v)

TEAM  
FAVE

### Sweet Potato Latke Burger 14.90

House made sweet potato latkes, rocket, house slaw, tomato salsa and garlic aioli, served in a toasted brioche with harissa slaw and house seasoned fries (vg)

### Loaded Flatbread

Warm flatbread topped with hummus, rocket, tomato salsa, slaw, crispy chickpeas, pink onions, harissa mayo and your choice of:

Za'atar chicken 14.90

Grilled halloumi (v) 14.90

House made sweet potato latkes (vg) 14.90

### Charred Hispi Bowl

Hispi cabbage, rocket, tomato salsa, crispy chickpeas, pumpkin seeds, harissa mayo and your choice of:

Avo, Pea & Mint Smash (vg) 13.90

Whipped feta (v) 13.90

Add grilled halloumi (v) 4.30

Add streaky bacon 3.30

## TATER TOTS & FRIES. SERVED ALL DAY

House Seasoned Fries (vg) 4.50

Tater Tots (Hash brown bites) (vg) 4.50

**Load 'em up** - Choose from fries or tots, and top with your choice of:

House made shakshuka ragu, whipped feta, crispy onions, coriander (v) 6.90

Truffle mayo, Italian cheese, parsley (v) 6.90

House tomato sauce, mozzarella, Italian cheese, chives (v) 5.90

Sriracha mayo, sesame seeds, coriander (vg) 5.90

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(v) vegetarian | (vg) vegan | (vo) vegan option available

Please let us know before ordering if you have any allergies or dietary requirements. Non-gluten containing options are available, please ask for more info.

All of our dishes are freshly made in-house. Although our teams will do their utmost to avoid cross contamination, we cannot guarantee anything is completely free of allergen or animal product traces.

