

Breakfast

(Served until 12 noon, 1pm Sundays)

Breads available are white, multi-grain, gluten free or Sourdough available on request

The Full English - £9.95

Lightly smoked bacon, cumberland sausage, mushrooms, slow-roasted tomato, beans, scrambled, fried or poached free range eggs, served with toast & butter

The Veggie Breakfast - £7.95

Mushrooms, slow roasted tomatoes, beans, scrambled, fried or poached free range eggs, served with toast & butter

The Vegan Breakfast - £7.95

Mushrooms, slow roasted tomatoes, beans, avocado, served with toast & vegan butter

The Bikini Breakfast - £8.95

Smashed avocado, low calorie scrambled or poached free range eggs, smoked salmon, lemon wedge & mixed leaves

The Breakfast Sarnie - £4.95

Bacon or sausage sandwich. Add fried or poached egg - £1

Scrambled Eggs & Smoked Salmon - £7.50

Free range scrambled eggs & smoked salmon, served with toast & butter

Scrambled Eggs On Toast - £5.50

Scrambled eggs served on toast
Add sausage or bacon - £2

Smashed Avocado On Toasted Sourdough - £7.95

Two soft poached free range eggs & avocado, served on sourdough. Add smoked salmon or bacon - £2

The American Stack - £8.25

Option available
Fluffy pancakes served with fruits of the forest berry compote or streaky bacon, served with maple syrup or honey

Simply Toast - £2.95

Served with butter & strawberry jam, marmalade, marmite, peanut butter or chocolate spread

Gluten Free Crumpets - £3.95

Served with butter & strawberry jam, marmalade, peanut butter or chocolate spread

Beans On Toast - £4.95

Raisins, Honey & Almonds Granola - £5.95
Granola served with thick greek yoghurt, fruits of the forest berry compote & honey

Breakfast Pastries - £2.50

Croissant served with butter & strawberry jam or marmalade
Pain au chocolate
Cinnamon swirl
Pain aux raisin

Kids Breakfast

(Served until 12 noon, 1pm Sunday)

Breads available are white, multi-grain, gluten free or Sourdough available on request

Simply Toast - £1.95

Served with butter & strawberry jam, marmalade, marmite, peanut butter or chocolate spread

Breakfast Sarnie - £3

bacon, sausage or egg sandwich

Beans On Toast - £3

Scrambled Eggs on Toast - £3

The Mini Stack - £5
Option available
Fluffy pancakes with fruits of the forest berry compote or streaky bacon served with maple syrup or honey

GF Gluten Free V Vegetarian VE Vegan

Lunch

(Served from 12 noon)

Fresh Sandwiches

Available on white, multi-grain or gluten free bread with optional side salad

Cheese & Branston Pickle - £5.50

Tuna Mayonaise Salad - £5.50

Ham Salad - £5.50

Egg Mayonnaise & Cress - £5.50

Bear & Eden Toasted Club - £7

Chicken, bacon, avocado, tomato, cheese, salad & mayonnaise

Chicken & Avocado - £6.50

Cheese Ploughman's - £6.50

Ham, cheddar cheese, sliced tomato, branstion pickle & salad

Prawn & Avocado - £6.50

Smoked Salmon & Cream cheese - £6.50

Bacon, Lettuce & Tomato - £6.50

Chicken Salad - £6.50

Toasted Panini's

Available on panini or gluten free ciabatta with optional side salad

Simply Cheddar Cheese - £5.50

Stilton & Cranberry - £6.50

Ham & Cheddar Cheese - £6.50

Tuna Melt - £6.50

Mozzarella, Tomato & Pesto - £6.50

Cheese, Tomato & Red Onion - £6.50

Sausage, Cheese & Onion Chutney - £7

Chicken, Mozzarella & Pesto - £7

Brie, Bacon & Cranberry - £7

Jacket Potatoes

Tuna Mayonnaise - £7

Cheese & Beans - £7

Simply Cheese - £6

Sausage, Beans & Cheese - £8

Brie & Bacon - £8

Sausage Rolls

Pork - £4

Vegan - £3.50

Cornish Pasty - £4.75

Salads

Tomato, Mozzarella, Avocado & Basil Salad - £10.50

Tomato, mozzarella, avocado and basil, served with olive oil & balsamic dressing

Vegan Wheatberry, Apple & Cranberry Salad - £10.50

Wheatberry kernels, apple, cranberry, spring onion & apricot in a red wine vinegar dressing served with mixed leaves

Tuna Nicoise Salad - £10.50

Tuna, free range boiled eggs, olives & red onion, served over salad with cherry tomatoes and French dressing

Prawn & Avocado Salad - £11.50

Prawns, avocado, lettuce, tomato, mixed grains & olives, served with a lemon dressing

Chicken, Avocado & Halloumi Salad - £11.50

Chicken, avocado, grilled halloumi, cherry tomatoes, lettuce, topped with mixed grains, olive oil & balsamic dressing

Kids Lunch

(Served from 12 noon)

Half Jacket Potato - £4.50

Plain, cheese, beans or tuna mayonnaise - £4.50
sausage, beans & cheese - £5

Toasties - £4 (White, multi-grain or gluten free bread) Ham & cheese, tuna melt, cheese and beans or just cheese

Sausage with Beans or Spaghetti Hoops - £4

Pasta - £5 (Gluten free pasta available)
Pesto or tomato, served with grated cheese

Bear & Eden Picnic Plate - £5

(Available on white, multi-grain or gluten free bread)
Cheese, ham, tuna mayo or jam sandwich, veg sticks, houmous, pom bears & Fruit jelly pot.

Other Items Available

Pipers Crisps - £1.50

Pipers anglesey sea salt

Burrow hill cider vinegar & sea salt

Lye cross cheddar & onion

Pom Bears - £1

For The Love Of Our Lives (THE DOG) - £1

Dog treats available

Afternoon Teas & Bottomless Afternoon Teas

Afternoon Tea - £16pp

Pot of tea, sandwich of your choice from our lunch menu, plain or fruit scone with strawberry jam and clotted cream & slice of cake

Add a small bottle of prosecco - £5.80

Bottomless Afternoon Tea - £40pp

Pot of tea, sandwich of your choice from our lunch menu, plain or fruit scone with strawberry jam and clotted cream & slice of cake plus free flowing prosecco

(Available 2pm - 4pm Mon - Sat & 1pm - 3pm Sunday)

Kids Bottomless Afternoon Tea - £10pp

Includes a sandwich (ham, cheese, jam or tuna mayo), fruit jelly pot, cupcake or bear biscuit and free flowing freshly made milkshake of your choice, or soft drink

(Available 2pm - 4pm Mon - Sat & 1pm - 3pm Sunday)

Our bottomless brunches are charged per person
No sharing options available

Bear & Eden Cakes

Please see our daily cake board for selections

Cake Slice - £3.70

Gluten free, vegan cakes & slices also available

Kids Cupcakes - £2.50

Bear & Eden Bear Biscuit - £1.75

Plain or Fruit Scone - £3.50

Served with strawberry jam & clotted cream

Cheese Scone - £3.50

Served with butter, grated cheese & chutney

Bear & Eden Cream Tea - £6.80

Pain or fruit scone, served with strawberry jam & clotted cream & teapot for one of our tea choices

Speciality Brownie or Blondie - £3.50

New York Cookie - £3



Drinks

Coffee

Our Coffee is responsibly-grown, ethically-sourced & locally-roasted from the "Coffee Officina"
All our coffee is made with a double shot - Single shots available. Decaf Coffee & alternative milks available to include: Soya, Almond, Coconut & Oat

Double Espresso - £2.50

A double espresso shot

Americano - Reg £2.80 / Large £3

A long black coffee with 2 shots of espresso

Flat White - £3

A rich, intense coffee drink

Mocha - Reg £3.35 / Large £3.65

Espresso with rich chocolate & steamed milk

Cappuccino - Reg £3 / Large £3.30

Espresso topped with steamed milk, microfoam, & dusted with chocolate powder

Latte- Reg £3 / Large £3.30

Espresso topped with steamed milk & a thin layer of micro-foam

Bailey's Latte - £4.75

Espresso topped with steamed milk & a thin layer of micro-foam with Bailey's

Macchiatto - £2.80

Espresso with a touch of milk foam

Chai Latte - Reg £3.35 / Large £3.65

Black tea infused with cinnamon, clove and warming spices, combined with steamed milk and topped with foam and cinnamon sugar

Iced Latte Coffee - £3.50

Espresso over ice with a light, smooth & creamy milk

Iced Mocha - £3.95

Espresso over ice blended with rich chocolate & milk

Iced Americano - £3.50

Espresso over ice blended with water

Mocha Latte Frappe - £4.20

Espresso blended with rich chocolate, milk & ice

Latte Frappe - £3.95

Espresso blended with milk & ice

Vanilla Latte Frappe - £4.20

Espresso blended with milk, vanilla & ice

Caramel Latte Frappe - £4.20

Espresso blended with milk, caramel & ice

Bearuccino - 50p

Pot of whipped cream, made especially for your dog

Hot Chocolate

Hot Chocolate - £3.50

33% pure cocoa with cream & marshmallows

Bailey's Hot Chocolate - £4.75

33% pure cocoa with cream & marshmallows with Bailey's

Black Forest Hot Chocolate / Chocolate Orange / Toffee Nut / Salted Caramel / Hazlenut / Gingerbread / Mint - £4.00

All served with cream & marshmallows

Tea

English Breakfast Tea (Decaf available) - £2.50

Earl Grey Tea - £2.50

Herbal Teas - £2.50

Mint, Green, Fruit, or Chamomile

Kids Warm Drinks

Babychino - £1

Served with Cream & Marshmallows

Baby Hot Chocolate - £1.50

Served with cream & marshmallows

Soft Drinks & Milkshakes

Still Water (Evian)- £2

Sparkling Water (San Pellegrino) -£2.30

Diet Coke - £2.30

Coke - £2.30

San Pellegrino's - £2.30

Lemon, Orange or Orange & Pomegranate

Orange Juice - £2.30

Apple Juice - £2.30

Homemade Summer Cooler - £3.20

Fresh lemon, mint, elderflower & sparkling water over ice

Innocent Smoothies - £1.70

Apple & Blackcurrant
Strawberry & Raspberry
Orange & Mango

Fresh Ice Cream Milkshakes - £4.20

Topped with cream & marshmallows
Strawberry, Vanilla, Banana, Chocolate,
Raspberry, Oreo, Mint Aero or Nutella

Bear & Eden Organic Smoothie Bar - All £6

100% Organic Healthy Smoothies with listed health benefits   

Good Morning Sunshine

Health benefits: Good source of energy, heart healthy, digestion friendly, glowing skin
Organic banana & strawberry with Jumbo oats, sunflower seeds, almonds & flaxseeds

Wake Me Up!

Health benefits: Heart, immunity, stress, antioxidant, digestion friendly, hormone healthy
Organic sweet potato, apple, strawberry & rhubarb with almonds, mulberries, chia seeds & red maca root

The Whirling Dervish

Health benefits: Antioxidant, anti-inflammatory, detoxification support, hormone healthy
Organic cauliflower, cucumber, apple & strawberry with medjool dates, orange zest, almonds, dried mulberries & sumac

The Fitness Fuel One

Health benefits: Heart healthy, healthy weight loss, hormone healthy
Power up for your workout with this super energising smoothie, that's packed full of plant-based protein including tofu, cannellini beans, and peanuts

Cheer Me Up

Health benefits: Antioxidant, anti-inflammatory, digestion friendly, glowing skin
Apple, cucumber & pineapple with medjool dates, hemp seeds, pumpkin seeds, oats & acai

The Glowing One

Health benefits: Hormones, antioxidant, anti-inflammatory, healthy weight loss, detoxification, glowing skin
Organic broccoli, strawberry, kale, cucumber & apple with goji berries, sunflower seeds & spirulina

The Vitamin Sea One

Health benefits: Good source of energy, antioxidant, digestion friendly
Organic pineapple, mango, cucumber & banana with cashew nuts, mint, baobab & lucuma

The Smoothie Spice

Health benefits: Anti-inflammatory, antioxidant, detoxification support, healthy weight loss
Organic apple, carrot & beetroot with brazil nuts, ginger, goji berries, mint & turmeric

The Mint Choc Chip One

Health Benefits: Good source of energy, heart healthy, anti-inflammatory
Organic spinach, sweet potato, apple & white grape with medjool dates, mint leaves, cacao nibs & cashew nuts

10% discount on
takeaway orders

 **Gluten Free**  **Vegetarian**  **Vegan**

OPENING HOURS: 9 AM - 4 PM MONDAY TO SATURDAY 10 AM - 4 PM SUNDAY

Please note: All prices shown are inclusive of VAT. Food prepared on Bear and Eden premises may come into contact with Allergens such as Milk, Eggs, Gluten, Soya, Nuts, Peanuts. For customers with allergies please ask a member of our staff for allergen information.



Bear & Eden
COFFEE SHOP
EAT.RELAX.PLAY

Alcohol - Served from 11am

White Wine

'The Guv'nor Blanco'

Bottle £20

A blend of Verdejo, Chardonnay & Sauvignon Blanc, aged on texture-imparting lees and partially in vanilla-slathering oak, it's a creamy cocktail of peach, apricot and lemon

Red Wine

'The Guv'nor'

Bottle £20

The result is a deep, multi-regional Tempranillo that's chock-full of bramble, blackcurrant & vanilla

White Wine Glass

Blossom Hill Pinot Grigio

250ml £6

Red Wine Glass

Blossom Hill Merlot

250ml £6

Jug of Pimms

Pimms with fresh strawberries, mint, lime, cucumber topped with lemonade

£18

Prosecco

Canti Prosecco D.O.C

250ml £5.80

Prosecco

loves Fizz

Bottle £20

Beer

Birra Moretti Italian Craft beer

330ml £4

Pale Ale

Brewdog Vagabond Pale Ale Gluten Free

330ml £4

Mimosa

Prosecco blended with orange juice

250ml £6.80

Gin & Tonic

250ml £6.50

Sharing Options

Our sharing platters are an ideal option to go with a bottle of our one of our house wines, gin or prosecco

Deli Boards - £12 single or £15 double

Selection of cured meats, cheese & antipasti with toasted sourdough, onion chutney & salad

Baked Camembert - £12

Served with toasted sourdough, chutney & salad

