



## Brunch Menu

Served until 12 noon

### Bear & Eden Full English Breakfast

Bacon, sausage, flat mushroom, slow-roasted tomato, beans, poached, fried or scrambled eggs served with white, brown, granary, sourdough or gluten free toast & butter (GF but not sausages)

### Veggie Breakfast

Flat mushrooms, slow roast tomatoes, beans, eggs of your choice served with white, brown, granary, sourdough or gluten free toast & butter (V,GF)

### Smashed Avocado On Toasted Sourdough With Two Soft Poached Eggs

Add smoked salmon or bacon (V,GF)

### Breakfast Sarnie

Bacon, sausage or egg or any combo (GF but not sausages)

### Eggs Your Way

Scrambled, poached or fried eggs on white, brown, granary, sourdough or gluten free toast

Add smoked salmon, sausages or bacon (V, GF but not sausages)

### American Stack

Fluffy pancakes served with berries or crispy bacon & maple syrup (V)

### Warm Open Bagels

Served With Mixed Leaf Salad & Crisps

Scrambled or poached egg topped with Mushrooms & grilled tomatoes (V) **£6**

Smoked salmon & scrambled or poached eggs **£8**

Bacon, avocado & poached Egg **£7**

Smoked salmon & cream cheese **£8**

Bacon & cream cheese **£7**

Bacon & smashed avocado **£7**

Ham & cheddar cheese **£6**

Brie & bacon **£7**

**£9**

### Omelette Done Your Way

Feta & tomato (V,GF)

Ham & cheese (GF)

Bacon & mozzarella (GF)

Roasted peppers, tomatoes, onion & sweet potato (V,GF)

Grilled halloumi, spinach, basil & mushroom (V,GF)

**£7**

### Homemade Porridge With Honey & Berries

Served with oats, milk, honey, pumpkin seeds and a selection of fresh berries. Optional milks available to include oat, coconut, soya, almond, semi skimmed or full fat milk) (V,GF)

**£5.50**

**£8**

### Simply Toast

Granary, brown, white, sourdough or gluten free toast served with butter & strawberry jam, marmalade, marmite, peanut butter or nutella (V,GF, VE)

**£2.50**

**£2**

**£5.50**

### Gluten Free Crumpets Or Toast

Served with butter & strawberry jam, marmalade, peanut butter or nutella (V,GF)

**£3.50**

**£5.50**

### Beans On Toast

Served on gluten free, granary, brown or white toast (V,GF)

**£5**

**£2**

### Homemade Nut & Grain Granola

Thick Greek yoghurt, berries & honey (V)

**£5.50**

**£8.00**

### Breakfast Pastries

Freshly baked croissant with butter & jam(V) **£2**

Pain au chocolate (V) **£2**

Cinnamon swirl (V) **£2**

Pain aux raisin **£2**



## Lunch Menu

Served from 12 noon

### Bear & Eden House Specials

#### Homemade Quiche

Served with mixed leaf salad & crisps (Please check with our staff for daily flavour & allergens)

#### Deli Boards (ideal to share)

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

#### Baked Camembert (ideal to share)

Served with toasted sourdough, chutney & salad (V)

#### Speciality Scotch Eggs

Please check with our staff for our ever-changing flavours available. Served with mixed leaf salad & chutney (V,VE options sometimes available)

### Bear & Eden Jacket Potatoes

Served With Mixed Leaf Salad & Crisps

<b>Just cheese (V,GF)</b>	<b>£7</b>
<b>Add sausage or bacon (GF but not sausages)</b>	<b>£1</b>
<b>Beans &amp; cheese (V,GF)</b>	<b>£8</b>
<b>Add sausage or bacon (GF but not sausages)</b>	<b>£1</b>
<b>Tuna mayonnaise (GF)</b>	<b>£8</b>
<b>Add cheese (GF)</b>	<b>£1</b>
<b>Seared chicken, bacon &amp; avocado (GF)</b>	<b>£9</b>

### Bear & Eden Sandwiches

Served With Mixed Leaf Salad & Crisps

Available on White, Granary, Brown or Gluten Free Bread

Egg Mayonnaise & Rocket (V,GF)	<b>£6</b>
Cheese Ploughman's – Ham, Cheddar Cheese, sliced tomato, pickle & mixed leaf salad (GF)	<b>£6.50</b>
Cheese, Mayo, Cucumber, Tomato & rocket (V,GF)	<b>£6</b>
Ham & Cheddar Cheese (GF)	<b>£6</b>
Smoked Salmon & Cream Cheese (GF)	<b>£8</b>
Bacon, Lettuce & Tomato (GF)	<b>£7</b>
Tuna Mayo & mixed leaf salad (GF)	<b>£6</b>
Chicken, bacon & avocado salad (GF)	<b>£7</b>

### Salads & Wraps

<b>£7.50 Falafel &amp; Sweet Potato Wrap</b>	<b>£9</b>
Roasted peppers, yoghurt and harissa dip, rocket with mixed grains, pomegranate & halloumi (V)	
<b>£8.50 Seared chicken &amp; Avocado Wrap</b>	<b>£9</b>
Served with tomato, cheddar cheese & harissa yoghurt served with mixed leaf salad & crisps	
<b>£15 Seared Chicken, Bacon &amp; Avocado Salad</b>	<b>£8.50</b>
Served with halloumi or feta and mixed grains (GF)	
<b>£12 Superfood Salad</b>	<b>£8.50</b>
Roasted onions & peppers, sweet potato, mixed gains, pomegranate, feta, mixed leaf salad & olive oil & balsamic dressing (V,GF,VE available)	

### Soup

Served With Our Toasted Sourdough Drizzled In Olive Oil Or White, Granary, Brown or Gluten Free Bread & Butter

<b>Tomato &amp; basil soup (V,VE,GF)</b>	<b>£5.50</b>
<b>Roast chicken &amp; vegetable soup (GF)</b>	<b>£5.50</b>
<b>Add Half A Sandwich</b>	<b>£3</b>
Egg mayonnaise & rocket (V,GF)	
Cheese salad (V,GF)	
Ham & cheddar cheese (GF)	
Bacon, lettuce & tomato (GF)	

### Bear & Eden Panini's

Served With Mixed Leaf Salad & Crisps

Brie, bacon & cranberry	<b>£8</b>
Ham & cheese	<b>£7</b>
Sausage, cheddar cheese & onion chutney	<b>£8</b>
Chicken, mozzarella & pesto	<b>£8</b>
Tuna & cheddar cheese	<b>£7</b>
Tomato & mozzarella (V)	<b>£7</b>
Simply cheese(V)	<b>£6</b>
Stilton & cranberry (V)	<b>£7</b>



## Sweet & Delicious

### Bear & Eden Afternoon Tea £16.50 Per Person

Includes a pot of tea, sandwich, scone & slice of cake  
Add a glass of prosecco  
£4.75 per glass  
£24 per bottle

#### Teas

English breakfast (decaf available), earl grey, mint, green, fruit, chamomile

#### Sandwiches

Choose any sandwich from our Bear & Eden sandwiches list

#### Choose a fruit, plain or cheese scone (V)

Served with clotted cream or butter & strawberry jam

#### Choose 1 slice of cake from our cake counter (V)

### Sweet & Delicious

Please check out our cake counter for our every changing selection of delicious cakes!!

<b>Gourmet Brownies</b>	<b>£2.75</b>
Try them warm with vanilla ice cream! Choices are: Signature chocolate / raspberry / salted caramel / peanut butter / cookies & cream or walnut (V)	
<b>Bear Biscuit</b>	<b>£1.50</b>
Shortbread or gingerbread available (V)	
<b>Kids Cupcakes</b>	<b>£2.50</b>
Please check with our staff what we have available (V)	
<b>Cake Slice</b>	<b>£3.50</b>
Various flavours please check with our waiting staff as to what we have available (V)	
<b>Gluten Free / Vegan Cakes</b>	<b>£3.50</b>
Please check with our staff as to what we have available (GF,VE)	
<b>Plain or Fruit Scone</b>	<b>£3.50</b>
Served with jam & clotted cream (V)	
<b>Cheese Scone</b>	<b>£3.50</b>
Served with butter, grated cheese & chutney (V)	
<b>Fresh Pastries</b>	<b>£2</b>
Freshly baked croissant, pain au chocolate, cinnamon swirl or pain aux raisin	

## Kids Menu

We know our smaller customers can be particular, so we will try to make a mini kids portion of anything from the main menu if you can not find an option from the below menu. Please ask the waitress and we will try our best!

Bread dishes can be served on Granary, Brown, White or gluten free bread

### Served all day

<b>Simply Toast</b>	<b>£1.50</b>
Served with butter & strawberry jam, marmalade, marmite, peanut butter or nutella (V,GF)	
<b>Breakfast Sarnie</b>	<b>£3</b>
Bacon, sausage or egg sandwich (GF but not sausage)	
<b>Beans On Toast (V,GF,VE)</b>	<b>£3</b>
<b>Scrambled Eggs On Toast (V,GF)</b>	<b>£3</b>
<b>The Mini Stack</b>	<b>£5</b>
Fluffy pancakes with berries or crispy bacon and maple syrup (V)	

### Served after 12pm

<b>Half Jacket Spud</b>	<b>£4</b>
Plain, cheese, beans, tuna, roasted chicken served with veg sticks (V,GF,VE)	
<b>Toasties</b>	<b>£4</b>
Ham & cheese or just cheese toastie (V,GF)	
<b>Pasta</b>	<b>£4.50</b>
Pasta with pesto (V) or bolognese	
<b>Kids Picnic Plate</b>	<b>£5</b>
Cheese / ham / tuna mayo sandwich, veg sticks, hummus, pom bears, fruit pot (V,GF)	



## Alcohol Menu

GIN / WINE / BEER – SERVED FROM 11AM DAILY

### GIN

#### Locally Crafted Gin from The Heart of Suffolk Distillery

<b>Rosie's Gin</b> – Styled on classic London dry gin with floral undertones	£6.50
<b>Betty's Gin</b> – Styled on classic London dry gin with aniseed & bitter orange undertones	£6.50
<b>Ivy's Gin</b> – Styled on classic London dry gin with a warming taste infused with clove & cranberry undertones	£6.50

### CRAFT BEER

#### Wylde Sky - We love local, we love craft & we love quality

<b>American Pale Ale</b> – American hops balanced session pale	£3.50
<b>Amber Ale</b> – light & strongly kilned grain with mellow roasted notes in this smooth dark ale	£3.50
<b>Saison</b> – refreshing, slightly tart & delicately spicy farmhouse ale	£3.50
<b>English RYE-PA</b> – Dominant rye grain bill delivers an earthly tangy, crisp characters	£3.50
<b>Coffee Stout</b> – Coffee presence medium light bodied stout malty sweetness	£3.50
<b>Continental IPA</b> – Bitter sweet fusion continentally inspired IPA with a strong hop character	£3.50

#### Brewboard Cambridge

<b>Cardinaldred</b> – Amber Ale	£3.50
<b>Ripchord</b> – Session Pale Ale	£3.50
<b>Bambino</b> – American Pale Ale	£3.50

#### Guest Lagers

This changes like the wind and we aim to keep you interested with cult classics from far and wide.	£3.50
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### WINE

#### White Wine

	<u>125ml</u>	<u>250ml</u>	<u>Bottle</u>
Peter Yealands Sauvignon Blanc – Think boldly, tread lightly	£4.50	£6.50	£18.50
Berry Bros & Rudd Pinot Grigio – Crisp & layered with ripe fruit, lime & peachy notes	£4.50	£6.50	£18.50
Wente Morning Fog Chardonnay – Crisp flavors of apple, tropical fruit, vanilla & oak	£6.00	£9.00	£25.00
Crux Sauvignon Blanc – Intense tropical fruit aromas & zippy citrus flavors	£5.00	£8.00	£23.00

#### Rose Wine

Petale de Rose – Eight grape varieties of the estate	£5.00	£8.00	£23.00
Miraval Cotes de Provence	£6.00	£9.00	£25.00

#### Red Wine

Grace Bridge - Pinot Noir	£6.00	£9.00	£25.00
The Velvet Devil – Washington State Merlot	£5.00	£8.00	£23.00
Jim Barry - Cover Drive Cabernet Sauvignon	£4.50	£6.50	£18.50

#### Fizz

Prosecco	£4.75		£24.00
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## Drinks Menu

Our Coffee is responsibly-grown, ethically-sourced & locally-roasted coffee from The Coffee Officina  
 All our coffee is made with a double shot. Please ask for a single shot if preferred  
 Decaf Coffee also available  
 Alternative milks available to include: Soya, Almond, Coconut & Oat

### Hot Drinks

Espresso	£2.00
Americano	£2.50
Flat White	£2.75
Mocha	£3.00
Cappuccino	Reg £2.80 / Large £3.25
Latte	Reg £2.80 / Large £3.25
Iced Latte, Cappuccino or Mocha	£3.00
To add our coffee syrups: Hazelnut / Vanilla / Caramel / Toffee nut / Gingerbread	50p extra
Black Forest Hot Chocolate, served with cream & marshmallows	£3.50
Hot Chocolate – 33% pure cocoa with cream & marshmallows	£3.00
English Breakfast Tea (decaf available)	£2.75
Earl Grey Tea	£2.75
Herbal Teas: Mint, Green, Fruit, Chamomile	£2.75

### Soft Drinks

Still Water - Evian	£1.50
Sparkling Water – San Pellegrino	£1.75
Diet Coke or Coke	£1.90
San Pellegrino - Lemon / Orange / Orange & Pomegranate	£1.90
Orange or Apple Juice	£1.80
Fresh Ice Cream Milkshakes - Strawberry / Vanilla / Banana / Chocolate or Raspberry	£3.25
Homemade Summer Cooler - Fresh lemon, mint, elderflower and sparkling water over ice	£3.00

### Healthy Smoothies

Morning glory - Spinach, pineapple, mango & banana with almond milk	£4.00
Beet n blend - Beetroot, strawberry & banana with coconut milk	£4.00
Berry Energiser - Blackberry, Strawberry & Blueberries	£4.00

### Kids Drinks

Happy Monkey Smoothies: Orange & Mango, Apple & Blackcurrant or Strawberry & Banana	£1.65
Happy Monkey Mini Milkshakes - Strawberry or Chocolate	£1.65
Fresh Ice Cream Milkshakes - Strawberry / Vanilla / Banana / Chocolate or Raspberry	£2.50
Apple Juice	£1.00
Orange Juice	£1.00
Babychino with Cream & Marshmallows	£1.00
Baby Hot Chocolate with Cream & Marshmallows	£1.55



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