

Bear & Eden - Food



Sweet & Delicious

Gourmet Brownies - Signature, Raspberry, Salted Caramel, Peanut Butter, Cookies & Cream	£2.50
Bear Biscuit	£1.50
Cake Slice - Various flavours	£3.00
Gluten Free / Vegan Cakes	£3.25
Plain or Fruit Scone - Served jam & clotted cream	£3.50
Cheese Scone - Served with butter, grated cheese & chutney	£3.50

Breakfast & Brunch (served till 12 noon)

All dishes are served with speciality sourdough from Mini Miss Bread. Other breads including GF available on request.

Simply Toast - Served with butter & a choice of jams & spreads	£2.50
Homemade Nut & Grain Granola - Served with thick greek yoghurt, berries & honey	£5.50
Smashed Avocado - Freshly toasted sourdough bread with a soft poached egg	£8.00
Breakfast Sarnie - Bacon, sausage or egg (all or any variation)	£5.50
Eggs Your Way - (add bacon / sausage or smoked salmon for £2.00 extra)	£5.50
The American Stack - Fluffy pancakes with mixed berries or crispy bacon & maple syrup	£8.00
The Veggie Breakfast - Large flat mushroom, slow roast tomato, beans, toast & eggs of your choice	£8.00
The English - Bacon & sausage, flat mushroom, slow-roast tomato, beans, toast & eggs of your choice	£9.00
Breakfast Bucks Fizz (from 11 a.m)	£5.00

Lunch (served from 12 noon onwards)

Deli Boards (ideal to share) - Selection of cured meats, cheese & antipasti with toasted sourdough & rocket salad	£8.50 single £15.00
Speciality Scotch Eggs - Traditional, Mac & cheese or Arancini with salad & chutney	£7.50
Falafel & Sweet Potato Wrap - Roast peppers, yoghurt and harissa dip, rocket & halloumi	£8.50
Seared Chicken, Bacon & Avocado Salad - Served with halloumi and mixed grains	£8.50
Toasted Sandwich - Cheddar cheese & ham or chicken mozzarella & pesto with salad & crisps	£7.00
Jacket Spuds - Plain, cheese, beans or tuna mayo with a fresh mixed side salad	£8.00
Baked Camembert (ideal to share) - Studded with garlic & rosemary, toasted sourdough, chutney & salad	£12.00

Kids Corner

Toast & Jam	£1.50
Half bacon, sausage or egg sandwich	£3.00
Beans on Toast	£3.00
Scrambled Eggs on Toast	£3.50
The Mini Stack - Fluffy pancakes with crispy bacon and maple syrup	£5.00
Half Jacket Spud - Plain, cheese, beans, tuna, coronation chicken with veg sticks	£4.00
Kids Ham & Cheese Toastie	£4.00
Pasta with Pesto or Bolognese	£4.50
Kids Picnic Box - Cheese / ham / tuna & cucumber sandwich, veg sticks, hummus, crisps, fruit pot	£5.00

We know our smaller customers can be particular, so we will try to make a mini kids portion of anything from the main menu all at £5.00. Just ask the kitchen and we will try our best!

Bear & Eden - Drinks



Hot Drinks

Responsibly-grown, ethically-sourced & locally-roasted coffee from The Coffee Officina.

Espresso	£2.00
Americano	£2.40
Cappuccino, Latte, Flat White, Mocha (coconut, almond, oak milk and decaf available)	£2.75
Babycino & Baby Chocolate with marshmallows	£1.00
Pot of Tea - English, Green, Earl Grey, Fruit	£2.50

Cold Drinks

Still Water - 500ml	£1.50
Sparkling Water (San Pellegrino) - 500ml	£1.75
San Pellegrino - Lemon / Orange / Orange & Pomegranate - 300ml	£1.90
Happy Monkeys Kids Smoothies - Various flavours	£1.65
Diet Coke - 330ml	£1.90
Fresh Apple or Orange Juice	£1.80
Homemade Summer Cooler - Fresh lemon, mint, elderflower and tonic over ice	£2.50

Craft Beer

We love local, we love craft & we love quality. Enjoy this local selection we have put together. All served chilled. Try something different today! All @ £3.50

Wylde Sky Brewery - Linton

- Saison - 330ml - refreshing, slightly tart and delicately spiced farmhouse ale
- Amber Ale - 330ml - Dark, malt yet light & fresh
- American Pale Ale - 33ml - American hops, great balanced session pale

Brewboard Brewery - Harston, Cambridge

- Ripchord - 330ml - Light-gold, multi-hopped session pale. Citrus, spicy with a tropical tang
- Bambino - 330ml - Dry-hopped pale ale, floral amora with caramel scent
- Cardinal Amber Ale - 330ml - Deep red & multi-hopped, rich, butty with a fruity nose

Guest Lager

This changes like the wind and we aim to keep you interested with cult classics from far and wide. Just remember if it's in the chiller they are all killer, no filler!

Vino	125ml	250ml	Bottle
Jackson Estate Sauvignon Blanc, Marlborough, New Zealand	£4.50	£6.50	£18.50
Kung Fu Girl Riesling, Washington State, USA	£5.00	£8.00	£23.00
Wente Morning Fog Chardonnay, Livermore Valley, San Francisco, USA	£6.00	£9.00	£25.00
Cloudy Bay Sauvignon Blanc, Marlborough, New Zealand	-	-	£36.00
Miraval Côtes de Provence, France	£6.00	£9.00	£25.00
Jim Barry Cover Drive Cabernet Sauvignon, Australia	£4.50	£6.50	£18.50
Charles Smith Velvet Devil Merlot, Washington State, USA	£5.00	£8.00	£23.00
Grace Bridge Pinot Noir, California, USA	£6.00	£9.00	£25.00
Prosecco	£4.50	-	-

G&T

Beautiful craft gin from the Heart of Suffolk Distillery with Fever Tree Tonic £6.50