



Take Away Menu - Brunch Menu

Simply Toast

£2

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

Omelette Done Your Way

£6

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)

Breakfast Sarnie

£5

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

Gluten Free Crumpets Or Toast

£3

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

American Stack

£7

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

Warm Open Bagels

Scrambled or poached egg topped with Mushrooms & grilled tomatoes (V) £5
Smoked salmon & scrambled or poached eggs £7
Bacon, avocado & poached Egg £6
Smoked salmon & cream cheese £7
Bacon & cream cheese £6
Bacon & smashed avocado £5
Ham & cheddar cheese £6
Brie & bacon

Breakfast Pastries

Freshly baked croissant with butter & jam(V) £1.50
Pain au chocolate (V) £1.50
Cinnamon swirl (V) £1.50
Pain aux raisin



Take Away - Lunch Menu

Bear & Eden House Specials

Homemade Quiche

£6.50

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

Deli Box (ideal to share)

£7.50

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

Baked Camembert (ideal to share)

£11

Served with toasted sourdough,
chutney & salad (V)

Salads & Wraps

Falafel & Sweet Potato Wrap

£8

Roasted peppers, yoghurt and
harissa dip, rocket with mixed grains,
pomegranate & halloumi (V)

Seared chicken & Avocado Wrap

£8

Served with tomato, cheddar cheese
& harissa yoghurt served with mixed
leaf salad & crisps

Seared Chicken, Bacon & Avocado Salad

£7.50

Served with halloumi or feta and
mixed grains (GF)

Superfood Salad

£7.50

Roasted onions & peppers, sweet
potato, mixed gains, pomegranate,
feta, mixed leaf salad & olive oil &
balsamic dressing (V,GF,VE available)

Bear & Eden Jacket Potatoes

Served With Mixed Leaf Salad

Just cheese (V,GF) £6
Add sausage or bacon (GF but not sausages) £1

Beans & cheese (V,GF) £7
Add sausage or bacon (GF but not sausages) £1

Tuna mayonnaise (GF) £7
Add cheese (GF) £1

Seared chicken, bacon & avocado (GF) £8

Soup

Served with Sourdough Or White, Granary, Brown or Gluten Free Bread & Butter

Tomato & basil soup (V,VE,GF) £3.50

Roast chicken & vegetable soup (GF) £3.50

Add Half A Sandwich £2.50

Egg mayonnaise & rocket (V,GF)
Cheese salad (V,GF)
Ham & cheddar cheese (GF)
Bacon, lettuce & tomato (GF)

Bear & Eden Sandwiches

Available on White, Granary, Brown or Gluten Free Bread

Egg Mayonnaise & Rocket (V,GF) **£4**

Cheese Ploughman's – Ham, Cheddar Cheese, sliced tomato, pickle & mixed leaf salad (GF) **£4.50**

£4

Cheese, Mayo, Cucumber, Tomato & rocket (V,GF) **£4**

Ham & Cheddar Cheese (GF) **£6.50**

Smoked Salmon & Cream Cheese (GF) **£5**

£4

Bacon, Lettuce & Tomato (GF) **£5**

£5

Tuna Mayo & mixed leaf salad (GF)

Chicken, bacon & avocado salad (GF)

Bear & Eden Panini's

Brie, bacon & cranberry **£7**

Ham & cheese **£6**

Sausage, cheddar cheese & onion chutney **£7**

£7

Chicken, mozzarella & pesto **£6**

£6

Tuna & cheddar cheese **£6**

£6

Tomato & mozzarella (V) **£5**

£5

Simply cheese(V) **£6**

£6

Stilton & cranberry (V)



Take Away – Cake & Kids Menu

Sweet & Delicious

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

Gourmet Brownies

Try them warm with vanilla ice cream!
Choices are: Signature chocolate / raspberry / salted caramel / peanut butter / cookies & cream or walnut (V)

£2.75

Bear Biscuit

Shortbread or gingerbread available (V)

£1.50

Kids Cupcakes

Please check with our staff what we have available (V)

£2.50

Cake Slice

Various flavours please check with our waiting staff as to what we have available (V)

£3

Gluten Free / Vegan Cakes

Please check with our staff as to what we have available (GF,VE)

£3

Plain or Fruit Scone

Served with jam & clotted cream (V)

£3

Cheese Scone

Served with butter, grated cheese & chutney (V)

£3

Fresh Pastries

Freshly baked croissant, pain au chocolate, cinnamon swirl or pain aux raisin

£1.50

Kids Menu

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

Simply Toast £1

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

Breakfast Sarnie £3

Bacon, sausage or egg sandwich (GF but not sausage)

The Mini Stack £5

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

Half Jacket Spud £4

Plain, cheese, beans, tuna, roasted chicken served with veg sticks (V,GF,VE)

Toasties £4

Ham & cheese or just cheese toastie (V,GF)

Pasta £4.50

Pasta with pesto (V) or bolognese

Kids Picnic Box £5

Cheese / ham / tuna mayo sandwich, veg sticks, hummus, pom bears, fruit pot (V,GF)



Take Away - Drinks Menu

Hot Drinks

Espresso	£2.00
Americano	£2.50
Flat White	£2.75
Mocha	£3.00
Cappuccino / Latte	£2.80
Iced Latte, Cappuccino or Mocha	£3.00
To add our coffee syrups: Hazelnut, Vanilla, Caramel, Toffee nut, Gingerbread	50p
Black Forest Hot Chocolate, cream & marshmallows	£3.50
Hot Chocolate – 33% pure cocoa, cream & marshmallows	£3.00
English Breakfast Tea (decaf available)	£2.75
Earl Grey Tea	£2.75
Herbal Teas: Mint, Green, Fruit, Chamomile	£2.75
Babychino with Cream & Marshmallows	£1
Baby Hot Chocolate with Cream & Marshmallows	£1.55

Cold Drinks

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
Fresh Ice Cream Milkshakes	£3.25
Strawberry / Vanilla / Banana / Chocolate or Raspberry	
Healthy Smoothies	£4.00
Morning Boost – Spinach, pineapple, mango & banana with almond milk	
Beet n blend – Beetroot, strawberry & banana with coconut milk	
Berry Energiser – Blackberry, Strawberry & Blueberries	
Kids Soft Drinks	
Kids Happy Monkey Smoothies	£1.65
Orange & Mango	
Apple & Blackcurrant	
Strawberry & Banana	
Kids Happy Monkey Mini Milkshakes	£1.65
Strawberry	
Chocolate	
Kids Fresh Ice Cream Milkshakes	£2.50
Strawberry	
Vanilla	
Banana	
Chocolate	
Raspberry	