

## Lunch (Served from 12 noon)

### Fresh Sandwiches

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

- Cheese & Branston Pickle - £5**
- Tuna Mayonnaise Salad - £5**
- Ham Salad - £5**
- Egg Mayonnaise & Cress - £5**
- Bear & Eden Club - £6.50**  
Chicken, bacon, avocado, cheese, salad & mayonnaise.
- Chicken & Avocado - £6**
- Cheese Ploughman's - £6**  
Ham, cheddar cheese, sliced tomato, branston pickle & salad.
- Prawn & Avocado - £6**
- Smoked Salmon & Cream cheese - £6**
- Bacon, Lettuce & Tomato - £6**
- Chicken Salad - £6**
- The Eggless Mayo (Vegan) - £6**  
Packed with finely chopped tofu, vegan mayo & cress.

### Toasted Panini's

Available on panini or gluten free ciabatta with optional side salad

- Simply Cheddar Cheese - £5**
- Stilton & Cranberry - £6**
- Ham & Cheddar Cheese - £6**
- Mozzarella, Tomato & Pesto - £6**
- Tuna Melt - £6**
- Mozzarella, Tomato & Pesto - £6**
- Cheddar Cheese, Tomato & Red Onion - £6**
- Sausage, Cheddar Cheese & Onion Chutney - £7**
- Chicken, Mozzarella & Pesto - £7**
- Brie, Bacon & Cranberry - £7**

### Jacket Potatoes

Available with optional side salad

- Tuna Mayonnaise - £7**
- Cheese & Beans - £7**
- Simply Cheese - £6.50**
- Sausage, Beans & Cheese - £8**
- Brie & Bacon - £8**

### Salads

- Tomato, Mozzarella, Avocado & Basil Salad - £10.50**  
Tomato, mozzarella, avocado and basil, served with olive oil & balsamic dressing.
- Tuna Nicoise Salad - £10.50**  
Tuna, free range boiled eggs, baby potatoes, 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**  
Plain, cheese, beans or tuna mayonnaise - **£4.50**  
Mini sausages, beans & cheese - **£5**
- Toasties - £4** (Panini or gluten free ciabatta)  
Ham & cheese, tuna melt, cheese and beans or just cheese.
- Mini Sausages With Beans or Spaghetti Hoops - £4**
- Pasta - £5** (Gluten free pasta available)  
Pesto or bolognese, served with grated cheese
- Bear & Eden Picnic Plate - £5**  
Cheese, ham or tuna mayo sandwich, veg sticks, houmous, pom bears & honeydew melon & grapes.  
(Available on white, multi-grain or gluten free bread)

## 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

10% discount on takeaway orders

