SAMPLE MENU

TOASTED BEAR BAKERY SOURDOUGH WITH BUTTER **(V/VGO) £4.75 (G/D)**
ADD EMPORIUM PRESERVES (LEMON CURD, MARMALADE, STRAWBERRY JAM) OR LOCAL HONEY **£0.75**
BEAR BAKERY ALL BUTTER CROISSANT (V) £4.75 BUTTER AND EMPORIUM STRAWBERRY JAM
GRANOLA (V/VGO/GF) £6.95 (D/N) HOME BAKED GRANOLA, GREEK STYLE LOCAL YOGHURT, BERRY COMPOTE

HALLOUMI WAFFLES (V, GF) £11.75 (D/E)
HOUSE WAFFLES, ORGANIC WELSH HALLOUMI, AVOCADO, CONFIT TOMATO, CHIPOTLE MAYONNAISE, SRIRACHA
MAPLE SYRUP WAFFLES (V, GF) £9.50 (D/E) HOUSE WAFFLES, WHIPPED BUTTER, MAPLE SYRUP
CHICKEN AND WAFFLE £14.25 (G/D/E) HOUSE WAFFLES, BUTTERMILK FRIED CHICKEN, MAPLE SYRUP, SRIRACHA

SHAKSHUKA (V, GFO) £11.95 (G/D/E/SO)
TWO FREE RANGE EGGS, SPICED TOMATOES & PEPPERS, SPINACH, YOGHURT, DUKKHA, BUTTERED SOLDIERS
TRUFFLE BAKED EGGS (V, GFO) £11.95 (G/D/E)
TWO FREE RANGE EGGS, SAUTEED MUSHROOMS, SPINACH, TRUFFLE CREAM, BUTTERED SOLDIERS
TWICE BAKED SMOKED SALMON SOUFFLE £12.75 (F/G/D/E/M)
SMOKED SALMON, SPINACH, OLD WINCHESTER CHEESE, PICKLED CUCUMBERS, SOURDOUGH TOAST
TWICE BAKED THREE BRITISH CHEESE SOUFFLE (V) £12.25 (G/D/E/M)
CHEDDAR, OGLESHIELD, TEIFI, SPINACH, CHIVE CREAM, PICKLED WALNUTS, SOURDOUGH TOAST
'THE BREAKFAST' SOUFFLE (VO) £12.25 (G/E/D)
TWICE BAKED SOUFFLE, CONFIT TOMATOES, SAUTEED MUSHROOMS, BEBBINGTON'S PANCETTA, SOURDOUGH TOAST

MUSHROOMS ON TOAST (VG, GFO) £11.95 (G)
GRILLED PORTOBELLO, TOASTED SOURDOUGH, KALE, TARRAGON 'BUTTER'
OH CRUMPETS!! (VG) £12.50 (G/S)
'BUTTERED' SOURDOUGH CRUMPET, HOUMOUS, AVOCADO, MUSHROOM, SPINACH, SPICED TOMATO JAM, DUKKAH

EMPORIUM BREKKIE £13.25 (G/E)
BEBBINGTONS DRY CURE BACON & SAUSAGE, FRIED FREE RANGE EGG, MUSHROOM, HOUSE BAKED BEANS, BUBBLE & SQUEAK
VEGGIE BREKKIE (V, GF) £13.25 (G/E/D)
WELSH HALLOUMI, MUSHROOM, TOMATO, HOUSE BAKED BEANS, AVOCADO, FRIED FREE RANGE EGG, BUBBLE & SQUEAK
DUCK AND CHORIZO CRUMPET £14.95 (G/E/D/M)
CONFIT DUCK AND GRILLED CHORIZO, BUTTERED CRUMPET, KALE, FIRED HEN'S EGG, MUSTARD MAPLE SYRUP
SMOKED SALMON CROISSANT £13.95 (G/D/E/F/M)
SMOKED SALMON, SCRAMBLED EGG, SPINACH, ALL BUTTER BEAR BAKERY CROISSANT, DILL DIJONNAISE

BEBBINGTON'S BACON (GFO) OR SAUSAGE BUTTIE £8.50 (G/D) GRIDDLED SOURDOUGH, BLOODY MARY KETCHUP
WELSH HALLOUMI AND AVOCADO BUTTIE (GFO) £8.75 (V)(G/D)
SRIRACHA MAYONNAISE, GRIDDLED SOURDOUGH, BLOODY MARY KETCHUP

TUSCAN VEGETABLE SOUP (V, GFO, VGO) £6.95 (G/D) BEAR BAKERY SOURDOUGH, BUTTER
TODAY'S FRITTATA (V, GF) £6.25 (E/D/SD) SEASONED POTATO AND EGG 'OMELETTE', APPLE SLAW

SEASONED FRIES (VG) £4.5 **TRUFFLE AND OLD WINCHESTER FRIES (V, VGO) £5.75 (D)**

ADD STUFF
BEBBINGTON'S PANCETTA, SAUSAGE OR BLACK PUDDING **£3.25,** CRUSHED AVOCADO **£3**, WELSH HALLOUMI **£3.25**, FRIED EGG **£1.75**

ALLERGEN INFORMATION – GLUTEN, DAIRY, EGGS, MUSTARD, FISH, MOLLUSC, CRUSTACEAN, LUPIN, CELERY, SESAME, PEANUT, NUTS, SULPHUR DIOXIDE, SOYA

(V) - VEGETARIAN (VO) - VEG OPTION (VG) - VEGAN (VGO) VEGAN OPTION (GF) - GLUTEN FREE (GFO) - GLUTEN FREE OPTION
ALL OUR FOOD IS FRESHLY MADE, WITH LOVE, IN OUR TINY KITCHEN – PLEASE BE ADVISED THAT MENU ITEMS CANNOT BE SWAPPED AND THERE MAY BE A LONGER (BUT TOTALLY WORTH IT) WAIT AT BUSY TIMES
ALLERGENS AND INTOLERANCES – PLEASE SPEAK TO OUR STAFF ABOUT THE INGREDIENTS IN YOUR MEAL, WHEN MAKING YOUR ORDER. THANK YOU.