



# FOOD Menu

**BREAKFAST**  
From **£3.75**

**AFTERNOON DEALS**  
MON-FRI 2PM-5PM

**FREE REFILL £2.29**  
TEA, FAB FOUR COFFEE & HOT CHOCOLATE

**STEAK HOUSE**  
THURSDAY 11.30AM-9PM

**CURRY HOUSE**  
THURSDAY 11.30AM-9PM

**FISH FRIDAY**  
FROM 5PM  
2 FISH & CHIPS FOR £20

## BREAKFAST & BUTTIES

Served from 8am-12noon.

**Full Welsh Breakfast** £6.95  
2 bacon, sausage, beans, hash brown, mushrooms, fried egg, tomato and toast.

**Small Breakfast** £4.75  
Bacon, sausage, fried egg, beans and hash brown.

**Vegan Breakfast** £6.95 *Ve*  
2 Quorn sausages, beans, tomatoes, mushrooms, 2 hash browns and toast.

**Large Full Welsh Breakfast** £9.45  
3 bacon, 2 sausage, 2 hash browns, 2 fried eggs, beans, mushrooms, tomato and toast.

**Beans On Toast** £3.75 *Ve, GFOA*  
2 slices of toast with baked beans.

**Cheesy Beans On Toast** £4.25 *V, GFOA*  
2 slices of toast and baked beans topped with melted cheese.

**Breakfast Wrap** £4.75  
Tortilla filled with bacon, sausage, hash brown, burger cheese and fried egg.

**Breakfast Muffin** £4.75  
Bacon, sausage, fried egg and burger cheese.

**Pancakes** £5.95  
With bacon and maple syrup.

**Bacon Buttie** £3.95 *GFOA*  
Served in a floured bun.

**Sausage** £3.95  
Served in a floured bun.

**Quorn Sausage Buttie** £4.95 *Ve*  
Served in a floured bun.

### - BREAKFAST & BUTTIES EXTRAS -

**Bacon x2** £1.50 | **Sausage** £1.05 | **Fried Egg** £1 | **Beans** £1 | **Hash Brown** £1 | **Toast Per Slice** £1

## SMALL PLATES

**Halloumi Fries** £5.25 *V*  
With chilli jam.

**Peri Peri Chicken Wings** £6.95 *GF*  
10 wings in a spicy sauce.

**Southern Fried Chicken Tenders** £6.25  
With sweet chilli sauce.

**Quorn Chicken Dippers** £5.95 *Ve*  
With garlic mayo.

**Nachos For 2** £6.95 *V, GF, VOA*  
With nacho cheese sauce, sour cream, salsa, guacamole and jalapenos.

**Mozzarella Melts** £4.95 *V*  
Served with tomato salsa.

**Mac & Cheese Bites** £4.50 *V*  
With nacho cheese sauce.

**Popcorn Chicken** £5.95  
With Sweet chilli sauce.

## BAGUETTE OR WRAP

Served until 3pm. Served with coleslaw and fries.

**Cheese, Lettuce & Coleslaw** £4.95 *V, VOA, GFOA*

**Chicken, Bacon, Lettuce & Mayo** £6.95 *GFOA*

**Burnt Ends, Lettuce & Cheddar Cheese Sauce** £6.95

**Ham, Tomato, Lettuce & Mayo** £6.25 *GFOA*

## BURGERS

Soft Drink Included\*  
Alcoholic Drink\* +£2

All burgers are served in a brioche bun with skin on fries and house slaw.

**Classic Burger** £10.95  
6oz Welsh beef patty with our burger sauce, lettuce, tomato, red onion and gherkin.

**Cheese Burger** £11.95  
6oz Welsh beef patty with our burger sauce, lettuce, tomato, red onion and gherkin topped with burger cheese and nacho cheese sauce.

**Chicken & Bacon Burger** £11.95  
Grilled chicken breast, crispy bacon with lettuce, tomato garlic mayo and tomato salsa.

**Bacon & Cheese Burger** £12.45  
6oz Welsh beef patty with our burger sauce, lettuce, tomato, red onion and gherkin topped with burger cheese, bacon and nacho cheese sauce.

**Burnt Ends Burger** £14.45  
6oz Welsh beef patty with our burger sauce, lettuce, tomato, red onion and gherkin topped with brisket burnt ends, burger cheese and cheddar cheese sauce.

**Southern Fried Chicken Burger** £10.95  
Southern fried chicken fillets with lettuce, tomato and garlic mayo.

**Oumph Burger** £10.95 *Ve*  
Plant based patty with our burger sauce, lettuce, tomato, red onion and gherkin.

**Quorn Chicken Burger** £10.95 *Ve*  
Quorn chicken nuggets, lettuce, tomato, garlic mayo and tomato salsa.

### - BURGER EXTRAS -

**Bacon x2** £1.50 | **Cheese** £1 *V* | **Vegan Cheese** £1 *Ve* | **Jalapenos** £1 *Ve* | **Burnt Ends** £2  
**Extra Chicken Breast, Southern Fried Chicken, Oumph! *Ve* or Beef Patty** £3

**DIETARY KEY** : *V* = Veggie | *Ve* = Vegan | *GF* = Gluten Free | *VOA* = Vegan Option Available | *GFOA* = Gluten Free Option Available



**ALLERGIES**  
At The Bear's Head we take food allergens very seriously, so if you have an allergy please let us know. We have an allergen list showing all of the 14 allergens legally required that are contained in every dish on our menu. We have strict procedures in place for taking and preparing allergen orders, however even with the considerable efforts we go to unfortunately we can never 100% guarantee that our dishes will be totally free of allergens. Whilst our vegan/vegetarian/gluten-free dishes contain no meat, animal-derived ingredients or gluten, we cannot always guarantee that the meals will be cooked in dedicated vegetarian/vegan/gluten fryers. Please ask your server for more information.



\* See our Drinks Menu for alcoholic drinks included in the offer. Soft Drinks: 12oz post mix lemonade, Pepsi Max, diet Pepsi, ginger beer, orange crush, UXB energy, apple juice, orange juice, cranberry juice.



# FOOD Menu

## CURRIES

Soft Drink Included\*  
Alcoholic Drink\* +£2

### Chicken Katsu Curry £11.45

Breaded chicken breast, katsu sauce with basmati rice and chips.

### Quorn Katsu Curry £11.45 *Ve*

Quorn chicken nuggets, Katsu curry sauce with basmati rice and chips.

### Chicken Tikka Masala £12.45 *GF*

Diced chicken breast in a tikka sauce served with basmati rice, chips, mango chutney and poppadoms.

### Quorn Fillet Tikka Masala £12.45 *Ve*

Diced Quorn fillet in a tikka sauce with basmati rice, chips, mango chutney and poppadoms.

### Welsh Beef Madras £12.45

Chunks of diced beef with basmati rice and chips.

## - CURRY EXTRAS -

Naan Bread £1 | Garlic Naan Bread £1.20 | Spring Rolls £1 | Samosas £1.50 | Poppadom 80p | Onion Bhajees £1.50

## SMALL PUB CLASSICS

Soft Drink Included\*  
Alcoholic Drink\* +£2

**AFTERNOON DEAL : Mon-Fri 2pm-5pm.**  
£6.95 with a soft drink.

### Small Ham, Egg & Chips £7.45 *GF*

One slice of ham, 1 egg and chips.

### Small Fish & Chips £8.45 *GF*

Hand-battered gluten free cod fillet with tartare sauce, mushy peas and chunky chips.

### Small All-Day Brunch £7.45

Bacon, sausage, fried egg, beans and fries.

### Small Scampi & Chips £8.45

5x breaded scampi served with chunky chips, tartare sauce and peas.

### Small Sausage, Egg & Chips £7.45

2 sausages, 1 fried egg, beans and chips.

## CROESO CLASSICS

Soft Drink Included\*  
Alcoholic Drink\* +£2

### Welsh Beef Lasagne £13.45

Celtic Pride minced beef in a Bolognese sauce layered between pasta sheets and topped with cheddar cheese and served with garlic baguette.

### Fish & Chips £12.45 *GF*

Hand-battered gluten free cod fillet with tartare sauce, mushy peas and chunky chips.

### Cardiff Victoria Park Pie £13.45

Locally sourced freshly baked pies served with buttery mash, mushy peas and gravy. Ask the team for this week's pie option.

### Vegetable Lasagne £13.45 *Ve*

Chargrill vegetables in a Bolognese sauce layered between pasta sheets and topped with herb infused crumb. Served with a garlic baguette.

## PUB CLASSICS

Soft Drink Included\*  
Alcoholic Drink\* +£2

**AFTERNOON DEAL : Mon-Fri 2pm-5pm.**  
£8.95 with a soft drink.

### Scampi & Chips £10.75

8x Breaded scampi served with chunky chips, tartare sauce and peas.

### All Day Brunch £10.45 *VOA*

2 bacon, sausage, beans, mushrooms, fried egg, tomato and fries.

### Sausage & Mash £9.95 *VOA*

3 pork sausages with buttery mash, peas, onion rings and gravy.

### Chicken & Bacon Salad £10.45 *GF*

Chicken breast, smoked bacon with lettuce, tomato, cucumber and red onion with a house dressing.

### Mac N Cheese £10.45 *V*

Macaroni pasta in a cheddar cheese sauce and topped with melted cheddar served with garlic bread.  
Burnt Ends £2 | Chicken Breast £2 | Bacon £1.50

### Hunters Chicken £11.75 *GF*

Chicken breast and bacon in BBQ sauce and topped with melted cheddar cheese served with chips.

### Chicken Caesar Salad £10.45

Chicken breast, baby gem lettuce, croutons, bacon, parmesan and caesar dressing.

### Ham, Eggs & Chips £10.65 *GF*

Sliced ham, 2 fried eggs and chunky chips.

### Chilli Con Carne £10.45 *GF*

Served with basmati rice.

## FROM THE GRILL

Soft Drink Included\*  
Alcoholic Drink\* +£2

Served with chunky chips, grilled tomato, mushrooms and watercress.

Add Peppercorn Sauce or Cheddar Cheese Sauce for £1.50.

### 8oz Welsh Rump Steak £14.45 *GF*

### 8oz Welsh Sirloin £18 *GF*

### 8oz Gammon & Egg £13.45 *GF*

### Mixed Grill £17.45 *GF*

½ gammon 4oz rump, ½ chicken breast, sausage and fried egg.

## - SIDES -

Garlic Baguette £2.95 *Ve* | Cheesy Garlic Bread £3.50 *V* | Fries £3.95 *Ve, GF* | Chunky Chips £4.50 *Ve, GF* | Cheesy Fries £4.50 *V* | Cheesy Chips £4.95 *V*

Beer Battered Onion Rings £3.50 *V* | Side Salad £3.95 *Ve* | Coleslaw £2.50 *Ve* | Loaded Fries With nacho cheese sauce and chopped bacon £5.25 *GF*

## DESSERTS

### Sticky Toffee Pudding £4.95 *V*

With custard or vanilla ice cream.

### Chocolate Fudge Cakes £4.95 *V*

With cream.

### 8 Churros £3.50 *V*

With chocolate and toffee sauce.

### Lemon Cream Pie £3.95 *V*

### Banoffee Gateau £3.50 *V*

With cream.

### Vanilla Ice Cream £2.75 *V, VOA*

With strawberry sauce, chocolate sauce or toffee sauce.

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