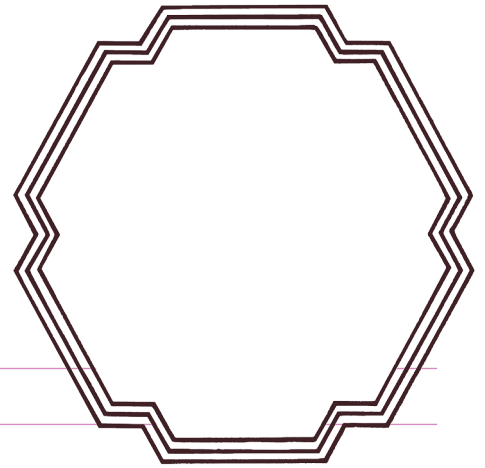


BEAR

All our meat is sourced by Pat McLoughlin & Gilligan Farm Butchers.
We buy Charolais & Charolais X breeds from small herds in mid Leinster.



EARLY RISER

grilled pink grapefruit & ginger sugar	4.75
caramel apple, highbank orchard syrup, yoghurt & spelt granola	5.25
bacon sandwich with house brown sauce/mustard	6.50
scrambled/fried eggs on sour dough	6.95
-w/ chermoula & spinach	1.95
-w/ jalapeno & emmenthal	1.95

JUICE

orange	3.95
pink grapefruit	3.95
lime, orange, lemon	3.95
sparkling water	2.00

SIDES

fries	3.95
green salad	4.00
horseradish slaw	4.50
black pudding croquettes	4.95

SAUCES

2.00 each or 3 for 5.00

tarragon red wine garlic butter
smoked garlic aioli
roast chili
watercress & horseradish butter
chimichurri
chipotle mayonnaise
pink peppercorn whiskey
thyme butter

WEEKENDERS

red flannel hash – steak, beets, potato, 2 fried eggs & hot sauce on the side	11.95
soft boiled eggs, thos doherty's white pudding & toast soldiers with red onion marmalade	8.50
“spuntino egg” crusty bread, duck egg, serrano ham, emmenthal & truffle oil	8.95
gammon steak with chipotle pineapple relish	8.95
grilled pork & black pepper sausages, home baked beans, sourdough toast	9.95
chestnut mushrooms with miso butter on sourdough toast with avocado & rocket	8.95
smoked haddock, onion & new potato omelette with curry spices & sour cream	10.95
pineapple & cream cheese stuffed french toast with golden syrup	8.95

customise your breakfast with extra eggs, bacon, sausages, whatever but don't be awkward chefs aren't morning people!

GRILL

minute steak & fries	10.00
rosary & fries	10.00
8oz rump	16.45
9oz strip loin	19.95

SALADS

roast carrot & shallots, curry spices, apricot, buttermilk dressing with spinach
red cabbage, whipped feta, parsley, red onion, grape & harissa/ citrus dressing

all salads; 9.95....add grilled steak, chicken fillet 2.00

DRINKS bloody mary | glass of heineken | prosecco | homemade lemonade

Bear as with all Jo'burger siblings buys from only irish owned companies including: Caterway, Clement & Pekoe, Two Spots Coffee Roasters, Le Levain Bakery, Pat Mcloughlin Butchers, Gilligan Farm Butchers, Tom Lynch Butchers, Thos Doherty Pudding, 8 Degrees Breweries, La Rousse, Kish Fish & Sheridans Cheese Mongers.

All printing by We Do Printing and design by Rowdy Studio.

12.5% service charge on tables of five or more



WEEKEND MENU PLEASE TURN OVER

Tables are to share

BEAR | 34/35 SOUTH WILLIAM ST D2 | www.Twitter.Com/BEARdublin