



FOOD

**AL BEAR**  
AL BEAR

CHEEKY  
**HIGH TEA**  
**FOR TWO**

MON - FRI 12pm - 6pm

**3 TIER EXTRAVAGANZA  
OF NAUGHTINESS**

**Any pizza from our pizza section.**

*\*Calzone not included*

**2x homemade cheeseburger sliders.**

**2x mac & cheese.**

**Lightly battered honey glazed chilli chicken.**

**Halloumi Fries.**

**Pan-fried padron peppers.**

**Skin on fries.**

**4 Dips: Korean BBQ, garlic mayo,  
hot sauce, & secret burger sauce.**

**£40**

**AL BEAR**

# AL BEAR

BAR &amp; KITCHEN

WHITLEY BAY

## SNACKS 'N' STUFF



### GARLIC FLATBREAD £6.95

Freshly baked, brushed with house garlic oil.  
+ mozzarella £7.95  + tomato sauce & basil £7.95 

### MARINATED OLIVES £4.25

marinated in Greek spices. + feta £1

### HAND CUT FAT CHIPS & DIPS £3.95

### SKINNY FRIES & DIPS £3.95

### SWEET POTATO FRIES & DIPS £4.95

### DUCK PANCAKES £8.95

4 fluffy buttermilk pancakes with yummy hoisin shredded duck, cucumbers, spring onions, sriracha mayo, crispy onions & sesame seeds

### PANKO FRIED COD BITES £7.95

With homemade tartar sauce

### TRIO OF SLIDERS £8.95

3 bite size cheese burgers with burger sauce shredded iceberg, salsa & gherkin.

### BATTERED KING PRAWNS £9.50

King prawns lightly battered & served with lip smacking sweet chilli sauce.

### PAN FRIED KING PRAWNS £9.50

Cooked in garlic butter & chilli, finished with pomegranates & served with toasted sourdough.

### PADRON PEPPERS £6.95

Chard & blistered with olive oil & Cornish sea salt with sriracha mayo dip

### HALLOUMI FRIES £6.95

With pomegranates & sriracha mayo.

### HONEY & CHILLI CHICKEN £8.95

Lightly battered chicken with soy sauce, chilli flakes, a honey glaze & sprinkled with sesame seeds.

### LAMB KOFTAS £8.50

Grilled kofta with hummus, tomato & red onion salad, mini homemade flatbread, pomegranates, crumbled feta & mint yoghurt.

### HUEVOS ROTOS £6.50

Diced fried spicy potatoes, topped with a fried egg.

### BRAVAS £7.25

Deep diced potatoes, red onion, spinach & bravas sauce, finished with sour cream.

*Can be vegan.*

### DEEP FRIED BRIE WEDGES £7.25

Breaded brie served with a spiced pear chutney.

### MUSSELS £7.95

Cooked in a white wine, onion & garlic cream sauce, served with toasted sourdough.

### DELI BOARD (good for sharing) £18.95

A selection of cured meats, marinated olives, caper berries, pickles, fresh mozzarella, feta, tomato chutney, sun blushed tomatoes, hummus, tomato & red pepper hummus, olive oil & balsamic homemade rustic flatbread.

# LEGENDARY KEBABS

## CHICKEN £17.95

Chicken breast marinated in house spice mix, cooked on the grill, on a homemade hand pulled to order flatbread topped with salad, pickled red cabbage, jalapeños & lashings of garlic mayo & hot hot sauce. Served with skinny fries.

## LAMB £17.95

Spiced lamb koftas served on a homemade hand pulled to order flatbread topped with salad, pickled red cabbage, pomegranates, pink sauce, hot hot sauce. Served with skinny fries.

## MONKFISH & BELLY PORK £18.95

Monkfish & belly pork skewers served on homemade hand pulled to order flatbread, topped with salad, pickled red cabbage, pomegranates, spiced green lentils with pink sauce & mint & lemon yoghurt. Served with skinny fries.

## CRISPY HALLOUMI & VEGETABLE £14.95

Two halloumi & vegetable skewers on a hand pulled to order flatbread, topped with salad, pickled red cabbage, pomegranates, mint yoghurt & chilli sauce. Served with sage fries. *Can be Gf*

## KING PRAWN & FILLET STEAK £19.95

Fillet steak & king prawns skewers cooked in garlic butter, on a homemade hand pulled to order flatbread, topped with salad, pickled red cabbage, pomegranates, garlic mayo, chilli sauce. Served with skinny fries.

# BIG PLATES

## FISH & CHIPS £13.50

Battered cod, hand cut fat chips, homemade tartare sauce & mushy peas.

## BANGERS & MASH £11.95

Cumberland sausages in a French onion & stout gravy, served with a creamy mash.

## NAUGHTY MAC & CHEESE £9.95 V

+ 4oz rump steak £4 . + buttermilk chicken £3

Baked in our 3 cheese sauce.

## 12 HOUR SLOW COOKED BEEF BRISKET CHILLI £13.95

With rice, sourcream, guacamole, jalapeños & tortilla chips.

## CRISPY BELLY PORK £17.95

With Doreen black pudding, apple & cider sauce, creamy mash & greens.

## MOULES FRITES £13.95

Served with fries & toasted sourdough. Cooked in a choice of sauce:

- White wine, onion & garlic cream sauce
- Chili, garlic & tomato sauce

## PIE & CHIPS £12.95

(ask our server for todays pie)

Served with chunky chips, peas & a side of gravy

Although we try our best to minimise cross contamination, we cannot guarantee that there has been no accidental cross over.

For this reason, our dishes may not be suitable for those with severe allergies or strict dietary requirements.

Please speak with a member of staff before ordering.

All our hard working & talented team of chefs welcome your patience when the restaurant is busy ..thank you.

# PIZZA

All of our pizzas are hand crafted with sourdough, house made tomato sauce & 100% mozzarella. **Gluten free** pizza bases & vegan mozzarella cheese available upon request

## PIZZA BURRITO £14.95

Nduja sausage, ground chuck beef mince, pepperoni, mixed peppers, red onion & pizza sauce. All tightly wrapped in a garlic bread & finished with crushed flaming hot Doritos. With a side of burger sauce for dipping.

## CLASSIC MARGARITA £9.50

House tomato sauce, mozzarella, oregano & fresh basil  
*Add pepperoni £1*

## CALZONE £12.95

Rolled pizza filled with Bacon bits, nduja sausage (soft sausage that melts in to the pizza, beware it's hot) roasted peppers, sliced red onions, tomato sauce, mozzarella, mushrooms served with a pot of warm house tomato sauce.

## TANDOORI £11.95

Masala sauce, chicken tikka, onion bhajis, mini popadoms, mango chutney with a mint & yoghurt dressing.

## PADANA £12.95

Creamy goats cheese, red onion chutney, balsamic syrup, grilled courgettes, roasted butternut squash & finished with baby leaf salad & a fresh mozzarella ball.

## FUZZY DUCK £11.95

Hoisin & sweet chilli base. Tender Shredded duck, mozzarella finished with cucumbers, spring onions, fresh chillies drizzled with honey & sriracha topped with sesame seeds.

## GYPSY HOT BOY £12.95

Tomato base, mozzarella, pepperoni, nduja sausage (Soft sausage that melts in to the pizza, beware it's hot) Jalapeños, sun blushed tomatoes, garlic & red onions.

## HOLY GHOST VEGAN £10.95

Gluten free pizza base topped with house tomato sauce, vegan mozzarella, BBQ jackfruit, pineapple, mushrooms, olives, red onions, mixed peppers & jalapeños.

# SALADS

## ASIAN STEAK SALAD £11.95

Asian inspired steak, mixed leaf, cherry tomatoes, cucumbers, soybeans, red onions & mange tout finished with sweet chilli sauce & roasted salted peanuts.

## VEGAN SALAD £11.50

Radishes, grilled courgette, cherry tomatoes, peppers, sundried tomatoes, avocado, green beans, tossed with mixed leaf, edamame beans, pumpkin seeds, chickpeas, spiced lentils, nigella seeds & a whole grain mustard dressing topped with fried breaded tofu. *+ chicken £3*

# BUNS

All of our burgers are served in a toasted brioche bun & seasoned fries. GF poppy style burger bun available upon request.

**SWAP TO SWEET POTATO FRIES FOR £1.50**

## BEEF & REEF £14.95

Double 100% chuck beef patties, Monterey jack cheese, red onion chutney, lightly battered king prawns & pickles.

## AL BEAR £12.95

Double 100% chuck beef patties, ketchup, French's mustard, pickles, double cheese & shredded iceberg. *Add bacon £1*

## CLUCKING GREAT £13.95

Fried buttermilk chicken, American cheese, smoked bacon, pickles, shredded iceberg, chilli sauce & secret burger sauce.

## HALLOU-ME YOU'RE LOOKING FOR £13.95

Double 100% chuck beef patties, grilled halloumi, caramelized red onion chutney, shredded iceberg & secret burger sauce. *Add bacon £1*

## ALLOTMENT BURGER £12.95

Double garden gourmet vegan patties, vegan mozzarella, shredded iceberg tomato chutney. Served in a GF poppy style burger bun.

# PIMPED UP FRIES

## AVO-GO ON THESE £8.50

A mix of Skinny fries & sweet potato fries topped with fried halloumi, avocado mayo, sriracha, jalapeños & nigella seeds.

## CHILLI FRIES £9.95

Beef brisket chilli, guacamole, sour cream, cheese sauce & jalapenos.

## DAISY DUCK FRIES £9.95

Skinny fries topped with shredded duck, hoisin & sweet chilli sauce, cucumber & spring onions, sriracha mayo, crispy onions & sesame seeds.

## GREEK FRIES £9.95

Skinny fries topped with smashed lamb kofta, crumbled feta cheese, pomegranate seeds, yoghurt & mint dressing.



