

# THE BEAR KICK

505-507 Upper Richmond Road, SW14 7DE  
Tel. 020 3417 4660

£9.95  
Two course set menu  
Tuesday - Thursday 12-3pm  
Friday - 12- 5pm  
(Dishes marked with 🐾)

## BREAKFAST & BRUNCH

Tuesday - Friday 11am- 1pm  
Saturday & Sunday 10am - noon

All our 'Bear' breakfasts are served with a choice of white/brown or sourdough toast.

### BIG BEAR BREAKFAST

2 fried eggs, 2 sausages, 2 rashers of bacon, 1 hash brown, black pudding, grilled mushroom, tomato & baked beans .....£9.95

### SMALL BEAR BREAKFAST

Choose 5 items from the following...  
Fried egg, sausage, 2 rashers of bacon, hash brown, black pudding, grilled mushroom, tomato & baked beans...£6.95

### VEGGIE BEAR BREAKFAST

2 fried egg, 2 veggie sausages, grilled mushroom, tomato, avocado, hash brown, & baked beans .....£8.95

### EGGS BENEDICT

Soft poached egg & Wiltshire ham on a toasted English muffin with hollandaise sauce ..... £6.95

### EGGS FLORENTINE

Soft poached egg & wilted spinach on a toasted English muffin with hollandaise sauce ..... £6.95

### EGGS ROYALE

Soft poached egg & smoked salmon on a toasted English muffin with hollandaise sauce ..... £7.95

### BEAR KICK TOAST

Bacon, egg, cheese, tomato and baby gem served on sourdough with a dollop of mustard mayo ..... £6.85

### PANCAKES

Mixed berries, banana and honey ..... £6.95  
Sticky crispy bacon and maple syrup ..... £7.50

### BEARS' PORRIDGE

Served with milk or soya, topped with banana, strawberry and sunflower seeds & drizzled with honey ..... £5.95

### ON TOAST / BRIOCHE BUN / SANDWICH

Choose one item from the following;  
Fried or poached egg, sausage, 2 rashers of bacon, hash brown, black pudding, grilled mushroom, tomato, baked beans..... £4.50

Extra items £1.00 each

### DELUXE ITEMS £1.50 EACH

Crushed avocado, grilled chorizo, smoked salmon, scrambled egg

### SOMETHING SWEET

French toast with maple syrup & crispy bacon ... £5.50

### SOMETHING HEALTHY

Greek yoghurt topped with Granola & mixed berry compote ..... £4.95

### SOMETHING DIFFERENT

Fried egg & crushed avocado (with a dash of tabasco for a Bear Kick) on chargrilled ciabatta ..... £6.95

### SOMETHING CLASSIC

2 soft boiled eggs with buttered soldiers ..... £4.50



## SANDWICHES

Tuesday - Saturday 11am- 3pm

### 🐾 "NOT" CHEESE ON TOAST (V)

Ciabatta filled with mozzarella, beef tomato, rocket, avocado with pesto dressing & coleslaw garnish..... £6.25

### CHARGRILLED STEAK CIABATTA

Succulent steak served to your liking in toasted ciabatta with rocket and butter, with coleslaw garnish ..... £9.50

### THE BEAR CLUB

Triple layered with marinated chicken breast, streaky bacon, melted cheddar, baby gem, beef tomato and mayo served with coleslaw garnish ..... £8.50

### 🐾 OPEN SALMON BAGEL

Toasted bagel with salmon, cream cheese and lemon £5.95

## SUMMER SPECIALS

### BBQ PORK RIBS or ½ PIRI PIRI CHICKEN

With skinny fries & slaw £13.95

### BEAR COMBO

Piri piri chicken, BBQ pork ribs, coleslaw, fries & onion rings £15.95

## SIDES


Skinny fries | Green beans | Mixed leaf salad | Mashed potatoes | Coleslaw ..... £2.95


Rocket & parmesan salad | Fennel salad | Sweet potato fries & chipotle mayo | Onion rings & barbeque dip ... £3.50

## KICK START

Marinated olives (GF) £2.00 | Warm bread & olives £3.95  
Grilled chorizo (GF) £4.95 | Hummus & Toasted Pitta £3.95


## STARTERS

 **SOUP OF THE DAY**  
Fresh soup of the day, please ask server ..... £4.50

 **HOUSE PÂTÉ**  
Chicken liver pâté served with chargrilled ciabatta & homemade chutney ..... £6.95

**SALT & PEPPER CALAMARI**  
With lemon mayo on the side to dip..... £5.95

**PRAWN COCKTAIL**  
Cocktail prawns on a bed of baby gem with cocktail sauce and ciabatta ..... £6.95

 **TOMATO BRUSCHETTA (V)**  
Toasted ciabatta with basil & garlic dressed tomatoes £5.50

**HALOUMI SKEWERS (V)**  
Coated in bread crumbs with a zucchini pea salad & lemon dressing ..... £6.95

**TEMPURA STYLE KING PRAWNS**  
Fresh large king prawns lightly dipped in tempura batter with sweet chilli sauce (4 pieces) ..... £8.95

## BURGERS

*Served in a brioche bun with skinny fries & coleslaw. Go naked and substitute the bun & fries for our mixed salad.*

**THE 'BEAR' BEEF BURGER**  
6oz British mince steak chargrilled with baby gem, beef tomato, red onion, gherkin & Bear Kick sauce ..... £11.50

**THE 'BEAR' CHICKEN & CHORIZO BURGER**  
Marinated chicken breast served with grilled chorizo, guacamole, baby gem & beef tomato ..... £11.95

**THE 'BEAR' RODEO CHICKEN BURGER**  
Marinated chicken breast, bacon, Portobello mushroom, cheddar cheese, onion rings and barbeque sauce ..... £12.95


**THE 'BEAR' VEGGIE BURGER (V)**  
Portobello mushroom topped with grilled halloumi, rocket, beef tomato & pesto ..... £11.50

**THE 'BEAR' FALAFEL BURGER (V)**  
Falafel, hummus, tzatziki, red pepper and halloumi with carrot & beetroot salad ..... £11.50

**Extras for burgers**  
Portobello mushroom, smoked back bacon, cheddar cheese, blue cheese, jalapenos or mozzarella ..... £1

## SALADS

**GREEK SALAD**  
Grilled chicken breast, feta, tomato, olive, red onion, cucumber and baby gem with olive oil & lemon dressing served with toasted pitta ..... £12.95  
Without chicken (V) ..... £10.95


 **CAESAR SALAD**  
Grilled chicken breast, boiled egg, baby gem & homemade croutons topped with anchovies & parmesan ..... £10.95  
Without chicken (V) ..... £8.95


**CHICKEN NOODLE SALAD**  
Chicken with egg noodles, bok choy Chinese leaves, chilli, cucumber, spring onion, coriander & radish with a lime Thai peanut dressing..... £13.95

## MAINS


**FISH & CHIPS**  
Beer battered cod served with homemade chips, mushy peas & tartare sauce ..... £12.95

**LAMB KOFTA**  
Spiced lamb kofta served with chargrilled flatbread, sweet potato fries, tzatziki and tomato onion salad ..... £12.95

 **GAMMON, EGG & CHIPS**  
Chargrilled gammon steak served with two fried eggs & chips ..... £8.95

 **PASTA OF THE DAY (V)**  
Served with spicy arrabiata sauce & garlic bread ..... £7.95

**8OZ SIRLOIN STEAK (GF)**  
Served with skinny fries & peppercorn or garlic butter sauce..... £17

 **CHILLI CON CARNE**  
Served with basmati rice, char grilled Pitta bread, cheddar cheese, guacamole & sour cream ..... £11.95

**HALLOUMI COUS COUS (V)**  
Mixed vegetable & chickpea cous cous topped with grilled halloumi & red pepper sauce ..... £11.95

**GRILLED CHICKEN BREAST (GF)**  
Marinated chicken breast served on a bed of green beans, rocket, olive, sun dried tomato & parmesan salad with a pesto dressing ..... £13.95

**PAN SEARED SALMON FILLET (GF)**  
Served on lemon & herb crushed new potatoes, green beans and chive caper butter ..... £14.50

## SUNDAY ROAST

Sundays noon - 8pm

**½ ROAST CHICKEN £12.95 | ROAST BEEF £15.95**  
Served with a Yorkshire pudding, roast potatoes, seasonal vegetables & Bear Kick gravy

   @thebearkick

Please ask a member of staff for further advice on gluten free options.

We have risk-assessed our kitchens' allergens; because of the nature of our food operation, we cannot fully guarantee that any food will be completely free from these allergens. (GF) Gluten free dish (V) Suitable for Vegetarians.