

## SOUPS:

### Daily Bear Soup

Cup \$3.99 or Bowl with French bread \$5.99

## SALADS:

🌶️ **Chop Chop** Diced spicy chicken, avocado, gourmet greens, egg noodles, onion, bell peppers, mushrooms & grainy mustard dressing \$12.99

🌿 **Bear Patch** Gourmet greens with our house balsamic vinaigrette ½ \$4.99 or Full \$8.99

**Classic Caesar** ½ \$4.99 or Full \$8.99

🌿 = Vegetarian    🌶️ = Spicy

### New England Clam Chowder

Cup \$4.99 or Bowl with French bread \$8.99

🌶️ **Thai Chicken** Marinated & grilled chicken, gourmet greens, rice noodles & Thai vinaigrette \$12.99

🌶️ **Stuffed Avocado** Shrimp, avocado gourmet greens & chipotle mayo ½ \$9.99 or Full \$12.99

» **SALAD ADD-ON** Shrimp \$4.00 / chicken or tiger prawns [6] \$4.99 / beef tenderloin \$6.50 or tuna \$6.75

## SHARING PLATES: *Good for one, perfect for two.*

**BEAR QUESADILLAS » CHOICE of vegetable, chicken, pulled pork, chorizo, or shrimp \$12.99**

The Black Bear donates \$0.50 to the North Shore Disability Resource Centre for every Quesadilla sold.

**\*\* With your help we've raised \$10,252 and counting \*\***

🌿 **Yam Fries** chipotle mayo ½ \$4.99 or Full \$7.99

🌿 **Fat Boy Fries** garlic mayo ½ \$3.99 or Full \$5.99

🌿 **Spring Rolls** House made crispy vegetable roll with honey ginger dip \$4.99

**Cheese Bread** Triple cheese, herbs baked on a fresh baguette \$7.99

**Onion Rings** Lightly battered, flash fried with garlic mayo \$7.99

**Dry Garlic Rib** Bone-in pork ribs with plum dip \$7.99

**Chicken Fingers** Lightly breaded chicken fingers & fat boy fries with honey mustard dip \$10.99

🌶️ **Soft Fish Tacos** Baked chili lime cod, coleslaw and guacamole in warm flour tortillas with sour cream and salsa \$12.99

**Salmon Parcel** Wild Sockeye in Filo with blue cheese caper cream sauce, gourmet greens, house vinaigrette \$13.99

**Herb Calamari** Flash fried and served with tzatziki \$9.99

**Crab Cakes** House made, flash fried & served with roasted red pepper aioli \$9.99

**Gyoza** 6 Pan-fried pot stickers with honey ginger dip \$6.99

**1lb Wings** Suicide / Hot / Dry Spice / Honey Garlic or BBQ celery, carrot sticks with ranch or blue cheese dip \$10.99

**Daily [2-7 pm] Hot Wing Special \$0.50 per**

*Min. 6 wings per order, no substitutions.*

**Crab Asparagus Dip** Thick blend of spinach, asiago and cream cheese with nacho chips \$10.99

🌶️🌶️🌶️ **Thai Noodles** Vegetables, Thai coconut curry, vermicelli rice noodles. Your choice of diced chicken or tiger prawns [6] \$12.99

**BEAR NACHOS** Tri-color tortilla chips, ½ lb of cheddar & jack cheese, tomato, scallions, jalapeño with salsa & sour cream. ½ order \$8.99 or Full \$13.99

» **ADD-ON:** 6oz taco beef \$3.25 / Sm. guacamole \$1.75 or Lg. \$2.95 / Extra cheese ¼lb \$3.00 ½ lb \$6.00

### SHARING PLATTERS: *No substitutions*

**Platter A:** Hot Wings, Spring Roll, Gyoza, Dry Ribs with sliced raw vegetables \$12.99

**Platter B:** Calamari, Thai Mussels, a Crab Cake with sliced raw vegetables \$13.99

**Veggie Platter:** Sliced raw carrots, celery, cucumber, tomato, broccoli, cauliflower & ranch dip. \$8.99

## SIGNATURE MEALS:

**Salmon Neptune** Wild Sockeye fillet, prawns and scallops in herb garlic butter, rice pilaf & veg. \$15.99

🌿🌿🌿 **Thai Mussels** Thai coconut curry with Naan bread \$13.99

🌿🌿🌿 **Zuni Mussels** Sliced bell peppers, onion, chipotle cream & French bread \$13.99

**Bear Cod & Chips** Blue Cod dipped in Big Rock Grasshopper Wheat Beer batter, coleslaw & tartar 1pc \$11.25 / 2pc \$14.25 / 3pc \$18.24  
» **ADD** extra tartar Sm. \$0.50 / Lg. \$1.00

**Classic Meat Loaf** 7oz slice of baked AAA ground sirloin, onion, & spices garlic smashed potatoes & vegetables \$13.99 » **ADD** extra slice \$3.99

🌿 **Chow Mein** Oriental slaw veg, steamed noodles in in-house Hoisin sauce \$9.99  
» **ADD** shrimp \$4.00 / chicken or tiger prawns [6] \$4.99

🌿 🌿🌿 **Indo Udon** noodles & veg in a spicy coconut curry sauce, chopped peanuts, cilantro and Naan bread \$11.99  
» **ADD** shrimp \$4.00 / chicken or tiger prawns [6] \$4.99

🌿 🌿🌿🌿 **South West Tortellini** Tri colored cheese pasta, bell peppers, onion in chipotle cream, asiago ½ order \$7.99 or Full with grilled bread \$11.99  
» **ADD** shrimp \$4.00 / chicken or tiger prawns [6] \$4.99

**Steak MacLean** 5oz AA beef tenderloin with garlic smashed potato & vegetables with your choice of green peppercorn or MacLean sauce \$16.99

## SANDWICHES:

**Pulled Pork** House made braised shoulder "pulled" with Bear BBQ sauce & coleslaw \$11.99

🌿 **Falafel Wrap** Ground chickpea herb patty inside a tortilla with lettuce, tomato, onion & tzatziki \$11.99

**Steak Sandwich \*NEW\*** 5oz AA beef tenderloin on garlic baguette with mushrooms, peppers, & onions \$16.99

**Pesto Chicken** Roasted chicken breast, lettuce, tomato, pesto mayo and asiago baked in a baguette \$12.99

**Classic Clubhouse** 3 slices of multi-grain or white bread \$12.99

**BURGERS:** » **CHOICE of \*NEW\* In-House 6oz ground chuck, ostrich, chicken or veggie patty**  
*All burgers served with lettuce, tomato, red onion, sliced pickle and your choice of white or whole-wheat Kaiser.*

**Naked Bear Burger** Secret burger mayo \$11.49

**Coney Island** Bear relish, yellow mustard, Cheddar cheese and bacon \$13.49

**Matterhorn** Sautéed mushrooms, house burger mayo, Swiss cheese and bacon \$13.99

🌿 **Smokehouse** garlic mayo, BBQ sauce, Jalapeño Jack cheese and bacon \$13.99

🌿 **Jerk Chicken** Marinated breast & Bear jerk mayo \$11.99

🌿 **Tuna** Yellow Fin steak grilled to medium rare with spicy wasabi mayo \$13.99

🌿 **Salmon** House made Wild Sockeye patty with chipotle mayo \$12.99

» **INCLUDED SIDE CHOICES:** House salad, daily soup, fat boy fries, garlic smashed potato, blanched dinner vegetables, rice pilaf or coleslaw

» **SIDE SUBSTITUTION:** House chowder / Caesar salad / Yam fries or Onion rings \$2.00

» **SANDWICH / BURGER ADD-ON:** Cheddar, Swiss or Jalapeño Jack \$1.00 / 2pc bacon \$1.60 / Sm. blue cheese dip or Sm. sour cream \$0.50 / Sm. chipotle mayo \$0.75 / Gravy \$1.00 / Sautéed onions or mushrooms \$1.50 / Guacamole Sm. \$1.75 or Lg. \$2.29 / Extra chicken breast \$4.99

» **Applicable taxes not included / May 2012 / Ask your server for our Gluten Free guidelines**

*15% service charge for groups of 8 or more.*

