

Appetizers & Share Plates

ROASTED GARLIC & RED PEPPER HUMMUS - \$12

house-made hummus, carrots & cucumbers, garlic naan bread

BRUSCHETTA - \$12

diced tomato & red onion, garlic & herb marinade, balsamic reduction, asiago, fried wonton chips

CHICKEN WINGS - \$15

choice of: hot, barbecue, teriyaki, honey garlic, sweet thai chili, lemon pepper, caribbean jerk

POUTINE - \$12

house-cut kennebec fries, smothered in cheese curds & gravy

add: pulled pork - \$6 | bacon - \$2 | crispy tofu - \$2

CHICKEN TENDERS - \$16

house-cut kennebec fries, plum sauce

WINDY JOE'S NACHOS - FULL SIZE - \$24 | HALF SIZE - \$16

corn tortillas, peppers, tomatoes, olives, jalapenos, nacho cheese, salsa, sour cream

add: guac for \$3

Soup & Salad

SOUP BOWL - \$8

ask your server about today's house-made soup options

SOUP & SALAD - \$14

cup of daily soup served with your choice of garden or caesar salad.

GARDEN SALAD - FULL - \$12 | HALF - \$8

mixed greens, carrots, red onion, grape tomatoes, cucumber, house vinaigrette

add: goat cheese - \$3

CAESAR SALAD - FULL - \$12 | HALF - \$8

chopped romaine lettuce, house-made croutons, asiago cheese, caesar dressing

ROASTED BEET SALAD - \$16

red and golden beets, arugula, goat cheese, candied nuts, sweet drop peppers, balsamic reduction

ADD-ONS

chicken - \$6

prawns - \$9

nacho beef - \$6

flatiron steak - \$9

seared tuna - \$9

pulled pork - \$6

bacon - \$4

falafel - \$5

crispy tofu - \$6

Big Bowls

E.C. MANNING BOWL - \$17

crispy marinated tofu, wild rice & quinoa, mixed greens, chick peas, carrots, cucumbers, red pepper hummus

substitute: grilled chicken or seared tuna + \$4

TUNA BOWL - \$19

seared and seasoned albacore tuna, vermicelli noodles, spinach, cucumber, pickled ginger, grape tomatoes,

wonton chips

Kids - \$12

MAC N' CHEESE
CHICKEN NUGGETS

GRILLED CHEESE
KID'S BURGER

served with your choice of side

Sides

HAND-CUT FRIES
SWEET POTATO FRIES
GARLIC TOAST

GARDEN SALAD
CAESAR SALAD
SOUP

upgrade side to poutine, mac n' cheese or roasted beet salad for \$2.50

Handhelds

served with your choice of side |  gluten free option available for all handhelds

BEAR'S DEN BURGER - \$18

house-made, half-pound ground chuck patty, lettuce, tomato, red onion, grainy mustard aioli, potato scallion bun
Add: smoked cheddar - \$2 | bacon - \$2 | mushrooms - \$2

BEEF DIP - \$18

smoked cheddar, horseradish aioli, au jus, filone
make it "philly-style" - \$3

BBQ PULLED PORK SANDWICH - \$16

slow-cooked pulled pork in our signature bbq sauce, smoked cheddar, arugula, coleslaw, potato scallion bun

STEAK SANDWICH - \$20

6oz. flatiron steak, sautéed mushrooms, onions, peppers, herbed foccacia

CHICKEN CLUBHOUSE - \$17

grilled chicken, bacon, mixed greens, tomato, red onion, grainy mustard aioli, herbed focaccia
add: smoked cheddar - \$2

VEGGIE BURGER - \$17

house-made chick pea & black bean patty, guacamole, tomato, red onion, mixed greens, grainy mustard aioli

GARDEN SANDWICH - \$16

mixed greens, tomato, red onion, peppers, cucumber, roasted red pepper hummus, grainy mustard aioli
add: bacon - \$2, grilled chicken - \$6

FALAFEL WRAP - \$17

mixed greens, peppers, red onion, tomatoes, red pepper hummus, guacamole, balsamic reduction
add: goat cheese - \$3

Comfort Food

BEEF STEW - \$16

slow braised beef sirloin, root vegetables, garlic toast

JALAPEÑO BACON MAC 'N CHEESE - \$16

cavatappi noodles baked with house-made cheese sauce, jalapeño bacon soffrito, herbed panko

FISH 'N CHIPS - \$19

blonde ale-battered cod filets, served with house-cut kennebec fries, coleslaw, tartar sauce

STOUT-BRAISED PORK SHOULDER - \$23

14-hour braised in local stout, roasted baby potatoes and seasonal vegetables

Main Courses *served after 4pm

BUTTER CHICKEN - \$23

basmati rice, house-made curry sauce, cherry tomatoes, garlic naan bread

FALAFEL STUFFED PEPPERS - \$22

roasted red pepper stuffed with rice & quinoa, sautéed vegetables, goat cheese, tomato cream
served with roasted baby potatoes and seasonal vegetables

PRAWN LINGUINE - \$24

parmesan cream, white wine, italian herbs, garlic toast



gluten free, or gluten free
option available

CUT OF THE WEEK - MARKET PRICE

ask about this week's meat option, served with today's potato creation & seasonal vegetables

CATCH OF THE WEEK - MARKET PRICE

ask about this week's seafood option, served with today's rice creation & seasonal vegetables