toasted garlic naan bread, roasted red pepper hummus, herb bruschetta (sub corn tortilla for  $\sqrt{0}$  option)

## BONELESS PORK RIBS 2 - \$16

marinated pork, hand breaded and fried til crispy. served with chipotle aioli | add: sauce for \$1

#### **CHICKEN WINGS - \$16**

NAAN & DIPS **V** - \$14

one pound hand breaded wings tossed in your choice of: teriyaki, caribbean jerk, salt and pepper, bbq or signature house-made hot sauce | served with ranch dressing

## FISH TACOS 4 - \$17 | X GF option available

three flour tortillas with pan seared cod, arugula coleslaw, citrus aioli and pico di gallo

## **VEGGIE TACOS** $\sqrt{q}$ **a** - **\$16** | **x** GF option available

three flour tortillas with sautéed peppers, onions and napa cabbage, guacamole, pico di gallo, house-made hot sauce

#### SCALLOPS & BACON - \$18

six sea scallops wrapped in bacon and fried crisp | served with cocktail sauce and lemon

## PULLED PORK SLIDERS 4 - \$15

three 14hr stout braised bbq pulled pork sliders topped with chipotle aioli and arugula coleslaw

#### **POUTINE ※** - **\$13**

house-cut kennebec fries, smothered in cheese curds and gravy add: pulled pork - \$6 | bacon - \$4

#### **CHICKEN TENDERS - \$17**

four chicken tenders served with fries and your choice of plum or house-made honey mustard sauce

## 

tri-colour tortillas, cheddar and monterey jack cheese, peppers, tomato, jalapenos, black olives, salsa and sour cream add: guac - \$4 | nacho beef - \$6 | chicken breast - \$6 | pulled pork - \$6

served on naan | make it 💥 gluten free - \$2 | add a salad to make it a meal

**MARGHERITA**  $\sqrt{-$15}$  | tomato sauce, mozzarella, grape tomato, fresh basil

PROSCIUTTO - \$16 | tomato sauce, shaved prosciutto, mozzarella, lemon oil arugula, asiago cheese

ITALIAN - \$16 | tomato sauce, genoa salami, roasted red peppers, mozzarella

BUFFALO CHICKEN - \$16 | tomato sauce, chicken breast, red onion, mozzarella, hot sauce, ranch, green onion

#### **SOUP BOWL - \$8**

ask your server about today's house-made soup options | add: garlic bread - \$4

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

## HOUSE SALAD XVg HALF - \$8 | FULL - \$12

artisan lettuce blend, shredded carrot, cucumber, shaved red onion, grape tomato

## CAESAR SALAD **X V** HALF - \$9 | FULL - \$13

romaine lettuce, caesar dressing, asiago cheese, herb croutons

## SPINACH SALAD # X V - \$15

spinach leaves, shaved red onion, sliced strawberries, feta cheese, candied nuts and honey poppyseed dressing

## **TUNA POKE SALAD - \$19**

artisan lettuce blend, poke marinated ahi tuna, mandarin orange, cucumber, toasted sesame seeds, fried wonton strips and citrus aioli | substitute wild rice and quinoa for lettuce

#### CHICKEN RANCH SALAD ※ - \$18

artisan salad blend, shaved red onion, cajun roasted corn, shredded cheddar and monterey jack cheese, crisp bacon, grilled chicken breast, green onion and ranch dressing | substitute wild rice and quinoa for lettuce

# CHILLED RAMEN SALAD 2 $\sqrt{g}$ - \$16

chilled ramen noodles, napa cabbage, red pepper, carrot, cucumber, green onion, toasted peanuts, cilantro and ginger lime dressing

dressings: herb vinaigrette, honey poppyseed, ranch, caesar, balsamic vinaigrette, ginger lime

SOUP & SALAD - \$14

## **ADD-ONS**

chicken - \$6 flatiron steak - \$10 ahi tuna - \$10 falafel - \$6

prawns - \$10

scallops & bacon - \$10

#### **CRISPY CHICKEN - \$19**

hand-breaded fried chicken breast, havarti cheese, chipotle aioli, burger sauce, lettuce, tomato, onion and pickle on a potato scallion bun | grilled chicken available

#### BEEF DIP 2 - \$19

shaved roast beef, horseradish aioli, toasted filone, au-jus make it "philly-style", add: sautéed peppers, onions, mushrooms and cheddar - \$3

#### **FOCCACIA BLT - \$17**

crisp bacon, lettuce, tomato and mayo on toasted focaccia

#### **STEAK SANDWICH - \$21**

6oz flatiron steak on a toasted filone | add: sautéed mushrooms and onions - \$3

#### **ITALIAN TRIO - \$19**

calabrese, genoa salami, shaved prosciutto, havarti cheese, roasted red pepper and basil aioli, lettuce, tomato, onion and pickle on a toasted filone

## **VEGGIE BURGER V**G - \$18

garden patty, guacamole, roasted red pepper hummus, lettuce, tomato, onion and pickle on a potato scallion bun

## FALAFEL WRAP 🍇 - \$18

crispy falafel, sautéed peppers and onions, lettuce, tomato, roasted red pepper hummus, guacamole and balsamic crema in a tomato basil tortilla

#### BEAR'S DEN BURGER 4 - \$19

two 4oz ground chuck and brisket patties, burger sauce, lettuce, tomato, onion and pickle on a potato scallion bun add: bacon - \$4 | havarti - \$2 | smoked cheddar - \$2 | pork - \$6 | mushrooms - \$2

#### BEER BATTER TEMPURA FISH AND CHIPS 2 - \$24

two pieces of hand battered cod, served with arugula coleslaw, house-made kennebec fries, and tartar sauce

#### TENDERLOIN MEDALLIONS ※ - \$32

three 3oz beef tenderloins, seasonal vegetables and chef's potato

#### PAN SEARED SOCKEYE SALMON **※** - \$31

60z seared salmon with lemon butter, wild rice and quinoa pilaf and seasonal vegetables

### STOUT BRAISED PORK SHOULDER 2 - \$26

10oz pork shoulder braised for 14 hrs in local stout, seasonal vegetables and chef's potato

#### ROASTED EGGPLANT AND FALAFEL STUFFED PEPPERS 💥 🕮 🇸 - \$26

roasted red peppers stuffed with a blend of eggplant, falafel, vegetables, and herb tomato sauce baked with mozzarella cheese. served with wild rice and quinoa pilaf and seasonal vegetables make it vg: sub vegan cheese

#### SMOKED BACON AND POBLANO MAC N' CHEESE - \$19

bacon poblano sofrito, smoked cheddar cheese sauce and cavatappi noodles baked with an herbed panko crust add: garlic toast - \$4

#### BBQ GRILLED CHICKEN BREAST ※ - \$26

two 5oz grilled chicken breasts topped with house-made bbq sauce, havarti and smoked cheddar cheese, wild rice and quinoa pilaf and seasonal vegetables

# **KIDS - \$13**

| available after 4pm

MAC N' CHEESE
CHICKEN FINGERS (3)
ONE PIECE FISH & CHIPS
GRILLED CHEESE
KID'S BURGER
VEGGIE BURGER

\*12 and under only | served with fries

## **SIDES**

HAND-CUT FRIES GARDEN SALAD
SWEET POTATO FRIES CAESAR SALAD
GARLIC TOAST SOUP

upgrade side to poutine or mac n' cheese for \$3.50







