

## APPETIZERS & SHARE PLATES

### NAAN & DIPS - \$14

toasted garlic naan bread, roasted red pepper hummus, herb bruschetta (sub corn tortilla for  option)

### STUFFED POTATO SKINS - \$16

fried russet potatoes stuffed with bbq ranch chicken, bacon, a blend of cheeses and scallions | served with sour cream

### CHICKEN WINGS - \$16

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 - \$17 | GF option available

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

### HALLOUMI FRIES - \$16

hand-breaded halloumi cheese sticks | served with chipotle aioli

### PULLED PORK SLIDERS - \$16

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

### POUTINE - \$14

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

### WINDY JOE'S NACHOS - FULL SIZE - \$22 | HALF SIZE - \$17

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

## FLATBREADS

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

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

**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 & SALAD

### SOUP BOWL - \$8

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

### BRAISED BEEF STEW - \$17

slow braised beef and vegetables in a thick beef gravy with baby potatoes | served with garlic toast

### SOUP & SALAD - \$14

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

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

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

### CAESAR SALAD HALF - \$9 | FULL - \$13

romaine lettuce, caesar dressing, asiago cheese, herb croutons

### TUNA TOGARASHI | \$20

ahi tuna seared in togarashi spice, served on a bed of mixed greens with a creamy ginger sesame dressing, shaved red onions, mandarin oranges and toasted sesame seeds | 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

### ROASTED BEET & RAINBOW KALE SALAD - \$17

roasted red and gold beets, sweet cherry peppers and rainbow kale tossed in balsamic vinaigrette, topped with feta cheese, toasted almonds and balsamic crema

#### ADD-ONS

chicken  
flatiron steak  
ahi tuna  
falafel  
prawns

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

# HANDHELDS

served with house-made kennebec fries, soup or salad | sub yam fries - \$4 |  gluten free bread and buns available

## 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 | add: back bacon - \$3

## BEEF DIP - \$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

## TENDERLOIN GRILLED CHEESE - \$18

seared tenderloin steak, creamy bbq mayo, onion rings and aged cheddar cheese between grilled sourdough

## VEGGIE BURGER - \$18

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

## CHICKEN OR FALAFEL () WRAP - \$18

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

## BEAR'S DEN BURGER - \$18

one 5oz ground chuck and brisket patty, burger sauce, lettuce, tomato, onion and pickle on a potato scallion bun  
add: bacon - \$4 | havarti - \$2 | aged cheddar - \$2 | back bacon - \$3 | mushrooms - \$2 | extra patty - \$5

## BEER BATTER TEMPURA FISH AND CHIPS - 2 PIECE, \$24 | 1 PIECE, \$18

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

# ENTRÉES

| available after 4pm

## TENDERLOIN MEDALLIONS - \$32

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

## CATCH OF THE DAY - MARKET PRICE

catch of the day, served with wild rice and quinoa pilaf and seasonal vegetables

## STOUT BRAISED PORK SHOULDER - \$26

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

## EGGPLANT PARMESAN - \$26 | option available

panko breaded eggplant topped with marinara sauce and baked with parmesan and mozzarella cheese, served with wild rice and quinoa pilaf and seasonal vegetables

## RAINBOW TORTELLINI - \$20

cheese stuffed rainbow tortellini in a pesto cream sauce with roasted red peppers and topped with parmesan cheese | served with garlic toast  
add: chicken or prawns - \$6

## TERIYAKI CHICKEN BOWL - \$24 | option available

sautéed teriyaki vegetables topped with grilled chicken breast and served on a bed of wild rice and quinoa pilaf

## KIDS - \$13

TORTELLINI & CHEESE  
CHICKEN FINGERS (3)  
GRILLED CHEESE

KID'S BURGER  
VEGGIE BURGER

\*12 and under only

## SIDES

HAND-CUT FRIES  
SWEET POTATO FRIES  
GARLIC TOAST

GARDEN SALAD  
CAESAR SALAD  
SOUP

upgrade side to poutine for \$3.50

 signature item

 gluten free

 vegetarian

 vegan