

APPETIZERS & SHARE PLATES

NAAN & DIPS ✓ - \$14

toasted garlic naan bread, roasted red pepper hummus, herb bruschetta (sub corn tortilla for ✓Vg 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 ✕ ✓Vg HALF - \$8 | FULL - \$12

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

CAESAR SALAD ✕ ✓Vg HALF - \$9 | FULL - \$13

romaine lettuce, caesar dressing, asiago cheese, herb croutons

TUNA TOGARASHI ✕ ✓V | \$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 ✕ ✓V - \$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