

APPETIZERS & SHARE PLATES

CHICKEN WINGS - \$17

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 🐾 - \$18 | ✕ GF option available

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

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 - \$24 | HALF SIZE - \$18

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

SOUP & SALAD

SOUP BOWL - \$8 | CUP - \$6

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

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

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

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

ADD-ONS

chicken 6
falafel 6
pulled pork 6
prawns 8

HANDHELDS

served with house-made kennebec fries, soup or salad | sub yam fries - \$4 | sub poutine - \$4

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 🐾 - \$19

shaved roast beef, horseradish aioli, toasted filone, au-jus
make it "philly-style", add: sautéed peppers, onions, mushrooms and cheddar - \$4

FOCCACIA BLT - \$17

crisp bacon, lettuce, tomato and mayo on toasted focaccia

TENDERLOIN GRILLED CHEESE 🐾 - \$22

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

🐾 signature item

✕ gluten free

🌱 vegetarian

🌱 vegan

HANDHELDS

served with house-made kennebec fries, soup or salad | sub yam fries - \$4 | sub poutine - \$4

VEGGIE BURGER - \$18

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

CHICKEN OR FALAFEL () WRAP - \$19

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 - \$19

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

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

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

ENTRÉES

available after 4pm

CATCH OF THE DAY - MARKET PRICE

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

STOUT BRAISED PORK SHOULDER - \$28

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

KIDS - \$13

TORTELLINI & CHEESE
CHICKEN FINGERS (3)
GRILLED CHEESE

KID'S BURGER
VEGGIE BURGER

*12 and under only

SUBSTITUTIONS

+\$2 for  GF bread or bun

SIDES

HAND-CUT FRIES 6
SWEET POTATO FRIES 8
GARLIC TOAST 4

 signature item

 gluten free

 vegetarian

 vegan