

BEAR ON THE RUN

604.990.8880

**Applicable taxes are not included*

Weekend & Bank Holiday Brunch 11-2pm
Weekend Family Service 11am – 4 pm
Mon-Fri Family Service 11am-2pm

Off-sales Available at the Bar until 11pm
Cans of Pop available \$2.25 each

Soups

Black Bear Soup of the Day Cup 5 Bowl 9
Bowl served with Italian herb house made crostini

Salads

(Add grilled chicken, prawns skewer, salmon \$5)

Bear Patch Salad Meal 11 Starter 6

Gourmet mixed greens, tomato, carrot, green onion, and cucumber with our house-made balsamic vinaigrette

Classic Caesar Salad Meal 12 Starter 7

Crisp romaine lettuce, parmesan cheese, creamy garlic dressing & croutons

Stuffed Avocado Salad Meal 17 Starter 13½

Gourmet mixed greens, tomato, carrot, green onion, & cucumber served with shrimp stuffed avocado & topped with spicy chipotle mayo

Roasted Quinoa Salad *Oven roasted quinoa mixed with fresh cut kale, spring mix, dry cranberry, mixed nuts and feta cheese served with maple syrup vinaigrette* 14

Spinach & Beet Salad *Oven roasted local beets topped with baby spinach, red onion, roasted pecans and feta cheese. Served with creamy ranch dressing* 14

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**SIGNATURE QUESADILLA** *Onion, peppers, and cheese. Your choice of chicken, pulled pork or veg* 15

**The Black Pub Bear donates \$0.50  
for each Quesadilla sold to**



**NORTH SHORE DISABILITY**  
Resource Centre Association

### Starters

**Classic Bear Wings** *One pound tossed in your choice of: Hot, honey garlic, buffalo, sweet chili, BBQ or salt & pepper & served with your choice of ranch or blue cheese dip* 14

**Prawns Scampi** *Five prawns pan seared in garlic butter, white wine, fresh lime juice and light cream Served with Italian herb house made crostini* 14

**Edamame Delight** 🍣 *Fresh prepared edamame beans tossed with chili flakes, sea salt served with soya sauce* 13

**Bone-In Dry Ribs** *Tossed in your choice of, Hot, honey garlic, buffalo, sweet chili, BBQ or salt & pepper & served with your choice of dip* 12

**Supreme Calamari** 🍤 *Lightly battered premium calamari served on a bed of shredded greens and topped with fresh Jalapeño peppers, red onion and tomato. Served with a side of our famous Tzatziki dip* 13

**Bear Skins** *5 gourmet potato skins filled with four cheese mix & topped with crispy bacon Served with salsa and sour cream* 13

**Onion Rings** 9

*Served with garlic or spicy chipotle mayo*

**House Fries Full 9 Half 5**

*Served with garlic or spicy chipotle mayo*

**Yam Fresh Fries Full 11 Half 7**

*Served with spicy chipotle mayo*

**Hummus Trio** 🍷 *Traditional, Basil & Chipotle Hummus served with pita bread and crispy multicolor baked tortilla chips* 13

**Pulled Pork Sliders or Falafel Sliders**

*(add extra slider \$5) 3 apple wood smoked pulled pork sliders served on a bed of fresh green apple, topped with rustic coleslaw and BBQ sauce OR 3 vegetarian falafel sliders with onion ring and spicy chipotle mayo* 13

**Sriracha Tempura Prawns** 🍤 *Prawns tossed in Sriracha Tempura flour & served with a cool cucumber/wasabi mayo dip* 13

**Thai Lettuce Wraps** 🍷🍷🍷 *Fresh lettuce, shredded red/green cabbage, carrots, cucumber, bean sprouts, & rice noodles. With a soya & peanut sauce dip* 13  
*(Add prawns or chicken \$5)*

## Pasta & Bowls,

(Sub Gluten Free Penne Pasta for Fettuccini at no extra charge)

(Add chicken or prawns \$5)

**South West Tortellini** 🌱🌱🌱 Fresh cut peppers, onions, handmade style cheese tortellini mixed with chef special recipe of chipotle cream & cheese sauce **14**

**Fettuccini Arrabbiata** 🌱🌱🌱

Sautéed hot Italian chorizo & chili flakes tossed in our house made marinara sauce **14**

**Fettuccini Carbonara with Chicken or Prawns**

Sautéed crispy bacon, wild mushrooms and freshly cut free-range chicken breast or prawns tossed in our chef's special creamy lime & egg infused carbonara sauce **18**

**Curry** 🌱🌱 or **Teriyaki Vegetable Rice Bowl**

Sautéed seasonal vegetables tossed in your choice of our house made mild curry sauce or teriyaki sauce **13**

## Signature Entrées

Only Available from 4pm until 11pm

**Wild Mushrooms & Rosemary Risotto** **15**

(Add grilled chicken breast, prawns or salmon \$5)

Sautéed wild mushrooms and fresh rosemary prepared with Arborio rice and infused with cream and Parmesan cheese to create traditional risotto

**Classic Meat Loaf** **18**

2 slices of our classic dish prepared using top certified angus beef mixed with our house made mix of ingredients Oven baked & served with roasted baby potatoes and seasonal vegetables topped with classic gravy

**Fig Balsamic Salmon** **20**

Salmon fillet covered with aged fig balsamic glaze and served on a bed of risotto & roast vegetables

## Dessert Selection

**Warm Ginger Spiced Cake** Freshly prepared spiced ginger cake served with roasted Cayenne pecans and a scoop of Vanilla Ice Cream **8½**

**Wild Berry Tarts** Selection of Blueberry, Raspberry and Dolce Caramel Apple Tarts **8**

**Turtle Pistachio Cheesecake** Classic semi-sweetened dark chocolate turtle cheesecake topped with pistachio and even more chocolate **8½**

## Sandwiches Burgers / Wraps Plus

Served with your choice of regular fries or salad.

Sub Soup \$1¼ or Sub Yam Fries, Caesar Salad, Onion Rings or Chowder \$2¾

**Pulled Pork** Slow oven roasted pork covered with BBQ sauce & rustic coleslaw on our custom burger bun **14**

**Black Bear Club** Toasted multigrain bread, pesto mayo, oven roasted Italian herb chicken, crispy bacon, lettuce & tomato (Add cheese \$2 or avocado \$2.50) **14**

**Steak & Wild Mushroom Sandwich** 6oz charbroiled certified angus beef sirloin prepared medium rare topped with sautéed mushroom, peppers & onions, served with rosemary red wine au jus **16**

**Philly Beef Dip** Shaved slow oven roasted beef, sautéed mushroom, peppers & onions and Swiss cheese served with red wine rosemary au jus **15**

**Montreal Smoked Meat** 🌱 ½ pound of thinly shaved original Montreal smoked meat. Served on toasted rye with a layer of Dijon mustard. Comes with pickles **13**

**Grilled Cheese** Aged cheddar & mozzarella cheese grilled with your choice of white or brown bread **13**

**Chicken Fingers & Fries** Chicken breast breaded with a special flour blend & served with your choice of regular fries or salad **13**

**Cod & Chips** 1-piece **12** / 2-piece **15** / 3-piece **18**

Wild pacific cod in our house made beer batter with rustic coleslaw & fries – served with tartar sauce

**Salmon Burger** Comes on our custom burger bun. Wild Salmon fillet with orange basil mayo and topped with our rustic coleslaw **16**

**Loaded Bear**-The monster!

Comes on our own custom made bun. Charbroiled certified angus beef patty, cheddar cheese, double smoked bacon & sautéed mushrooms & onion ring! **17**

**California Chicken** 🌱 Comes on our custom burger bun. Grilled chicken breast, jalapeño Havarti cheese on a bed of guacamole & house made salsa **16**

**Veggie Burger** Comes on our custom burger bun Served on guacamole & topped with coleslaw **15**

**Naked Bear Burger** Comes on our custom burger bun Plain beef burger served with lettuce, tomato, onion & pickle **14**