

SNACKS & APPS

CRISPY WINGS 23

Frank's hot sauce, maple hot, BBQ
sweet chili, honey garlic, salt & pepper
maple bacon dusted, jerk, honey hot,
buffalo dill pickle
blue cheese or ranch dip
vegetable crudité

FRIED BRUSSEL SPROUTS 17

cider gastrique, goat cheese, bacon
bread crumbs

BALSAMIC BRUSCHETTA 16

cilantro & balsamic drizzle
focaccia toast, parmesan flakes

JAPANESE GYOZA 18

pork & chicken, ginger sesame soy sauce

ATLANTIC STEAMED MUSSELS 23

garlic, tomatoes, vegetable julienne
white wine butter
garlic focaccia bread

NACHOS 17/25

Tri colored corn chips, bell peppers, Spanish onion
tomatoes, black olives, jalapenos, triple cheese blend, jalapeno beer cheese
topped with green onion
pico de gallo & sour cream
add taco beef - 8 add diced chicken - 9
add pulled pork - 9 add guacamole - 5

BOWLS & GREENS

CHEF'S SOUP OF THE DAY 8

FMGC SALAD 14/20

field greens, red beets, candied almonds
goats' cheese, dried cranberries, strawberries
lemon balsamic olive oil reduction

CAESAR SALAD 10/16

tossed in a classic creamy dressing
shaved parmesan, bacon
buttered croutons

CHIPOTLE CHICKEN BURRITO BOWL 26

chipotle chicken breast, jasmine rice, black beans
roasted corn, avocado, fresh tomatoes
lime & cilantro crema

CHICKEN ALFREDO 28

bucatini noodles tossed in a rich
alfredo cream sauce, pancetta bacon
focaccia garlic bread
add prawns - 12

HERB PANKO MAC & CHEESE 16

rich cheddar cheese sauce
baked with truffle panko crumbs
add bacon - 4 add chicken - 9
add prawns - 12

GINGER BEEF & BROCCOLI RICE BOWL 28

crispy beef tossed in house made ginger sauce
bell peppers, onions & broccoli served on
jasmine rice

WILD MUSHROOM RISOTTO 27

triple blend of wild mushrooms
toasted arborio rice, vegetable stock
rich parmesan butter sauce
add chicken - 9
add prawns - 12

Gluten-free and vegetarian options available upon request



Bear & Buffalo



bearandbuffaloyymm

BIGGER PLATES

FISH & CHIPS 24

beer battered haddock, coleslaw, traditional tartar sauce
extra piece - 6

CANADIAN SURF & TURF 60

aged alberta beef tenderloin paired with 5 jumbo prawns
wild mushroom brandy peppercorn sauce
chef's seasonal vegetables, red skin mashed potatoes

PECAN SALMON & PRAWNS 46

pan seared salmon & toasted pecan prawn butter, jasmine rice
chef's seasonal vegetables

BEEF WELLINGTON 55

wrapped with wild mushrooms & prosciutto in golden brown puff pastry, port wine glaze
chef's seasonal vegetables, butter mashed potatoes

DIJON & ROSEMARY RACK OF LAMB 58

rack of lamb cooked to your liking
crusted with dijon mustard, rosemary, garlic & butter panko bread crumbs
port wine demi glaze, red skin mashed potatoes, chef's seasonal vegetables

CHICKEN TENDERS 24

fried crispy with choice of dipping sauce & side
MAKE IT A BUFFALO CHICKEN WRAP
tossed in buffalo sauce, lettuce, tomato, ranch in a flour tortilla

HANDHELDS

BEEF DIP 26

in - house smoked beef brisket
pepperoncini, swiss
roasted garlic aioli, onion crisp
au jus for dipping

FISH TACOS 24

3 crispy fried cod tacos, coleslaw
cilantro, fresh lime aioli

BEAR & BUFFALO BURGER 21

7oz chuck patty with bunker aioli
lettuce, tomato, red onion
pickle spear
add bacon - 3 add cheese - 3
add mushroom - 3

TRIPLE DECKER CLUBHOUSE 25

grilled chicken breast, lettuce
tomato, bacon, white cheddar
sliced avocado, mayo

SIDES

fries, soup, green salad, tater tot, jasmine rice, mashed potatoes
sweet potato fries or caesar salad - 4
poutine, mac & cheese, FMGC salad - 5

Gluten-free and vegetarian options available upon request



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