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

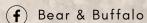
GINGER BEEF & BROCCOLI RICE BOWL 28

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



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

(f) Bear & Buffalo

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