

# RESTAURANT MENU

FOOD AND DRINK



## DRINKS & BEVERAGES

Coffee	2.85
Hot Chocolate	4.25
Mocha	4.25
Herbal Tea	3.00
Milk	Small 3.00 Large 4.25
Chocolate Milk	Small 3.75 Large 5.00
Pop with 1 refill	3.00
Iced Tea with 1 refill	3.50
Juice a choice of apple, orange, grapefruit, pineapple	Small 2.50 Large 3.50
Lemonade	3.50
Cranberry	3.50
Tomato or Clamato Juice	4.00
Milk Shakes a choice of Vanilla, Chocolate, Strawberry, Caramel	4.75
Floats a choice of Orange, Creamsoda, Rootbeer, Coke	4.75



Automatic 15% Gratuity for tables 9 or more  
Breakfast is served until 4pm with exceptions



[www.bearcountryinn.bc.ca](http://www.bearcountryinn.bc.ca)

# BREAKFAST

Breakfast is served until 4:00pm

No pancakes or french toast after 11:30am Monday ~ Friday except holidays and weekends

Early Riser (Before 8:00am)  
bacon, ham or sausage,  
eggs, hashbrown and toast  
**9.99**

## SKILLETS

<b>Benny Skillet</b> crispy-fried potatoes, green onion, tomatoes, back bacon with hollandaise & Sunny side egg, toast	<b>15.99</b>
<b>Skillet Breakfast</b> crispy-fried potatoes, green onion, peppers, tomatoes, ham with hollandaise & Sunny side egg, toast	<b>15.50</b>
<b>Meat Lovers Skillet</b> crispy-fried potatoes, ham, spicy sausage, bacon, onions, tomato, topped with a Sunny side egg, toast	<b>15.99</b>

All toast is served as whole wheat unless requested otherwise  
Add \$0.50 for rye

## PANCAKES & PLUS

<b>Buttermilk Pancakes</b> three	<b>9.99</b>	<b>Strawberry Waffle</b> sugared strawberries, real whipped cream	<b>13.50</b>
<b>Strawberry Pancakes</b> three, sugared strawberries, whipped cream	<b>12.99</b>	<b>Egg and Bacon Waffle</b> two eggs, two slices of bacon	<b>14.50</b>
<b>Blueberry Pancakes</b> three	<b>12.99</b>	<b>French Toast</b> 3 golden pieces of sourdough bread, icing sugar	<b>11.50</b>
<b>Pancake Combo</b> two pancakes, two eggs, sausages or ham or bacon	<b>14.50</b>	<b>Creamy Oatmeal with Toast</b>	<b>8.50</b>
<b>Belgium Waffle</b> crisp & golden	<b>9.00</b>	pancakes & waffles are served with butter & table syrup. Substitute pure maple syrup for \$1 surcharge. S. French toast \$4.00    S. Pancake \$3.50	

## SIDES

<b>Cinnamon Bun</b> served grilled	<b>4.75</b>	<b>Back Bacon</b> three	<b>4.75</b>
<b>Toast</b> white, whole wheat, sourdough or multi grain	<b>2.75</b>	<b>Homemade Muffin</b>	<b>3.00</b>
<b>Rye</b>	<b>3.00</b>	<b>Hollandaise Sauce</b>	<b>3.00</b>
<b>English Muffin</b>	<b>3.00</b>	<b>Dish of Fruit</b>	<b>4.50</b>
<b>Hot Oatmeal</b> brown sugar & milk	<b>6.00</b>	<b>Plain Yogurt</b>	<b>3.00</b>
<b>Bacon</b> three or <b>Sausage</b> three	<b>4.25</b>	<b>Crispy Fried Potatoes</b>	<b>5.99</b>
<b>Spicy Sausage</b> two	<b>5.99</b>	<b>Tomato Slices</b>	<b>4.00</b>
<b>Ham</b> two	<b>4.50</b>	<b>Sl. Oranges</b>	<b>4.00</b>
		<b>Strawberries or Blueberries</b>	<b>4.50</b>

Prices do not include GST. Surcharges may apply for substitutions.



# BREAKFAST

Breakfast is served until 4:00pm

No pancakes or french toast after 11:30am Monday ~ Friday except holidays and weekends

All toast is served as whole wheat unless requested otherwise, add \$0.50 for rye

## FAVOURITES

<b>Sirloin Steak and Eggs</b> 6oz, toast & crispy-fried potatoes	<b>19.99</b>	<b>Hamburger Steak &amp; Eggs</b> toast and crispy-fried potatoes	<b>18.50</b>
<b>Bacon or Ham or Sausages and Eggs</b> toast and crispy-fried potatoes	<b>12.99</b>	<b>Eggs Benedict</b> two poached eggs, back bacon, tomato, English muffin, hollandaise, crispy-fried potatoes	<b>14.99</b>
<b>Spicy Sausages and Eggs</b> toast and crispy-fried potatoes	<b>14.99</b>	<b>Waffle Benedict</b> two poached eggs, back bacon, tomato, waffle, hollandaise, crispy-fried potatoes	<b>14.99</b>
<b>Two Eggs Any Style</b> toast and crispy-fried potatoes	<b>8.99</b>	<b>Single Eggs Benedict</b>	<b>12.25</b>
<b>Canadian Back Bacon and Eggs</b> toast and crispy-fried potatoes	<b>13.50</b>	<b>Two   Two   Two</b> eggs, bacon, sausage, toast, crispy-fried potatoes	<b>13.99</b>

## EYE OPENERS

<b>Breakfast Bun</b> two eggs, Bacon, Cheddar, mayo, lettuce & tomato on a toasted burger bun with crispy fried potatoes	<b>13.50</b>	<b>Breakfast Muffin</b> ham, egg, cheddar, english muffin with crispy-fried potatoes	<b>10.50</b>
<b>Grizzlies Breakfast</b> two eggs with bacon, sausage, pancakes, toast & crispy-fried potatoes	<b>17.50</b>	<b>French Combo</b> two French toast, eggs, bacon and sausage	<b>14.50</b>
<b>Breakfast Quesadilla</b> egg, Monterey jack, cheddar, green onion, sour cream, salsa & crispy-fried potatoes	<b>15.99</b>	<b>Lite Break</b> one egg, two slices bacon, toast and a small juice	<b>8.99</b>
		<b>Crispy Latkes and Eggs</b> potato cakes with sour cream and green onion add \$3.00 for cheddar + bacon bits Sub Spinach latkes \$2.00	<b>13.50</b>

## OMELETTES

<b>BCI Special Omelette</b> peppers, tomatoes, ham, onions, mushrooms & cheddar	<b>15.50</b>	<b>Three Cheese and Mushroom</b>	<b>15.50</b>
<b>Greek Omelette</b> olives, onions, pepper, tomato, spinach & feta cheese	<b>15.50</b>	<b>Classic Denver</b> 3 eggs, ham and green onions	<b>14.50</b>
<b>Spicy Tuscany</b> tomatoes, pesto, spicy sausage, feta cheese	<b>15.50</b>	<b>Ham &amp; Cheddar Cheese</b>	<b>14.50</b>
<b>Daybreak Omelette [Create your own]</b>		<b>Great Canadian Omelette</b> cheddar, back bacon and green onions	<b>15.50</b>
Add: Bacon, ham, sausage, cheddar, feta, monterey cheddar or an egg			<b>9.50</b>
Olives, Jalapenos, Onions, tomatoes, peppers, mushrooms or salsa			<i>each</i> \$2.00
Hollandaise sauce			<i>each</i> \$1.75
Spicy Sausage			\$3.00
Shrimp			\$4.00

All omelettes are 3 eggs & made with local daybreak farms eggs, served with crispy-fried potatoes & whole wheat or white toast.



# SALADS & WRAPS

## SALADS

All salad are served with garlic pita

- Greek Salad** **14.50**  
 cucumbers, red onion, tomato, peppers, olives, feta cheese with house dressing on a bed of fresh romaine lettuce
- Santa Fe Salad** **15.00**  
 garden greens, diced tomato, green onion, olives and a blend of Monterey jack and cheddar tossed in a chipotle Santa Fe ranch dressing. Finished with cajun spiced chicken breast, smokey bacon and tortilla chips.
- BCI Supreme Salad** **16.00**  
 turkey, ham, roast beef, bacon, tomatoes, cucumbers, onions, cheeses, julienne carrots, red and green cabbage, peppers & mushrooms on a bed of salad greens with your choice of dressing. This salad is a meal!
- Caesar Salad** *half* 9.75 *full* 13.25  
 the classic, fresh romaine lettuce tossed in our signature house made dressing topped with grated Parmesan cheese and croutons.

### Kick It Up Add

- |                             |              |
|-----------------------------|--------------|
| Calamari piled on top       | <b>10.00</b> |
| Garlic Basted Shrimp Skewer | <b>6.50</b>  |
| Pacific Shrimp              | <b>5.00</b>  |
| Broiled Chicken             | <b>5.00</b>  |



### SIDES

- |                      |             |
|----------------------|-------------|
| Onion Rings          | <b>4.50</b> |
| Fries                | <b>4.50</b> |
| 2 Round Pita Bread   | <b>4.50</b> |
| (Side) Caesar Salad  | <b>5.00</b> |
| (Small) Garden Salad | <b>4.50</b> |
| Coleslaw             | <b>4.00</b> |

## WRAPS

served with beer battered fries & coleslaw

- Chicken Caesar Wrap** **14.99**  
 sliced chicken breast all rolled up with caesar salad
- Cranberry Turkey Wrap** **14.99**  
 roasted turkey with cranberry, mayo & lettuce
- Los Cabos Chicken Quesadilla** **15.99**  
 tender chicken, cheeses, peppers, salsa, sourcream, cajun spice



# SANDWICHES

All sandwiches and wraps are served with our delicious crispy beer battered fries & coleslaw

<b>Hot Beef or Turkey Sandwich</b>	<b>15.99</b>	<b>Patty Melt</b>	<b>15.50</b>
		our signature sirloin burger, cheeses, fried onions, melted on rye	
<b>Reuben Sandwich</b>	<b>15.50</b>	<b>Cold Turkey or Beef Sandwich</b>	<b>12.99</b>
Swiss cheese, corn beef, sauerkraut mustard on grilled rye		oven roasted with lettuce & tomato	
<b>Classic Sirloin steak Sandwich</b>	<b>19.50</b>	<b>Grilled Cheese</b>	<b>10.99</b>
6oz, crisp beer battered fries & topped with 2 onion rings		<b>Add Ham \$2.00</b>	
<b>Classic Beef Dip</b>	<b>16.50</b>	<b>Bulgogi Beef Ciabatta with Cheese</b>	<b>15.50</b>
thin cuts of roast beef, fried onions, au jus for dipping		Korean beef, onions, shredded carrots, cabbage	
<b>Triple Decker Club</b>	<b>16.50</b>	<b>BLT Sandwich</b>	<b>12.99</b>
oven roasted turkey, smokey bacon, tomato and lettuce		Smoky bacon, tomato and lettuce, mayo	
<b>Shrimp House Sandwich</b>	<b>16.50</b>	<b>Toasted Bacon &amp; Egg</b>	<b>13.99</b>
pacific shrimp, lettuce, tomato & cucumber		Two eggs & bacon	
<b>Closed Denver</b>	<b>14.50</b>	<b>Monte Cristo</b>	<b>16.50</b>
the classic, two eggs omelette with green onions & ham		egg dipped sourdough, turkey, swiss cheese, ham	

## ADD ON'S

Bacon (2 slices)	<b>2.50</b>
Ham, Cheddar, Onions, Mushrooms, Jalapenos, Olives, feta, Swiss cheese	<b>each 1.75</b>
Gravy on Top	<b>2.00</b>
Gravy on the side	<b>2.25</b>

## SUBSTITUTE

Onion Rings or Side Caesar	<b>3.00</b>
Green Salad , Coleslaw	<b>2.00</b>
Poutine	<b>5.00</b>
Yam Fries	<b>4.00</b>

We reserve the right to charge for substitutions.



# BURGERS

All our burgers are served on a fresh bun with crisp lettuce, tomato, pickles, mayo.

<b>The Grizzly Bear Burger</b> <i>[Our Signature Burger]</i> ham, onions, mushrooms, cheddar, relish with onion rings stacked on top. This burger is a real meal.	<b>16.50</b>	<b>Deluxe Burger</b> with a sirloin burger, relish	<b>12.99</b>
<b>Crispy Chicken Club Burger</b> chicken strips, bacon	<b>15.50</b>	<b>Veggie Burger</b> garden vegetable & rice patty	<b>12.99</b>
<b>Great Canadian Burger</b> with Canadian cheddar, Canadian back bacon, relish, fried onions	<b>15.50</b>	<b>Chicken Burger</b> with grilled chicken breast	<b>13.50</b>
<b>George's Burger</b> double cheddar cheese, relish, double sirloin burger with smoky bacon	<b>18.50</b>	<b>Shames Mountain Chicken Burger</b> full on like our powder! Melted cheddar & Monterey jack cheese, onions, tomato, black olives, salsa & jalapenos on the side.	<b>15.50</b>
<b>Three Cheese &amp; Mushroom Burger</b> swiss cheddar, parmesan, fried mushrooms, relish	<b>15.50</b>	<b>Blue Moon Burger</b> feta cheese, blue cheese dressing, onions and mushrooms	<b>15.50</b>

## ADD ON'S

Extra sirloin burger patty	<b>4.50</b>
Bacon (2 slices)	<b>2.50</b>
Ham, Cheddar, Onions, Mushrooms, Jalapenos, Olives, feta, Swiss cheese	<b>each 1.75</b>
Gravy on Top	<b>2.00</b>
Gravy on the side	<b>2.25</b>



## SUBSTITUTE

Onion Rings or Side Caesar	<b>3.00</b>
Yam Fries	<b>4.00</b>
Green Salad	<b>2.00</b>
Coleslaw	<b>2.00</b>
Poutine	<b>5.50</b>
Fruit Cup	<b>3.00</b>

All burgers are served with our delicious crispy beer battered fries.  
We reserve the right to charge for substitutions.



## CASUAL PLATES

<b>Butter Chicken Bowl</b> seasonal vegetables, rice & garlic pita	<b>18.00</b>
<b>Hamburger Steak</b> mashed potatoes, fried onions & vegetables.	<b>19.00</b>
<b>Crunchy Chicken Platter</b> 4 filet strips, coleslaw & beer battered fries, with plum sauce	<b>15.99</b>
<b>Sweet Chili Teriyaki Rice Bowl</b> celery, peppers, red & green cabbage, carrot, your choice of chicken or beef tossed in spicy teriyaki sauce on rice, topped with crunchy noodles & sesame seeds	<b>16.99</b>
<b>Shepherds Pie</b> savory meat and vegetables with a mashed potato top and gravy, just like grandma used to make.	<b>17.50</b>
<b>Veal Cutlets</b> crispy on the outside and tender on the inside, tasty breaded cutlets with vegetables and mashed potatoes and gravy	<b>19.50</b>
<b>Bulgogi Dish</b> Korean BBQ beef with rice & vegetables	<b>17.50</b>
<b>Chicken Souvlaki</b> 2 skewers of marinated chicken breast Greek salad, rice, Tzatziki sauce & Pita	<b>19.00</b>
<b>1 skewer</b>	<b>\$16.00</b>

## FISH & CHIPS

*with fries, in house tartar sauce & our signature coleslaw*

<b>Crispy Battered Cod</b> 2 pieces of our best fish	<b>18.50</b>
<b>Combo Fry</b> a big fry up of cod, chicken fingers, zucchini sticks, spring roll and beer battered fries with plum sauce for dipping.	<b>21.99</b>
<b>The Big Captain Burger</b> crisp cod filet with lettuce & tomato, tartar sauce & fries	<b>15.50</b>



# SNACK AND SHARE

## SOUPS

**Seafood Chowder** **11.50**  
 rich cream, baby clams, mixed seafood, vegetables, pita

**Country Turkey Chowder** **10.50**  
 lightly seasoned with thyme, hearty bowl with a biscuit

**Soup, Salad and Bread**  
 choice of soup and garden salad or caesar salad, a full round of garlic pita  
**with Soup of the Day** **11.50**  
**with Chowder** **14.50**

**Soup of the day**  
 full flavours sure to lift your spirits

Cup	<b>5.00</b>
Bowl (+1biscuit)	<b>8.00</b>
Jumbo Sized (+2biscuits)	<b>12.50</b>

**Crispy Thai Chicken Bites** **12.99**  
 diced crispy chicken tossed in Thai Sweet chili sauce topped with crunchy asian noodles, julienne carrots, green onion & sesame seeds.

**Nachos Grande** *half* 13.25 *full* 18.50  
 peppers, black olives, tomatoes, onions & jalapeno's, hot and bubbly with melted cheeses, salsa & sour cream

**Add diced chicken breast \$5      Add diced burger \$5**

**Vegetarian Spring Rolls(3)** **9.99**  
 crispy fried & served with sweet chili sauce

**Greek Style Calamari** **12.50**  
 crispy and hand battered, sea salt spice blend, tzatziki sauce

**Potato Skins** **11.50**  
 cheese, bacon bits, green onion, salsa & sour cream

**Appy Platter** **29.99**  
 2 shrimp skewers, calamari, chicken strips, spring rolls, zucchini & pita, deep fried pickles.

<b>Zucchini Sticks</b> <span style="float: right;"><b>9.50</b></span>	<b>Onion Rings</b> <span style="float: right;"><b>4.99</b></span>
tempura battered with tzatziki	

<b>Poutine</b> <span style="float: right;"><b>9.50</b></span>	<b>2 Rounds Pita &amp; Tzatziki Sauce</b> <span style="float: right;"><b>8.50</b></span>
fries, cheese, gravy	

<b>Yam Fries</b> <span style="float: right;"><b>7.50</b></span>	<b>Battered Cauliflower bites</b> <span style="float: right;"><b>9.50</b></span>
with chipotle mayo	& Chipotle dip

<b>Deep Fried Pickles</b> <span style="float: right;"><b>9.50</b></span>	
with sour cream	





# DINNER

*served after 5pm*  
*All dinners served with garlic pita*

## ENTREES

<b>Pork Chops</b>	<b>21.00</b>
2 center cut chops, mashed potatoes & seasonal vegetables or ceasar salad	
single	<b>18.00</b>
<b>Sirloin Steak</b>	<b>22.50</b>
6oz, sauteed mushrooms, your choice of fries, mashed potato or rice & seasonal vegetables or ceasar salad	

### KICK IT UP A NOTCH

Calamari piled on top	<b>11.00</b>
Garlic Basted Shrimp Skewer	<b>7.00</b>
Pacific Shrimp with Hollandaise	<b>7.00</b>

<b>Beef Liver with Onions and Bacon</b>	<b>small 17 full 19.50</b>
mashed potatoes, gravy & seasonal vegetables or ceasar salad.	
<b>Shrimp &amp; Squid</b>	<b>20.99</b>
single shrimp skewer, calamari, ceasar salad, rice.	
<b>Hot Turkey or Beef Dinner</b>	<b>18.50</b>
mashed potato & vegetables or ceasar salad.	
<b>Loaded Hamburger Steak</b>	<b>20.50</b>
fried mushrooms & onions topped with Swiss cheese, mashed potato, seasonal vegetables or ceasar salad	

## PASTA

<b>Pesto Chicken Penne</b>	<b>18.50</b>
chicken breast, mushrooms, red peppers, fresh basil pesto, rich sauce simmered with cream and butter	
<b>Pacific Shrimp Fettuccini Alfredo</b>	<b>19.50</b>
creamy and rich, with lots of garlic & topped with parmesan cheese and a touch of green onion	
<b>Penne Carbonara</b>	<b>17.50</b>
bacon & onion simmered in a cream sauce	
<b>Greek Chicken Penne</b>	<b>18.50</b>
chicken, onions, peppers spinach, tomatoes tossed with light herb dressing with feta cheese & olives	



# GRIZZLY BAR

Standard Highballs (30ml)	7.50
Liqueurs (30ml)	6.50
Domestic Beer (341ml) Alexander Keiths, Kokanee, Molson Canadian, Budweiser, Coors Light, Bear Paw, MGD	7.00
Corona (330ml)	7.50
Coolers (330ml) Mikes Hard Lemonade, Smirnoff Ice Coolers	7.50

## HOUSE WINE

### WHITE

#### Mission Ridge White

a dry light bodied wine with crisp apple flavors and a zesty citrus finish

5oz 7.00

1/2L 13.50

1Liter 23.00

### RED

#### Mission Ridge Red

dry with berry flavors and a smooth finish

5oz 7.00

1/2L 13.50

1Liter 23.00



## DESSERTS

Homemade Pie by the slice with icecream	5.95 7.00
Chocolate Cake	7.00
Sundaes chocolate, caramel, strawberry	7.00

