

Bear Essentials

CANADA'S FIRST TWO PRIME MINISTERS WERE SCOTS,
SIR JOHN A. MACDONALD AND ALEXANDER MACKENZIE.

SOUP OF THE DAY	3.75
EACH DAY OUR CHEF CREATES A FULL FLAVOURED SOUP FOR YOUR ENJOYMENT.	
BRUSCHETTA	5.25
BUTTERED WITH GARLIC AND TOPPED WITH CHOPPED TOMATOES, ONION, FRESH HERBS AND PARMESAN CHEESE.	
SMOKED SALMON	8.25
THINLY SLICED ATLANTIC SMOKED SALMON, GARNISHED WITH CAPERS, ONION, OLIVE OIL, CREAM CHEESE AND SERVED WITH A TOASTED BAGEL.	
MUSSELS MARINARA	
FRESH P.E.I. MUSSELS STEAMED WITH GARLIC, ONION, FRESH HERBS, IN WHITE WINE, LEMON, TOMATO BROTH.	
	ONE POUND 6.95
	TWO POUNDS 10.95
CALAMARI	
DEEP FRIED GOLDEN BROWN AND SERVED WITH A SIDE OF SPICY SAUCE.	
	8.25
NOVA SCOTIA (NEW SCOTLAND) CRAB CAKES	7.25
A NOVA SCOTIA FAVOURITE, DEEP FRIED AND SERVED WITH OUR ZESTY TOMATO COULIS.	

Shareables

THE SCOTS INVENTED SHAREABLES.
YOU KNOW WE'RE A WEE BIT CAREFUL HOW WE SPEND OUR MONEY.

WINGS BY THE DOZEN - BLACK BEAR STYLE	9.25
A DOZEN CRISPY CHICKEN WINGS, JUICY AND TENDER, SERVED WITH HOT SAUCE.	
CHICKEN & CHEESE STUFFED TORTILLA PIPES	8.95
GRILLED CHICKEN, OUR OWN HOMEMADE TANGY SALSA, WITH A BLEND OF FOUR CHEESES DEFTLY WRAPPED IN A TORTILLA SHELL, BAKED AND SERVED WITH OUR UNIQUE DIPPING SAUCE,	
FOUR CHEESE NACHOS	10.95
SEASONED TORTILLA CHIPS, TOPPED WITH THE BLACK BEAR'S TANGY SALSA, FOUR CHEESE, SLICED JALAPENOS, OVEN BAKED AND SERVED PIPING HOT, WITH SOUR CREAM.	
CHICKEN AND FOUR CHEESE NACHOS	11.95
SEASONED TORTILLA CHIPS, TOPPED WITH THE BLACK BEAR'S TANGY SALSA, TENDER STRIPS OF FIRE GRILLED CHICKEN BREAST FOUR CHEESE, SLICED JALAPENOS, OVEN BAKED AND SERVED PIPING HOT WITH SOUR CREAM.	
ZUCCHINI SPEARS	6.95
ZUCCHINI SPEARS, LIGHTLY BREADED AND DEEP FRIED, SERVED WITH SOUR CREAM.	
CHICKEN FINGERS AND FRIES	9.95
LIGHTLY SEASONED, TENDER STRIPS OF CHICKEN, DEEP FRIED SERVED WITH FRIES AND TRADITIONAL PLUM SAUCE.	

THE RUSSIAN NAVY WAS FOUNDED BY A SCOT, SAMUEL GREIG.
THE AMERICAN BY ANOTHER SCOT, JOHN PAUL JONES.

Grilled Burgers

Help Yourself To Salad Bar With Any Sandwich For \$2.25

THE CLASSIC BURGER	9.25
THIS CLASSIC IS FIRED GRILLED, AND SERVED ON A TOASTED SESAME SEED BUN, WITH FRESH SLICED TOMATOES, LETTUCE, PICKLE, SLICED ONION AND SERVED WITH FRIES.	
THE CHEESE BURGER	10.25
SERVED ON A TOASTED SESAME SEED BUN, TOPPED WITH CANADIAN CHEDDAR, SLICED TOMATO, LETTUCE, PICKLE, SLICED ONION AND SERVED WITH FRIES.	
THE BACON BURGER	10.25
SERVED ON A TOASTED SESAME SEED BUN, TOPPED WITH CANADIAN BACK BACON, SLICED TOMATO, LETTUCE, PICKLE, SLICED ONION AND SERVED WITH FRIES. <i>ADD CHEESE FOR JUST \$ 0.99</i>	

I. N. S. S.
(INTERNATIONAL NESSIE SIGHTING SOCIETY)

Approved Sandwiches

THE BLACK BEAR CLUB SANDWICH	10.50
CANADIAN BACK BACON, FIRE GRILLED CHICKEN BREAST, CANADIAN CHEDDAR CHEESE, FRESH TOMATO AND LETTUCE, SERVED ON TOASTED SESAME SEED BUN, AND SERVED WITH FRIES.	
PRIME RIB ROAST BEEF SANDWICH	9.95
JUICY, SUCCULENT PRIME RIB SERVED OPEN FACED ON TOASTED FRESH BREAD WITH HOMEMADE GRAVY AND FRENCH FRIES.	
SIRLOIN STEAK SANDWICH	11.25
TENDER, DOUBLE "A" ALBERTA'S BEST SIRLOIN, PERFECTLY GRILLED AND SERVED ON TOASTED GARLIC BREAD WITH GOLDEN BROWN FRIES.	

Market Fresh Salads

MARKET GARDEN SALAD	STARTER SIZE 4.95	FULL SIZE 5.95
FRESH MIXED GREENS, WITH TOMATO WEDGES, SERVED WITH OUR CREAMY GARLIC HOUSE DRESSING.		
CAESAR SALAD	STARTER SIZE 6.75	FULL SIZE 9.25
CRISPY FRESH ROMAINE LETTUCE, TOSSED IN OUR TRADITIONAL CAESAR DRESSING, TOPPED WITH HERB TOASTED GARLIC CROUTONS, CRISPY BACON, AND LIGHTLY DUSTED WITH PARMESAN CHEESE.		
THE BLACK BEAR CHICKEN SALAD		11.95
FRESH MIXED GREENS, TOPPED WITH STRIPS OF FRESH GRILLED CHICKEN, GRAPEFRUIT SECTIONS, AND SERVED WITH GRAINY DIJON DRESSING.		
GRILLED SALMON SALAD		11.95
FRESH MIXED GREENS, TOPPED WITH ESCALOPE OF SALMON, GARNISHED WITH GRAPEFRUIT SECTIONS AND SERVED WITH BALSAMIC VINEGAR AND EXTRA VIRGIN OLIVE OIL.		

THE TELEPHONE - ALEXANDER GRAHAM BELL,
THE ADHESIVE STAMP - JAMES CHALMERS,
THE BICYCLE - KIRKPATRICK MACMILLAN,
ALL INVENTED BY SCOTS.

Classic Scottish Pub Fare

Help Yourself To Salad Bar For \$2.25

HOTCH POTCH (CURRIED LAMB STEW) 10.25

ORIGINS OF THE NAME ARE UNKNOWN, BUT IT IS DELICIOUS. TENDER PIECES OF LAMB, SLOWLY SIMMERED WITH FRESH VEGETABLES, AND LIGHTLY FLAVOURED WITH A **MILD** CURRY, SERVED ON A BED OF FLUFFY RICE.

SHEPHERDS PIE 9.95

SEASONED GROUND BEEF WITH SAUTEED ONIONS, AND KERNEL CORN, TOPPED WITH WHIPPED GARLIC POTATOES.

CLASSIC CHICKEN POT PIE 11.95

TENDER CUBES OF CHICKEN, MARKET FRESH VEGETABLES, AND DICED POTATO, IN A SAVOURY DEMI-GLAZE, TOPPED WITH A LIGHT PASTRY.

TRADITIONAL HAGGIS 12.95

NEVER MIND THE STORIES, THIS IS ACTUALLY QUITE TASTY.

TRADITIONAL HAGGIS SERVED WITH A MUSHROOM, SCOTCH WHISKY DEMI-GLAZE, POTATOES, A SIDE OF FRESH VEGETABLES AND A **WEE DRAM OF SCOTCH WHISKY.**

Black Bear Pizzas

MACBETH BROUGHT THE PIZZA TO ITALY WHEN HE VISITED THE POPE...
IT COULD BE TRUE, HE DID VISIT THE POPE IN 1065.

FOUR CHEESE PIZZA 11.25

OUR HOMEMADE, TANGY, FRESH HERB, TOMATO SAUCE, SMOTHERED WITH OUR SPECIAL BLEND OF MOZZARELLA, BRICK, MONTEREY JACK & PARMESAN CHEESE, PERFECTLY BAKED & SERVED PIPING HOT.

GRILLED VEGGIE PIZZA 12.25

SEASONED GRILLED VEGETABLES, ATOP OUR BLEND OF FOUR CHEESES, ON A PESTO SEASONED PIZZA SHELL.

BLACK BEAR COMBO PIZZA 11.95

OUR HOMEMADE, TANGY FRESH HERB TOMATO SAUCE, SMOTHERED WITH ONIONS, PEPPERS, MUSHROOMS, SPICY SAUSAGE AND OUR SPECIAL BLEND OF MOZZARELLA, MONTEREY JACK, BRICK AND PARMESAN CHEESES.

PESTO CHICKEN PIZZA 12.25

A PLUMP, TENDER, FIRE-GRILLED JULIENNE BREAST OF CHICKEN, WITH CHOPPED TOMATOES, ATOP OUR BLEND OF FOUR CHEESES, ON A PESTO SEASONED SHELL.

It's Grand Pasta

THE FIRST GRAND PIANO WAS BUILT BY JOHN BROADWOOD, OF EDINBURGH.

SPAGHETTI BOLOGNESE (SUBURB OF EDINBURGH) 10.25

LONG THIN PASTA SERVED WITH OUR SPICY, HOMEMADE ZESTY TOMATO, MEAT SAUCE.

FETTUCINE ALFREDO 11.95

DELICATE EGG NOODLES GENTLY TOSSED WITH PARMESAN CHEESE FRESH CREAM AND BROCCOLI.

FUSILLI PRIMAVERA 10.25

SPIRAL SHAPED PASTA TOSSED IN A LIGHT TOMATO PESTO SAUCE WITH FRESH VEGETABLES.

PENNE WITH CHICKEN 12.25

PENNE PASTA TOSSED IN OUR TOMATO PESTO SAUCE WITH A PLUMP, TENDER BREAST OF CHICKEN.

LINGUINE WITH CLAMS 12.25

LINGUINE NOODLES TOSSED WITH CLAMS, GARLIC AND PARMESAN CHEESE, WITH YOUR CHOICE OF A WHITE WINE CREAM SAUCE OR A TOMATO BASIL SAUCE.

FETTUCINE WITH SHRIMP 12.25

TENDER PLUMP TIGER SHRIMP TOSSED WITH FETTUCINE NOODLES IN A GARLIC PESTO CREAM SUCE.

Kilt Fillers

Would you be surprised to know that a Scot
Started the Bank of Engl and in 1654?

FISH AND CHIPS BEER BATTERED HADDOCK COOKED TO CRISPY PERFECTION, WITH OUR OWN ZESTY TARTAR SAUCE, SERVED WITH GOLDEN BROWN FRIES.	11.95
CHICKEN STIR FRY TENDER CUBES OF PLUMP CHICKEN TENDERLOIN, STIR-FRIED WITH SNOW PEAS, ONION, BROCCOLI, AND WATER CHESTNUTS, SERVED ON A BED OF FLUFFY RICE.	13.95
GRILLED SALMON A FRESH SALMON FILLET, FIRE GRILLED, SERVED WITH A LEEK, BUTTER SAUCE.	14.95
ALBERTA DOUBLE "A" GRILLED STEAK AND SHRIMP A TENDER, JUCY, NEW YORK STEAK, GRILLED TO PERFECTION, TOPPED WITH PLUMP TIGER SHRIMP AND SERVED WITH POTATOES AND FRESH VEGETABLES OF THE DAY.	18.95
JUMBO GARLIC TIGER SHRIMP TENDER, SUCCULENT, TIGER SHRIMP, SAUTEED WITH WHITE WINE AND GARLIC SERVED ON A BED OF FLUFFY RICE WITH FRESH GARDEN VEGETABLES.	15.95
CHICKEN PARMIGIANA BREADED CHICKEN BREAST, TOPPED WITH TOMATO SAUCE AND CHEESE, SERVED WITH TOMATO PESTO PENNE.	14.95

FEATURED SPECIAL NEW YORK SIRLOIN STEAK

TENDER, JUICY, ALBERTA DOUBLE "A" NEW YORK SIRLOIN
PERFECTLY GRILLED, SERVED WITH A CRACKED BLACK PEPPER CORN SAUCE,

WITH ALL YOU CAN EAT SALAD BAR

15.95

ALL PRICES DO NOT INCLUDE TAXES

... Something From The Bar

House Wine

Glass 5.75

1/4 Litre 9.50

1/2 Litre 16.50

1 Litre 26.95

White Wine

Bottle

Glass

CHARDONNAY: Light & crisp with a woody flavour, very dry.	27.95	6.75
ORVIETO: Crisp & clean, comes from Orvieto Town in Umbria, dry	24.95	5.95
PINOT GRIGIO: Great structure & complexity, excellent with seafood.	26.95	6.75
VERDICCHIO: Full body with a clean, crisp flavour, very dry.	27.95	6.75
SOAVE: Fruity & soft, medium body, easy to drink & enjoy, semi-dry.	24.95	5.95
ASTI SPUMANTI: Italy's sparkling wine, famous world wide.	25.95	N/A

Red Wine

Bottle

Glass

AMARONE: Full body, with a bouquet of peaches.	65.00	N/A
BARBERA: Full body, slightly woody from northern Italy.	26.95	6.75
CHIANTI RISERVA: Chianti at its best, aged in wooden casks, very dry.	42.00	7.95
RUBESCO: Elegant, smooth and well balanced from Umbria.	27.95	6.75
SANGIOVESE: Soft, elegant and harmonious taste.	25.95	5.95
VALPOLICELLA: Rich & fruity with medium body, semi-dry.	25.95	5.95

Australian Wine

Bottle

Glass

MERLOT: Elegant oak flavour with a hint of cherry.	28.95	6.75
SHIRAZ: Full body, plum flavour easy do to drink	28.95	6.75

CALIFORNIA Wine

Bottle

Glass

CABERNET SAUVIGNON (RED): Attractive berry fruit flavour with a hint of plum and spice, dry.	25.95	6.50
SAUVIGNON BLANC (WHITE): Fresh light body and crisp finish, semi-dry.	25.95	6.50
WHITE ZINFANDEL (BLUSH): Zesty berry fruit character, crisp finish and a touch of sweetness.	25.95	6.50

All Prices Do Not Include Tax