

GARDEN FRESH SALADS

Southwestern Chicken Salad

Fresh salad mix, grilled chicken strips, red peppers, onions, grilled corn, black beans, cheddar cheese and tomatoes sprinkled with chopped chives and Ancho Cilantro Ranch dressing. 7.49

Napa Valley Salad

Fresh salad mix, oven-roasted turkey, red onions, bacon, mushrooms, pecans and tomatoes. Topped with sun-dried cranberries, gorgonzola crumbles with pinot noir vinaigrette. 7.49

Mikonos Grilled Vegetable Salad

Fresh salad mix, artichokes, kalamata olives, tomatoes, cucumbers, red onions and grilled vegetables. Topped with feta cheese crumbles and basil with balsamic vinaigrette. 7.49

Add Grilled Chicken 8.99

Crabcake Salad

Fresh salad greens, grilled lump meat crabcake, cheddar cheese, onions, cucumbers, red peppers, mushrooms, tomatoes and homemade seasoned croutons with Vidalia onion dressing. 8.49

Blackened Chicken Salad

Fresh salad greens, blackened chicken breast, cheddar cheese, onions, cucumbers, red peppers, mushrooms, tomatoes and homemade seasoned croutons with ranch dressing. 6.99

Blackened Tilapia Salad 7.99

Chicken Caesar Salad

Romaine lettuce, grilled chicken breast, parmesan cheese and homemade seasoned croutons in a creamy Caesar dressing. 6.99

Grilled Tilapia Caesar 7.99

Deli Trio Salad

Fresh salad mix, sliced julienne roast turkey, honey ham, roast beef, Swiss cheese, red onions, bacon, mushrooms, and tomatoes. Served with a tangy thousand island dressing 7.99

Mt. Fuji Chicken Salad

Fresh salad mix, grilled chicken breast, grilled pineapple, oriental sesame dressing, tomatoes, red onions, red peppers and cucumbers with chow mein noodles. 7.49

WRAPS

Giant Panda Chicken Wrap

Grilled chicken breast, oriental sesame dressing, salad greens, tomatoes, red onions, red peppers, cucumbers, mushrooms and chow mein noodles in a whole wheat tortilla. 6.99

Turkey Basil Wrap

Fresh tomato basil wrap with roasted turkey, diced tomatoes, ranch dressing with bacon and green leaf lettuce on a tomato basil tortilla. 6.99

Southwestern Chicken Wrap

Grilled chicken, salad greens, cheddar cheese, onions, roasted red peppers and Ancho Cilantro Ranch dressing on a whole wheat tortilla. 6.99

Cranberry Turkey Wrap

Roasted turkey, lettuce, tomatoes, caramelized pecans, sundried cranberries, parmesan cheese and Balsamic vinaigrette on a tomato basil tortilla. 6.99

KID'S MENU

Children 12 & Under — pick one for 3.99

- Grilled Cheese Sandwich
- Macaroni & Cheese
- Peanut Butter & Jelly Sandwich
- Ham or Turkey & Cheese Sandwich

Served with fresh fruit, potato chips, kid's size drink, and a freshly baked kid's size cookie.

SIDES & EXTRAS

Bowl of Soup

Check out our daily selections of handcrafted soups. Our signature Potato Mountain Chowder available daily. 3.49

Soup in a Bread Bowl

Make it a meal with a bowl of soup served in a freshly baked sourdough boule bread bowl. 4.99

House Deli Salads

Choose from our daily selection of fresh Deli Salads. 1.49

Hand Cut Potato Wedges

Savory seasoned hand cut baked potato wedges. 3.49

Chili Cheese Potato Wedges

Savory seasoned hand cut baked potato wedges, topped with cheddar cheese, chili and bacon bits. 4.49

Baked Potatoes

Oven hot, one-pound russet potato with your choice of toppings: 3.99
Cheddar Cheese, Butter, Bacon, Sour Cream, Chives, Fat-Free Sour Cream



DELECTABLE DESSERTS

Grizzly Bear Cookies

Baked Fresh Daily

- Chocolate Chip
- Cinnamon Sugar
- Oatmeal Raisin
- White Chocolate Macadamia Nut

Brownies & Dessert Bars

Check out our fresh daily selection
Locally baked Cakes & Cheesecakes



ROBUST COFFEES & REFRESHING BEVERAGES

Buffalo Springs Fair Trade Coffees

Flavored Iced Coffees

Smoothies

Cold Beverages

- Fountain Beverages
- Bottled Water
- Freshly brewed teas

BEAR ROCK™

CAFE



RTP/Cary/Morrisville:

9575 Chapel Hill Road
Morrisville, NC 27560

(919) 462-1687
(919) 462-0271 (Fax)

Lake Boone & Wycliff Rd.:

2458 Wycliff Road
Raleigh, NC 27607

(919) 781-9900
(919) 781-9642 (Fax)

bearrockcafe.com

**Choose Bear Rock Cafe to Cater your next
meeting or gathering**

HOT OFF THE GRILL

Jerk Chicken

Grilled chicken breast, jerk spice, Swiss cheese, grilled banana peppers, grilled red onions, lettuce, tomatoes, mayonnaise and Bear Rock Honey Mustard on a freshly baked Kaiser roll. 6.99

Grilled Chicken

Grilled chicken breast, Swiss cheese, lettuce, tomatoes, mayonnaise and BR Honey Mustard on a freshly baked Kaiser roll. Blackened upon request. 6.99

Bear Cristo

Honey ham, bacon, melted Swiss cheese, mushrooms, tomatoes and BR Honey Mustard on grilled sourdough bread. 6.99

Sasquash

Grilled eggplant and squash, provolone cheese, red onions, mushrooms, lettuce, tomatoes, sprouts, Vidalia onion dressing on grilled sunflower seed bread. 6.99



Mojave BBQ Chicken Flatbread

Grilled chicken breast, pepper jack cheese, tangy BBQ sauce, grilled peppers and grilled red onions on grilled flatbread. 7.99

French Dip

Roast beef, provolone cheese and grilled onions on a 6" hoagie with au jus on the side. 7.49

Cheese Steak

Seasoned, sliced steak, topped with grilled onions and bell peppers smothered in melted provolone cheese served on a 6" hoagie roll. 7.49

Reuben's Peak

Corned beef, sauerkraut, melted Swiss cheese, and spicy mustard on seeded rye. 7.49

Blackened Tilapia Sandwich

Blackened tilapia topped with roasted seasonal vegetables on a potato roll with a side of Cajun remoulade sauce. 7.49

Crab Cake Sandwich

Grilled lump meat crab cake, lettuce and tomato on a toasted potato roll. Served with Cajun remoulade or tartar sauce. 8.49

Rio Grande Chicken Flatbread

Grilled chicken breast, pepper jack cheese, lettuce, tomatoes and ancho cilantro ranch spread on grilled flatbread. 7.99

Tuna Melt

Homemade tuna salad, cheddar cheese and tomatoes on grilled sourdough. 6.49

Southern Reuben

Oven-roasted turkey, cole slaw, melted Swiss cheese, and thousand island dressing on grilled seeded rye. 6.99

All sandwiches are served on freshly baked bread with potato chips. Pretzels, BBQ or baked chips upon request. Substitute a House deli salad or savory potato wedges for an additional .50

Substitute a Loaded Baked Potato, Side Salad or Cup of Soup for 2.50

DELI SANDWICHES

The Moose

Honey ham, oven-roasted turkey, cheddar cheese, Swiss cheese, bacon, lettuce, tomatoes, mayonnaise and Bear Rock Honey Mustard on toasted whole wheat, stacked three high. 7.49

Rising Sunflower

Oven-roasted turkey, provolone cheese, lettuce, tomatoes, roasted red peppers, red onions and pesto mayonnaise on a freshly baked sunflower seed bread. 6.99

Roast Turkey BLT

Oven-roasted turkey, bacon, lettuce, tomatoes and mayonnaise on toasted whole grain wheat. 6.99

Cascade Tuna Flatbread

Creamy homemade tuna salad, lettuce, tomatoes, melted Swiss cheese on a grilled flatbread. 7.99

Chicken Salad Croissant

Creamy chicken salad, lettuce and tomatoes on a butter croissant. 6.99

Tuna Salad Croissant

Our homemade tuna salad, lettuce and tomatoes on a butter croissant. 6.99

Hoot Owl

Oven-roasted turkey, havarti cheese, mayonnaise, lettuce, tomatoes, sprouts and Vidalia onion dressing on freshly baked sourdough bread. 6.99

The Rockslide

Roast beef, cheddar cheese, lettuce, tomatoes and horseradish sauce on a freshly baked Kaiser roll. 6.99

Garden Sandwich

Havarti cheese, lettuce, tomatoes, sprouts, red peppers, mushrooms, onions, cucumbers and pesto mayonnaise on freshly baked sunflower seed bread. 6.99



The Italian

Genoa salami, pepperoni, ham topped with lettuce, tomato, onions, roasted red peppers, provolone cheese, oil & vinegar and pesto mayonnaise on a 6" hoagie roll. Toasted upon request. 7.99

Colorado Turkey Club Flatbread

Oven-roasted turkey breast, havarti cheese, bacon, lettuce, tomatoes, red onions topped with our signature cranberry chutney sauce on grilled flatbread. 7.99

VARIETY COMBO

- Pick Any Two for 7.49

- Pick Any Three for 9.99

1/2 Sandwich

- Hoot Owl
- Rising Sunflower
- Garden Sandwich
- The Rockslide
- Roast Turkey BLT
- Chicken or Tuna Salad Croissant
- Grilled Cheese

Bowl of Soup

- Choose from our Daily Selections

Side Salad

- House
- Caesar

Baked Potato

- Cheddar Cheese
- Butter
- Bacon
- Sour Cream
- Chives
- Fat-Free Sour Cream

BLACK ANGUS BURGERS

Mushroom Swiss Angus Burger

Black Angus beef, Swiss cheese, grilled red onions, grilled mushrooms, and mayonnaise on a freshly baked Kaiser roll. 7.99

Carolina Classic Angus Burger

Black Angus beef, cheddar cheese, chili, slaw, red onions, lettuce, tomatoes, spicy mustard and ketchup on a freshly baked Kaiser roll. 7.99

BBQ Bacon Angus Burger

Black Angus beef, bacon, cheddar cheese, Tangy BBQ sauce, lettuce, tomatoes on a freshly baked Kaiser roll. 8.49

Chili Cheese Angus Burger

Black Angus beef, American cheese, chili, lettuce, tomatoes, spicy mustard and ketchup on a freshly baked Kaiser roll. 7.99

Black Angus Burger

Black Angus beef, cheddar cheese, red onions, lettuce, tomatoes, dill pickle slices, spicy mustard and ketchup on a freshly baked Kaiser roll. 7.49

Jalapeno Jack Burger

Black Angus beef, pepper jack cheese, grilled jalapenos, grilled red onion, lettuce, tomato, salsa, ranch dressing on a freshly baked Kaiser roll. 7.99

Veggie Burger

Black Bean Garden burger, cheddar cheese, red onions, lettuce, tomatoes, pickle slices, spicy mustard and ketchup on a freshly baked potato roll. 6.99

Black Angus Melt

Black Angus beef, melted Swiss cheese, grilled onions and spicy mustard on grilled seeded rye. 7.49



Substitute a side order of our Savory Hand Cut Potato Wedges for .50

OVEN BAKED PIZZETAS

Pepperoni or Cheese Pizze ta

Gourmet flatbread topped with marinara sauce, pepperoni, mozzarella, provolone and cheddar cheeses and tomatoes. 7.49



Roasted Vegetable Pizze ta

Gourmet flatbread topped with marinara sauce and olive oil, roasted eggplant, mushrooms, diced tomatoes, red and green peppers, mozzarella, provolone and cheddar cheeses. 7.99



BBQ Chicken Pizze ta

Gourmet flatbread topped with BBQ sauce, grilled chicken, mozzarella, provolone and cheddar cheeses, red onions and tomatoes 7.99

Pesto Chicken Pizze ta

Gourmet flatbread topped with pesto sauce, grilled chicken, red onions, mushrooms, mozzarella, provolone and cheddar cheeses. 7.99



Denotes vegetarian selection