

## First Tastes

- Artichoke Dip** \$5.99  
Creamy baked dip with artichokes and Parmesan cheese. Served with crispy Parmesan baguette toasts.
- Crispy Chicken Strips** \$5.99  
Strips of hand battered all white meat chicken served with honey mustard and oriental sesame dressing.
- Chicken Quesadillas** \$5.99  
Tortilla stuffed with grilled chicken, melted Mozzarella, Provolone and Cheddar cheeses, red onions and red peppers seasoned with a special blend of herbs and seasonings.
- Beer Battered Onion Rings** \$4.99  
Sweet yellow onions lightly seasoned, breaded and crisply-fried.

- Sweet Potato Fries** \$4.99  
Our signature specialty prepared in trans fat free oil, seasoned with sea salt and served with spicy Ranch dipping sauce.
- Chicken Wings New!**  
10 for \$7.49 - 16 for \$10.49 - 25 for \$16.99  
Available in Medium, Hot or BBQ. Served with Blue Cheese Dressing.
- Mozzarella Sticks New!** \$5.99  
Lightly breaded and fried to a golden brown. Served with Pomodoro Tomato Sauce.

## chef-created pizzas

- Pepperoni Pizzeta** \$7.49  
Gourmet flatbread topped with Pomodoro Tomato sauce, pepperoni, Mozzarella, Provolone and Cheddar cheeses.
- BBQ Chicken Pizzeta** \$7.99  
Gourmet flatbread topped with BBQ sauce, grilled chicken, Mozzarella, Provolone and Cheddar cheeses, and red onions.
- Roasted Vegetable Pizzeta** \$7.99  
Gourmet flatbread topped with Pomodoro Tomato sauce and olive oil, eggplant, Mozzarella, Provolone and Cheddar cheeses, red peppers, red onions and mushrooms.
- Pesto Chicken Pizzeta** \$7.99  
Gourmet flatbread topped with Pesto sauce, grilled chicken, red onions, mushrooms, Mozzarella, Provolone and Cheddar cheeses.

## garden fresh salads

- Flatiron Steak** \$8.49  
Fresh field greens and mesclun mix, grilled flatiron steak, tomatoes and red onions. Served with Honey Dijon. Topped with onion rings, Gorgonzola crumbles and homemade croutons.
- Napa Valley** \$7.99  
Fresh field greens and mesclun mix, sliced smoked turkey, red onions, bacon, mushrooms, pecans and tomatoes. Topped with sun-dried cranberries and Gorgonzola crumbles. Served with Pinot Noir Shallot Vinaigrette.
- Chicken Caesar** \$6.99  
Romaine, grilled chicken breast, imported Parmesan cheese and homemade croutons tossed with Caesar dressing.

- Nuevo Poblano** \$7.99  
Fresh field greens and mesclun mix, grilled chicken strips, red peppers, red onions, grilled corn kernels, black beans, Cheddar cheese and tomatoes. Sprinkled with chopped chives and served with creamy Roasted Poblano dressing.
- Mikonos Grilled Vegetable** \$7.99  
Fresh field greens and mesclun mix, grilled chicken strips, tomatoes, cucumbers, artichokes, kalamata olives, red onions and grilled vegetables. Topped with feta cheese crumbles and basil. Served with Balsamic Vinaigrette.
- Calypso** \$7.99  
Fresh field greens and mesclun mix, shrimp, cucumbers, hearts of palm, red peppers, corn and pineapple. Topped with toasted cococut and served with Balsamic Vinaigrette.
- Blackened Chicken Salad** \$7.99  
Fresh salad greens, blackened chicken breast, Cheddar cheese, red onions, cucumbers, mushrooms, red peppers, tomatoes and homemade croutons. Served with Ranch dressing.
- Greek Salad New!** \$6.99  
Romaine lettuce, red onions, cucumbers, tomatoes, kalamata olives, pepperoncini, crumbled feta cheese and homemade croutons served with Greek dressing.
- Mount Fuji New!** \$7.99  
Fresh salad greens, grilled chicken breast, chow mein noodles, red onions, pineapple and tomatoes topped with Oriental Sesame dressing.
- House Salad** \$5.49  
Fresh field greens and mesclun mix, mushrooms, tomatoes, cucumbers, red peppers, red onions and homemade croutons. Served with Balsamic Vinaigrette.
- Caesar Salad** \$5.49  
Romaine, imported Parmesan cheese and homemade croutons tossed with Caesar dressing.

## hot sandwiches off the grill

- Meatloaf** \$7.49  
Oven-baked, thickly-sliced meatloaf, sauteed garlic spinach with Mushroom Marsala sauce and Pomodoro Tomato sauce. Garnished with onion tumbleweed and served on a potato roll.
- Ribeye Cheese Steak** \$7.99  
Seasoned, sliced ribeye steak, grilled with onions and bell peppers, smothered in melted Provolone cheese served on a hoagie roll.
- Blackened Chicken** \$7.49  
Blackened chicken breast, Pepper Jack cheese, lettuce, tomatoes and Cajun mayonnaise on a Kaiser roll.

- Grilled Chicken** \$7.49  
Grilled chicken breast, Swiss cheese, lettuce, tomatoes, mayonnaise and Honey Mustard on a Kaiser roll.
- Black Angus Burger** \$7.99  
8 oz. Black Angus burger, Cheddar cheese, red onions, lettuce, tomatoes, dill pickle slices, spicy mustard and ketchup on a Kaiser roll. Add bacon for \$ .99
- BBQ Bacon Burger New!** \$7.99  
8 oz. Black Angus burger, grilled onions, Cheddar cheese, bacon and 30-spice BBQ sauce on a Kaiser roll.
- Mushroom Swiss Burger New!** \$7.99  
8 oz. Black Angus burger, grilled mushrooms and Swiss cheese topped with Mushroom Marsala sauce and onion tumbleweed on a Kaiser roll.
- Black Angus Melt** \$7.99  
8 oz. Black Angus burger, melted Swiss cheese, grilled onions, and spicy mustard on grilled rye.
- Flatiron Steak** \$8.99  
Grilled flatiron steak strips, topped with onion tanglers, Creamy Horseradish sauce and Gorgonzola crumbles on a baguette.
- Pot Roast** \$7.99  
Slow braised beef pot roast, caramelized onions and onion tumbleweed served on a potato roll.
- Sasquash** \$6.99  
Grilled eggplant and squash, Provolone cheese, red onions, mushrooms, lettuce, tomatoes, sprouts and Vidalia Onion dressing on grilled sourdough.
- Bear Cristo** \$7.49  
Honey ham, bacon, melted Swiss cheese, mushrooms, tomatoes and Honey Mustard on grilled sourdough bread.
- Blackened Mahi Mahi** \$8.49  
Blackened 6 oz. Mahi Mahi filet topped with roasted seasonal vegetables on a potato roll. Served with a side of Cajun remoulade sauce.
- Tropical Pork Rock Sliders** \$7.49  
Slow roasted pulled pork, caramelized sweet onions, 30-spice BBQ sauce and grilled fresh Hawaiian pineapple served on two Tuscan rolls.
- Reuben's Peak** \$7.49  
Corned beef, melted Swiss cheese, sauerkraut and spicy mustard on seeded rye.
- Mojave BBQ Flatbread** \$8.49  
Grilled chicken breast, Pepper Jack cheese, 30-spice BBQ sauce, grilled peppers and grilled red onions on grilled flatbread.
- Rio Grande Flatbread** \$8.49  
Grilled chicken breast, Pepper Jack cheese, tomatoes and Poblano spread on grilled flatbread.
- East Coast Crab Cake** \$8.99  
Grilled lump crab cake with bread crumbs and a blend of spices, lettuce and tomato on a toasted potato roll. Served with your choice of Cajun remoulade or tartar sauce.
- Tuscan Turkey New!** \$7.99  
Smoked Turkey, mayonnaise, artichoke hearts, tomatoes, pesto sauce and melted Havarti cheese on grilled sourdough.
- Apple Valley Turkey New!** \$7.49  
Roasted Turkey, tomatoes, bacon and fire roasted tomato spread with melted Cheddar cheese on grilled sourdough.
- Fireside Jerk** \$7.99  
Grilled chicken breast, jerk spice, Swiss cheese, grilled banana peppers, grilled red onions, lettuce, tomato, mayonnaise and BR Honey Mustard on a Bear Rock roll.

## hot & savory soups

- Bowl of Soup** \$4.49
- Soup in a Sourdough Bread Bowl** \$5.99
- "Check daily for our soup selections"

## dinner entrees

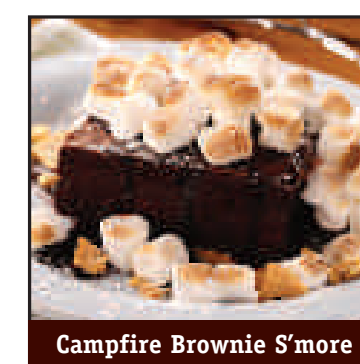
- BBQ Smokehouse Chicken** \$9.99  
Grilled chicken breast, marinated in our 30-spice BBQ sauce. Topped with bacon and melted Cheddar cheese and served with grilled vegetables and a hot baked potato.
- Fire Grilled Veggie Bowl** \$7.49  
Steamed rice topped with Pomodoro Tomato sauce, mushrooms, fresh grilled vegetables and sweet pesto sauce. Add grilled shrimp or chicken for \$1.50 more.
- Grilled Mahi Mahi** \$11.99  
Grilled 6 oz. Mahi Mahi filet seasoned with voodoo spices and served on a bed of steamed rice with onions. Topped with grilled seasonal vegetables and served with Tropical Pineapple Mango salsa.
- Meatloaf Marsala** \$8.99  
Oven-baked, thickly-sliced meatloaf served over red bliss mashed potatoes and topped with Mushroom Marsala sauce and Pomodoro Tomato sauce. Garnished with onion tumbleweed.
- Chicken Pomodoro** \$9.99  
Grilled marinated chicken breast served on a bed of steamed rice with roasted red peppers and caramelized onions. Topped with Pomodoro Tomato sauce and melted Mozzarella and Parmesan cheeses.
- Crab Cake & Grilled Shrimp** \$11.99  
East Coast crab cake and five fire-grilled shrimp over grilled, seasonal julienne vegetables. Served with remoulade sauce and a hot baked potato.
- 3 Hour Pot Roast** \$10.99  
Slow braised beef pot roast served over red bliss mashed potatoes and topped with onion tumbleweed.
- Chicken Pot Pie** \$7.49  
Roasted pulled chicken breast, carrots, celery, peas, mushrooms and onions in a creamy herb sauce between Bear Rock's signature flaky pie crust.
- Flatiron Steak Dinner New!** \$12.99  
Hand Cut, premium choice, 10 ounce Flatiron Steak grilled to perfection served with a hot baked potato and fresh grilled vegetables.
- Blue Ridge BBQ Combo New!** \$9.99  
Grilled Chicken Breast marinated in our 30 spice BBQ sauce and a mound of our slow roasted pulled pork served with steak fries and green apple coleslaw.

## side items

- Loaded Baked Potato** \$3.49  
(Butter, Sour Cream, Cheese, Bacon & Chives)
- Grilled Vegetables** \$1.99
- Green Apple Cole Slaw** \$1.49
- Sweet Potato Fries** \$1.99
- Onion Rings** \$2.49
- Steak Fries** \$1.99
- Baked Potato** \$1.99  
(Butter & Sour Cream)
- Steamed Rice** \$1.99  
(Available after 4pm & all day Sunday)
- Red Bliss Mashed Potatoes** \$1.99  
(Available after 4pm & all day Sunday)
- Side Salad** \$1.99  
(House or Caesar)

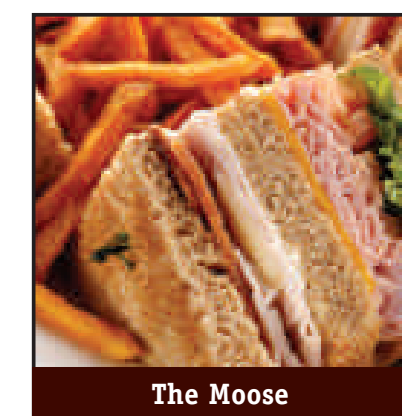
## delectable desserts

- Gourmet Cheesecake** \$3.99  
Smooth and creamy cheesecake made from the finest ingredients.
- White Chocolate Raspberry Cheesecake** \$3.99  
Silky smooth and light white chocolate cheesecake with raspberry swirl.
- Campfire Brownie S'more** \$3.99  
Our signature dessert - Warm chocolate brownie topped with chocolate sauce, toasted marshmallows and graham cracker crumbles. Sprinkled with powdered sugar.
- Freshly Baked Cookies** \$1.29  
Enormous freshly baked cookies. Choose from Chocolate Chip, Cinnamon Sugar, Oatmeal Raisin or White Chocolate Macadamia Nut.



## cold sandwiches

- Rising Sunflower** \$7.49  
Smoked turkey, Provolone cheese, lettuce, tomatoes, roasted red peppers, red onions and pesto mayonnaise on sunflower seed bread.
- Turkey Basil Wrap** \$7.49  
Fresh tomato basil wrap with roasted turkey, diced tomatoes, buttermilk ranch dressing with bacon and green leaf lettuce.
- Roast Turkey BLT** \$7.49  
Oven-roasted turkey, bacon, lettuce, tomatoes and mayonnaise on toasted whole wheat.
- Hoot Owl** \$7.49  
Oven-roasted turkey, Havarti cheese, mayonnaise, lettuce, tomatoes, sprouts and Vidalia Onion dressing on sourdough bread.
- Giant Panda Wrap** \$7.49  
Grilled chicken breast, Chow Mein noodles, Oriental Sesame dressing, salad greens, tomatoes, red onions, red peppers, cucumbers and mushrooms in a whole wheat tortilla.
- The Moose** \$7.99  
Honey ham, roasted turkey, Cheddar cheese, Swiss cheese, bacon, lettuce, tomatoes, mayonnaise and Honey Mustard on toasted whole wheat, stacked three high.
- Colorado Turkey Flatbread** \$8.49  
Oven-roasted turkey breast, Havarti cheese, bacon, lettuce, tomatoes, red onions and Cranberry Chutney on grilled flatbread.
- Bistro Chicken Salad** \$7.49  
Diced grilled chicken breast, celery, pineapple, red grapes, chopped pecans, Honey Pommerly Mustard sauce and mayonnaise with lettuce on a croissant.
- Roast Beef Baguette** \$7.49  
Roast beef, Cheddar cheese, lettuce, tomatoes and creamy horseradish on a toasted baguette.
- Chicken Club Wrap New!** \$7.49  
Grilled chicken breast, mayonnaise, lettuce, tomatoes, bacon and Cheddar cheese in a sun dried tomato basil wrap.
- Chicken Caesar Wrap New!** \$6.99  
Grilled chicken breast, romaine lettuce, parmesan cheese, homemade croutons and our creamy Caesar dressing in a whole wheat wrap.
- Garden Sandwich New!** \$6.99  
Havarti cheese, lettuce, tomato, sprouts, red peppers, mushrooms, red onion, cucumbers, Pesto mayonnaise spread on Sun Flower seed bread.



All sandwiches served with your choice of:  
Grilled Vegetables, Steak Fries, Sweet Potato Fries,  
Chips or Green Apple Cole Slaw.

## Kid's menu

Kids 12 & Under Choose One \$4.49

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

All Kid's Meals served with:  
Green Apple Slices, Steak Fries and Kid's-Size Fountain Drink.

## refreshing beverages

- Coca-Cola Fountain Drinks** \$1.99
- Freshly-Brewed Iced Tea** \$1.99
- Freshly-Brewed Coffee** \$1.79
- Specialty Bottled Beverages** As Marked
- Bottled Beer** As Marked
- Wine By the Glass** As Marked