

RESTAURANT MENU

FOOD AND DRINK



DRINKS & BEVERAGES

Coffee		3.25
Hot Chocolate		4.50
Mocha		4.50
Herbal Tea		3.25
Milk	Small 3.00 Large 4.25	
Chocolate Milk	Small 3.75 Large 5.00	
Pop with 1 refill		3.50
Iced Tea with 1 refill		3.75
Juice a choice of apple, orange, grapefruit, pineapple	Small 2.50 Large 3.75	
Lemonade		3.75
Cranberry		3.75
Tomato or Clamato Juice		4.00
Milk Shakes a choice of Vanilla, Chocolate, Strawberry, Caramel		5.50
Floats a choice of Orange, Creamsoda, Rootbeer, Coke		5.50



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



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
12.50

SKILLETS

Benny Skillet crispy-fried potatoes, green onion, tomatoes, back bacon with hollandaise & Sunny side egg, toast	16.99
Skillet Breakfast crispy-fried potatoes, green onion, peppers, tomatoes, ham with hollandaise & Sunny side egg, toast	16.50
Meat Lovers Skillet crispy-fried potatoes, ham, spicy sausage, bacon, onions, tomato, topped with a Sunny side egg, toast	16.99

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

PANCAKES & PLUS

Buttermilk Pancakes three	10.50	Strawberry Waffle sugared strawberries, real whipped cream	14.50
Strawberry Pancakes three, sugared strawberries, whipped cream	13.99	Egg and Bacon Waffle two eggs, two slices of bacon	15.99
Blueberry Pancakes three	13.99	French Toast 3 golden pieces of sourdough bread, icing sugar	12.99
Pancake Combo two pancakes, two eggs, sausages or ham or bacon	15.99	Creamy Oatmeal with Toast	9.00
Belgium Waffle crisp & golden	9.99	pancakes & waffles are served with butter & table syrup. Substitute pure maple syrup for \$1 surcharge. S. French toast 4.50 S. Pancake 4.00	

SIDES

Cinnamon Bun served grilled	5.25	Back Bacon three	4.75
Toast white, whole wheat, sourdough or multi grain	3.25	Homemade Muffin	3.00
Rye	3.50	Hollandaise Sauce	3.00
English Muffin	3.50	Dish of Fruit	4.99
Hot Oatmeal brown sugar & milk	6.50	Plain Yogurt	3.50
Bacon three or Sausage three	4.50	Crispy Fried Potatoes	5.99
Spicy Sausage two	6.50	Tomato Slices	4.00
Ham two	4.50	Sl. Oranges	4.00
		Strawberries or Blueberries	4.50

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

Sirloin Steak and Eggs 6oz, toast & crispy-fried potatoes	21.99	Hamburger Steak & Eggs toast and crispy-fried potatoes	19.99
Bacon or Ham or Sausages and Eggs toast and crispy-fried potatoes	13.99	Eggs Benedict two poached eggs, back bacon, tomato, English muffin, hollandaise, crispy-fried potatoes	15.99
Spicy Sausages and Eggs toast and crispy-fried potatoes	15.99	Waffle Benedict two poached eggs, back bacon, tomato, waffle, hollandaise, crispy-fried potatoes	15.99
Two Eggs Any Style toast and crispy-fried potatoes	9.99	Single Eggs Benedict	13.50
Canadian Back Bacon and Eggs toast and crispy-fried potatoes	14.50	Two Two Two eggs, bacon, sausage, toast, crispy-fried potatoes	14.99

EYE OPENERS

Breakfast Bun two eggs, Bacon, Cheddar, mayo, lettuce & tomato on a toasted burger bun with crispy fried potatoes	14.99	Breakfast Muffin ham, egg, cheddar, english muffin with crispy-fried potatoes	11.50
Grizzlies Breakfast two eggs with bacon, sausage, pancakes, toast & crispy-fried potatoes	18.99	French Combo two French toast, eggs, bacon and sausage	15.99
Breakfast Quesadilla egg, Monterey jack, cheddar, green onion, sour cream, salsa & crispy-fried potatoes	16.99	Lite Break one egg, two slices bacon, toast and a small juice	9.99
		Crispy Latkes and Eggs potato cakes with sour cream and green onion add \$3.00 for cheddar + bacon bits Sub Spinach latkes \$2.00	14.99

OMELETTES

BCI Special Omelette peppers, tomatoes, ham, onions, mushrooms & cheddar	17.50	Three Cheese and Mushroom	17.50
Greek Omelette olives, onions, pepper, tomato, spinach & feta cheese	17.50	Classic Denver 3 eggs, ham and green onions	16.50
Spicy Tuscany tomatoes, pesto, spicy sausage, feta cheese	17.50	Ham & Cheddar Cheese	16.50
Daybreak Omelette [Create your own]		Great Canadian Omelette cheddar, back bacon and green onions	17.50
Add: Bacon, ham, sausage, cheddar, feta, monterey cheddar or an egg			10.50
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			\$3.00
			\$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 salads are served with garlic pita

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| Greek Salad
cucumbers, red onion, tomato, peppers, olives, feta cheese with house dressing on a bed of fresh romaine lettuce | 15.99 |
| Santa Fe Salad
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. | 16.50 |
| BCI Supreme Salad
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! | 17.50 |
| Caesar Salad
the classic, fresh romaine lettuce tossed in our signature house made dressing topped with grated Parmesan cheese and croutons. | <i>half</i> 10.50 <i>full</i> 14.50 |

Kick It Up Add

Calamari piled on top	12.99
Garlic Basted Shrimp Skewer	7.50
Pacific Shrimp	6.00
Broiled Chicken	5.00



SIDES

Onion Rings	4.99
Fries	4.50
2 Round Pita Bread	5.50
(Side) Caesar Salad	5.00
(Small) Garden Salad	4.50
Coleslaw	4.00

WRAPS

served with beer battered fries & coleslaw

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| Chicken Caesar Wrap
sliced chicken breast all rolled up with caesar salad | 16.99 |
| Cranberry Turkey Wrap
roasted turkey with cranberry, mayo & lettuce | 16.99 |
| Los Cabos Chicken Quesadilla
tender chicken, cheeses, peppers, salsa, sourcream, cajun spice | 17.99 |



SANDWICHES

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

Hot Beef or Turkey Sandwich **17.99**

Reuben Sandwich **17.50**

Swiss cheese, corn beef, sauerkraut mustard on grilled rye

Classic Sirloin steak Sandwich **21.50**

6oz. crisp beer battered fries & topped with 2 onion rings

Classic Beef Dip **18.50**

thin cuts of roast beef, fried onions, au jus for dipping

Triple Decker Club **17.99**

oven roasted turkey, smokey bacon, tomato and lettuce

Shrimp House Sandwich **17.99**

pacific shrimp, lettuce, tomato & cucumber

Closed Denver **16.00**

the classic, two eggs omelette with green onions & ham

Patty Melt **17.50**

our signature sirloin burger, cheeses, fried onions, melted on rye

Cold Turkey or Beef Sandwich **13.99**

oven roasted with lettuce & tomato

Grilled Cheese **12.00**

Add Ham **\$2.00**

Bulgogi Beef Ciabatta with Cheese **17.99**

Korean beef, onions, shredded carrots, cabbage

BLT Sandwich **14.50**

Smoky bacon, tomato and lettuce, mayo

Toasted Bacon & Egg **14.99**

Two eggs & bacon

Monte Cristo **18.50**

egg dipped sourdough, turkey, swiss cheese, ham

ADD ON'S

Bacon (2 slices) **2.99**

Ham, Cheddar, Onions, **each 2.00**
Mushrooms, Jalapenos, Olives,
feta, Swiss cheese

Gravy on Top **2.25**

Gravy on the side **2.50**

SUBSTITUTE

Onion Rings or Side Caesar **3.00**

Green Salad, Coleslaw **2.00**

Poutine **6.00**

Yam Fries **4.00**

We reserve the right to charge for substitutions.



BURGERS

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

The Grizzly Bear Burger <i>[Our Signature Burger]</i> ham, onions, mushrooms, cheddar, relish with onion rings stacked on top. This burger is a real meal.	18.50	Deluxe Burger with a sirloin burger, relish	14.50
Crispy Chicken Club Burger chicken strips, bacon	17.50	Veggie Burger garden vegetable & rice patty	14.50
Great Canadian Burger with Canadian cheddar, Canadian back bacon, relish, fried onions	17.50	Chicken Burger with grilled chicken breast	14.99
George's Burger double cheddar cheese, relish, double sirloin burger with smoky bacon	20.50	Shames Mountain Chicken Burger full on like our powder! Melted cheddar & Monterey jack cheese, onions, tomato, black olives, salsa & jalapenos on the side.	17.50
Three Cheese & Mushroom Burger swiss cheddar, parmesan, fried mushrooms, relish	17.50	Blue Moon Burger feta cheese, blue cheese dressing, onions and mushrooms	17.50

ADD ON'S

Extra sirloin burger patty	5.00
Bacon (2 slices)	2.99
Ham, Cheddar, Onions, Mushrooms, Jalapenos, Olives, feta, Swiss cheese	each 2.00
Gravy on Top	2.25
Gravy on the side	2.50

SUBSTITUTE

Onion Rings or Side Caesar	3.00
Yam Fries	4.00
Green Salad	2.00
Coleslaw	2.00
Poutine	6.00
Fruit Cup	3.00

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



CASUAL PLATES

Butter Chicken Bowl seasonal vegetables, rice & garlic pita	19.50
Hamburger Steak mashed potatoes, fried onions & vegetables.	20.50
Crunchy Chicken Platter 4 filet strips, coleslaw & beer battered fries, with plum sauce	17.50
Sweet Chili Teriyaki Rice Bowl 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	18.99
Shepherds Pie savory meat and vegetables with a mashed potato top and gravy, just like grandma used to make.	18.99
Veal Cutlets crispy on the outside and tender on the inside. tasty breaded cutlets with vegetables and mashed potatoes and gravy	21.50
Bulgogi Dish Korean BBQ beef with rice & vegetables	19.50
Chicken Souvlaki 2 skewers of marinated chicken breast Greek salad, rice, Tzatziki sauce & Pita	20.50
1 skewer	\$18.00



FISH & CHIPS



with fries, in house tartar sauce & our signature coleslaw

Crispy Battered Cod 2 pieces of our best fish	20.00
Combo Fry a big fry up of cod, chicken fingers, zucchini sticks, spring roll and beer battered fries with plum sauce for dipping.	23.99
The Big Captain Burger crisp cod filet with lettuce & tomato, tartar sauce & fries	17.50



SNACK AND SHARE

SOUPS

Seafood Chowder rich cream, baby clams, mixed seafood, vegetables, pita	11.50
Country Turkey Chowder lightly seasoned with thyme, hearty bowl with a biscuit	10.50
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	5.00
Bowl (+1biscuit)	8.00
Jumbo Sized (+2biscuits)	12.50

Crispy Thai Chicken Bites **14.50**
diced crispy chicken tossed in thai Sweet chili sauce topped with crunchy asian noodles, julienne carrots, green onion & sesame seeds.

Nachos Grande *half* 14.75 *full* 19.99
peppers, black olives, tomatoes, onions & jalapeno's, hot and bubbly with melted cheeses, salsa & sour cream

Add diced chicken breast **\$5.50** Add diced burger **\$5.50**

Vegetarian Spring Rolls(3) **10.50**
crispy fried & served with sweet chili sauce

Greek Style Calamari **13.99**
crispy and hand battered, sea salt spice blend, tzatziki sauce

Potato Skins **13.50**
cheese, bacon bits, green onion, salsa & sour cream

Appy Platter **31.99**
2 shrimp skewers, calamari, chicken strips, spring rolls, zucchini & pita, deep fried pickles.

Zucchini Sticks **9.99** **Onion Rings** **5.99**
tempura battered with tzatziki

Poutine **9.99** **2 Rounds Pita & Tzatziki Sauce** **8.99**
fries, cheese, gravy

Yam Fries **8.00** **Battered Cauliflower bites** **9.99**
with chipotle mayo & Chipotle dip

Deep Fried Pickles **9.99**
with sour cream



DINNER

served after 5pm
All dinners served with garlic pita

ENTREES

Pork Chops 2 center cut chops, mashed potatoes & seasonal vegetables or ceasar salad	22.50
single	18.99
Sirloin Steak 6oz, sauteed mushrooms, your choice of fries, mashed potato or rice & seasonal vegetables or ceasar salad	24.50

KICK IT UP A NOTCH

Calamari piled on top	12.99
Garlic Basted Shrimp Skewer	7.50
Pacific Shrimp with Hollandaise	7.50

Beef Liver with Onions and Bacon mashed potatoes, gravy & seasonal vegetables or ceasar salad.	small 18.99 full 21.50
Shrimp & Squid single shrimp skewer, calamari, ceasar salad, rice.	22.99
Hot Turkey or Beef Dinner mashed potato & vegetables or ceasar salad.	20.50
Loaded Hamburger Steak fried mushrooms & onions topped with Swiss cheese, mashed potato, seasonal vegetables or ceasar salad	22.50

PASTA

Pesto Chicken Penne chicken breast, mushrooms, red peppers, fresh basil pesto, rich sauce simmered with cream and butter	20.50
Pacific Shrimp Fettuccini Alfredo creamy and rich, with lots of garlic & topped with parmesan cheese and a touch of green onion	21.50
Penne Carbonara bacon & onion simmered in a cream sauce	19.50
Greek Chicken Penne chicken, onions, peppers spinach, tomatoes tossed with light herb dressing with feta cheese & olives	20.50





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 22.00



DESSERTS

Homemade Pie by the slice with icecream	6.50 7.99
Chocolate Cake	7.99
Sundaes chocolate, caramel, strawberry	7.99

