

Breakfast

Breakfast is served until 4:00 pm

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

Early Riser

(Before 8:00am)

bacon, ham or sausage,
eggs, hashbrown and toast

13.99

SKILLETS

- Benny Skillet** **18.50**
crispy-fried potatoes, green onions, tomatoes, back bacon with hollandaise and sunny-side egg, toast.
- Skillet Breakfast** **18.00**
crispy-fried potatoes, green onions, tomatoes, peppers, ham with hollandaise and sunny-side egg, toast.
- Meat Lovers Skillet** **18.50**
crispy-fried potatoes, ham, spicy sausage, bacon, onions, tomatoes topped with a sunny-side egg, toast.

All toast is served as whole wheat unless otherwise requested otherwise

PANCAKES & PLUS

- Buttermilk Pancakes** three pancakes..... **12.00**
- Strawberry Pancakes** **15.50**
three pancakes, sugared strawberries, whipped cream.
- Blueberry Pancakes** Three pancakes..... **15.99**
- Pancake Combo** **17.50**
two pancakes, two eggs, sausages or ham or bacon.
- Belgium Waffle** crisp & golden..... **10.99**
- Strawberry Waffle** **15.50**
sugared strawberries, real whipped cream.
- Eggs and Bacon Waffle** **17.50**
two eggs, two slices of bacon.
- French Toast** **14.50**
three golden pieces slices of sourdough bread,
icing sugar.
- Creamy Oatmeal with Toast** **9.75**

*Pancakes & waffles are served with butter & table syrup. / S. french toast **\$4.50** / S. pancake **\$4.00**.
Substitute pure maple syrup for \$1 surcharge.*

SIDES

- Cinnamon Bun** served grilled **6.75**
- Toast** **3.50**
white, whole wheat, sourdough or multi-grain.
- Rye** **3.75**
- English Muffin** **3.75**
- Hot Oatmeal** brown sugar & milk. **7.25**
- Bacon** three or **Sausage** three **4.75**
- Spicy Sausage** two pieces. **7.25**
- Ham** two pieces **4.75**
- Back Bacon** three pieces **4.99**
- Homemade Muffin** **3.25**
- Hollandaise Sauce** **3.50**
- Dish of Fruit** **5.25**
- Plain Yogurt** **3.50**
- Crispy Fried Potatoes** **6.25**
- Tomato Slices** **4.50**
- Sliced Oranges** **4.50**
- Strawberries or Blueberries** **4.75**

Prices do not include GST. Surcharges may apply for substitutions



Breakfast

FAVORITES

Sirloin Steak & Eggs 23.50 6oz. toast & crispy fried potatoes.	Hamburger Steak & Eggs 21.50 toast & crispy-fried potatoes.
Bacon or Ham or Sausages & Eggs 15.50 toast & crispy-fried potatoes.	Eggs Benedict 17.50 two poached eggs, back bacon, tomato, English muffin, hollandaise, crispy-fried potatoes.
Spicy Sausages & Eggs 17.50 toast & crispy-fried potatoes.	Waffle Benedict 17.50 two poached eggs, back bacon, tomato, waffle, hollandaise, crispy-fried potatoes.
Two Eggs Any Styles 11.50 toast & crispy-fried potatoes.	Single Eggs Benedict 14.50
Canadian Back Bacon & Eggs 16.00 toast & crispy-fried potatoes.	Two Two Two 16.50 eggs, bacon, sausage, toast & crispy-fried potatoes.

EYE OPENERS

Breakfast Bun 16.50 two eggs, bacon, cheddar, mayo, lettuce & tomato on a toasted burger bun with crispy fried potatoes.	Breakfast Muffin 12.50 ham, egg, cheddar, English muffin with crispy fried potatoes.
Grizzlies Breakfast 20.50 two eggs with bacon, sausage, pancakes, toast & crispy fried potatoes.	French Combo 17.50 two French toast, eggs, bacon & sausage.
Breakfast Quesadilla 18.50 egg, Monterey Jack & cheddar cheese, green onion, sour cream, salsa & crispy fried potatoes.	Lite Break 10.25 one egg, two slices of bacon, toast & a small juice.
	Crispy Latkes & Eggs 16.50 potato cakes with sour cream & green onion. add \$3 for cheddar & bacon bits.

OMELETTES

All omelettes are 3 eggs and made with local Daybreak Farms eggs, served with crispy fried potatoes & whole wheat or white toast.

BCI Special Omelette 19.00 peppers, tomato, ham, onions, mushrooms & cheddar.	Classic Denver 18.00 three eggs, ham & green onions.
Greek Omelette 19.00 olives, onions, pepper, tomato, spinach & feta cheese.	Ham & Cheddar Cheese 18.00
Spicy Tuscany 19.00 onions, tomatoes, pesto, spicy sausage, feta cheese.	Great Canadian Omelette 19.00 cheddar, back bacon & green onions.
Three Cheese & Mushroom 19.00	

Daybreak Omelette (create your own) **12.00**

ADD

Bacon, ham, sausage, cheddar, feta, monterey cheddar or an egg	each \$2.50
Olives, jalapenos, onions, tomatoes, peppers, mushrooms or salsa	each \$2.00
Hollandaise sauce or spicy sausage	each \$3.50
Shrimp	\$4.25

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Salads & Wraps

SALADS

All salads are served with garlic pita bread.

- Greek Salad** 16.99
cucumbers, red onion, tomatoes, peppers, olives, feta cheese with house dressing on a bed of fresh romaine lettuce.
- Santa Fe Salad** 17.50
garden greens, diced tomatoes, green onions, olives and a blend of Monterey Jack & cheddar cheese tossed in a chipotle Santa Fe ranch dressing.
finished with Cajun spiced chicken breast, smokey bacon & tortilla chips.
- BCI Supreme Salad** 18.50
turkey, ham, roast beef, bacon, tomatoes, cucumbers, onions, cheeses, julienne carrots, red & green cabbage, peppers & mushrooms on a bed of salad greens with your choice of dressing. This salad is a meal!
- Caesar Salad** half 11.50 / full 15.50
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	13.50
Garlic baked shrimp skewer	7.50
Pacific shrimp	6.50
Broiled chicken	5.00

Sides

Onion rings	6.50	Caesar salad side	5.75
Fries	4.99	Garden salad small	5.25
Two round pita bread	5.50	Coleslaw	4.25

WRAPS

Wraps are served with crispy fries & coleslaw.

- Chicken Caesar Wrap** 17.99
sliced chicken breast all rolled up with Caesar salad.
- Cranberry Turkey Wrap** 17.99
roasted turkey with cranberry, mayo & lettuce.
- Los Cabos Chicken Quesadilla** 18.99
tender chicken, cheeses, peppers, salsa, sour cream, cajun spice.

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Sandwiches

All sandwiches & wraps are served with our delicious crispy fries & coleslaw.

Hot Beef or Turkey Sandwich	18.99
Rueben Sandwich	18.50
Swiss cheese, corned beef, sauerkraut mustard on grilled rye.	
Classic Sirloin Steak Sandwich	22.50
6oz. crisp beer battered fries & topped with 2 onion rings.	
Classic Beef Dip	19.50
Thin cuts of roast beef, fried onions, au jus for dipping.	
Triple Decker Club	18.99
oven roasted turkey, smokey bacon, tomato & lettuce.	
Shrimp House Sandwich	18.99
pacific shrimp, lettuce, tomato & cucumber.	
Closed Denver	16.99
the classic. two eggs omelette with green onions & ham.	
Patty Melt	18.50
our signature sirloin burger, cheeses, fried onions, melted on rye.	
Cold Turkey or Beef Sandwich	14.99
oven roasted with lettuce & tomato.	
Grilled Cheese	13.00
Add ham. \$2.25	
Bulgogi Beef Ciabatta with Cheese	18.99
Korean beef, onions, shredded carrots, cabbage.	
BLT Sandwich	15.50
smokey bacon, lettuce & tomato, mayo.	
Toasted Bacon & Egg	15.99
two eggs & bacon.	
Monte Cristo	19.50
Egg dipped sourdough, turkey, Swiss cheese, ham.	

Add on's

Bacon (2 slices)	3.25
Ham, Cheddar, Onions, Mushrooms	each 2.25
Jalapenos, Olives, Feta, Swiss Cheese	
Gravy on Top	2.99
Gravy on the Side	3.25

Substitute

Onion Rings	3.25
Green Salad or Coleslaw	2.25
Poutine	6.00
Yam Fries	4.00

We reserve the right to charge for substitutions.



Burgers

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

The Grizzly Bear Burger	19.50
<i>(Our signature burger.)</i> ham, onions, mushrooms, cheddar, relish with onion rings stacked on top. This burger is a real meal.	
Crispy Chicken Club Burger	18.50
chicken strips, bacon.	
Great Canadian Burger	18.50
with Canadian cheddar, Canadian back bacon, relish & fried onions.	
George's Burger	21.50
double cheddar cheese, relish, double sirloin burger with smokey bacon.	
Three Cheese & Mushroom Burger	18.50
swiss, cheddar, parmesan, fried mushrooms & relish.	
Deluxe Burger	15.25
with a sirloin burger & relish.	
Veggie Burger	15.25
garden vegetable & rice patty.	
Chicken Burger	15.75
with grilled chicken breast.	
Shames Mountain Chicken Burger	18.50
full on like our powder! Melted cheddar & Monterey Jack cheese, onions, tomatoes, black olives, salsa & jalapenos on the side.	
Blue Moon Burger	18.50
feta cheese, blue cheese dressing, onions & mushrooms.	

Add on's

Extra Sirloin Burger Patty	5.25
Bacon (2 slices)	3.25
Ham, Cheddar, Onions, Mushrooms	each 2.25
Jalapenos, Olives, Feta, Swiss Cheese	
Gravy on Top	2.99
Gravy on the Side	3.25

Substitute

Onion Rings or Side Caesar	3.25
Yam Fries	4.00
Green Salad	2.25
Coleslaw	2.25
Poutine	6.00
Fruit Cup	3.00

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



Snack & Share

SOUP

Seafood Chowder	12.50
rich cream, baby clams, mixed seafood, pita.	
Country Turkey Chowder	11.50
lightly seasoned with thyme. hearty bowl with a biscuit.	
Soup, Salad & Bread	with Soup of the Day 12.50
choice of soup & garden salad or caesar salad, a full ground of garlic pita.	
	with Chowder 15.50
Soup of the Day	Cup 5.50
full flavours sure to lift you spirits.	
	Bowl (+1 biscuit) 8.99
	Jumbo size (+2 biscuits) 13.50

SNACK

Crispy Thai Chicken Bites	15.50
diced crispy chicken tossed in Thai sweet chili sauce, topped with crunchy Asian noodles, julienne carrots, green onions & sesame seeds.	
Nachos Grande	half 15.75 / full 21.50
peppers, black olives, tomatoes, onions & jalapenos, hot & bubbly with melted cheeses, salsa & sour cream.	
Add diced chicken breast 5.25 / Add diced burger 5.25	
Vegetarian Spring Rolls (3)	10.99
crispy fried & served with sweet chili sauce.	
Greek Style Calamari	15.50
crispy & hand battered, sea salt spice blend, tzatziki sauce.	
Potato Skins	14.99
cheese, bacon bites, green onion, salsa & sour cream	
Appy Platter	33.50
2 shrimp skewers, calamari, chicken strips, spring rolls, zucchini & pita, deep fried pickles.	
Zucchini Sticks	10.25
tempura battered with tzatziki.	
Poutine	10.25
fries, cheese & gravy.	
Yam Fries	8.50
with chipotle mayo.	
Deep Fried Pickles	10.25
with sour cream.	
Onion Rings	6.50
2 Rounds Pita & Tzatziki Sauce	9.25
Battered Cauliflower Bites & Chipotle Dip	10.25

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Casual Plates

Butter Chicken Bowl	20.99
seasonal vegetables, rice & garlic pita.	
Hamburger Steak	21.99
mashed potatoes, fried onions & vegetables.	
Crunchy Chicken Platter	18.99
4 fillet strips, coleslaw & beer battered fries, with plum sauce.	
Sweet Chili Teriyaki Rice Bowl	19.99
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.	
Shepherds Pie	20.50
savory meat & vegetables with a mashed potato top & gravy. Just like grandma used to make!	
Veal Cutlets	22.99
crispy on the outside & tender on the inside. tasty breaded cutlets with vegetables & mashed potatoes & gravy.	
Bulgogi Dish	20.99
Korean BBQ beef with rice & vegetables.	
Chicken Souvlaki	21.50
2 skewers of marinated chicken breast, Greek salad, rice, Tzatziki sauce & pita.	1 skewers 18.75

FISH & CHIPS

with fries, in-house tartar sauce & our signature coleslaw.

Crispy Battered Cod	21.50
2 pieces of our best fish	
Combo Fry	24.99
a big fry up of cod, chicken fingers, zucchini sticks, spring roll & beer battered fries with plum sauce for dipping.	
The Big Captain Burger	18.50
crisp cod filet with lettuce & tomato, tartar sauce & fries.	



Dinner

*Served after 5 pm.
All dinners are served with garlic pita.*

ENTREES

Pork Chops23.50
2 center cut chops, mashed potatoes & seasonal vegetables or caesar salad. Single pork chop 19.99

Sirloin Steak 25.50
6oz., sauteed mushrooms, your choice of fries, mashed potato or rice & seasonal vegetables or caesar salad

Kick it up! Notch

Calamari Piled on top 14.00
Garlic Basted Shrimp Skewer 7.50
Pacific Shrimp with Hollandaise 7.50

Beef Liver with Onions & Baconsmall 20.25 / full 22.99
mashed potatoes, gravy & seasonal vegetables or caesar salad.

Shrimp & Squid 23.99
single shrimp skewer, calamari, caesar salad & rice.

Hot Turkey or Beef Dinner21.50
mashed potatoes & vegetables or caesar salad.

Loaded Hamburger Steak23.99
fried mushrooms & onions topped with Swiss cheese, mashed potato, seasonal vegetables or Caesar salad.

PASTAS

Pesto Chicken Penne21.50
chicken breast, mushrooms, red peppers, fresh basil pesto, rich sauce simmered with cream & butter.

Pacific Shrimp Fettuccine Alfredo 22.50
creamy & rich with lots of garlic & topped with parmesan cheese & a touch of green onion.

Penne Carbonara 20.50
bacon & onion simmered in a cream sauce.

Greek Chicken Penne21.50
chicken, onions, peppers, spinach, tomatoes tossed with light herb dressing with feta cheese & olives.



Grizzly Bar

Standard Highballs (30ml)	9.25
Liqueurs (30ml)	7.25
Mashed potatoes, fried onions & vegetables.	
Domestic Beer (341ml)	7.50
Alexander Keiths, Kokanee, Molson Canadian, Budweiser, Coors Light, Bear Paw, MGD	
Corona (330ml).....	8.75
Coolers (330ml)	8.75
Mikes Hard Lemondade, Smirnoff Ice Coolers	

HOUSE WINE

White

Mission Ridge White	(6oz.) 9.25
a dry light bodied wine with crisp apple flavors and a zesty citrus finish	(1/2 L) 16.50
	(1 Liter) 29.00

Red

Mission Ridge Red	(6oz.) 9.25
dry with berry flavors and a smooth finish	(1/2 L) 16.50
	(1 Liter) 29.00

DESSERTS

Homemade Pie by the slice	6.99
	with Ice cream 8.99
Chocolate Cake (30ml)	8.99
Sundaes	8.50
chocolate, caramel, strawberry	



RESTAURANT MENU

FOOD AND DRINK

Drinks & Beverages

Coffee	3.89
Hot Chocolate	5.25
Mocha	5.25
Herbal Tea	3.99
Milk	Small 3.50 Large 4.75
Chocolate Milk	Small 3.99 Large 5.25
Pop with 1 refill	3.99
Iced Tea with 1 refill	4.25
Juice	Small 3.25 Large 4.50
A choice of apple, orange, grapefruit or pineapple.	
Lemonade	4.50
Cranberry	4.50
Tomato or Clamato Juice	4.75



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

www.bearcountryinn.bc.ca