

BEAR'S DEN



Shadow Mountain Golf

M A I N S

Served with your choice of Fries or House Salad.

*Add-ons: Onion Rings, Caesar Salad or Soup 2

SOUP AND SANDWICH 14

ASK YOUR SERVER ABOUT
TODAY'S OFFERING

CHEESE BURGER 18.5

Lettuce, Tomato, Pickled onion,
Burger sauce, Pickle Spear
Add on: bacon 2

FALAFEL 18.5

Lettuce, Tomato, Pickled Onion
with Tzatziki, Pickle Spear

BLACKENED

CHICKEN BURGER 18.5

Lettuce, Tomato, Cheddar,
Avocado, Mayo, Pickle spear

PRIVATE CLUB 19.5

2 Pieces of Bread, Lettuce,
Tomato, Turkey, Bacon, Cheddar,
Avocado, Mayo, Pickle Spear

REUBEN 21

Montreal Smoked Meat, Sauerkraut,
Swiss, Russian Sauce, Apple Bacon
Sauerkraut, Pickle Spear

EAST COAST DONAIR 18.5

Lettuce, Tomato, Pickled Onion,
Swiss Cheese, Sweet Sauce Pickle Spear

THE PRO'S CAESAR WRAP 16

Choice of Crispy Chicken or Tender Turkey,
Romaine, Bacon, Parmesan and
Creamy Caesar Dressing

FISH AND CHIPS 21

Haddock Filet on a Pile of Fries,
Served with Tartar and Coleslaw

STEAK SANDWICH 27

8oz Striploin, with Maximum Marbling,
Served on Garlic Toast

Our restaurant hours of operation are subject to change daily due to the demand on the Golf Course. Shadow Mountain Bears Den is open to the public, however, favouring the golfers that play during any given day. If you are not playing and want to visit the restaurant, please call the Golf Shop and let us know what time you are planning to come for Lunch or Dinner so we know of the extra attendance.

TAKE-OUT ORDER PLEASE CALL 250-426-3306

BEAR'S DEN



Shadow Mountain Golf

APPY'S

- SOUP** 7
Served with Garlic toast
- ONION RINGS** 12
Chipotle Mayo for Dipping
- CHICKEN FINGERS** 16
Served with Plum sauce
and Fries
- POUTINE** 14
Add bacon 2
- TEMPURA**
SHRIMP STICKS 16
with Sweet Chili Sauce for dipping
- FLATBREAD** 21
BBQ Brisket with Pickled Onion,
BBQ Sauce, Corn, Tomato,
Chipotle Mayo, Topped with Greens

WINGS 19

Served with your choice of Sauce:

**NAKED,
S&P,
HOT,
LEMON PEPPER,
HONEY GARLIC,
HOT AND HONEY,
SWEET CHILI,
BBQ**

SALADS

Add Grilled,
Crispy or Blacken Chicken 5

- HOUSE** 12
Heritage Lettuce Mix with Pickled Onions,
Feta, Pumpkin and Sunflower seeds, with
a Smooth Balsamic Dressing
- CAESAR** 15
Romaine, Croutons, Parmesan,
Bacon and a Creamy Caesar Dressing
- COBB** 16
Turkey, Egg, Bacon, Cheddar, Mozza,
Tomato, all on a bed of Lettuce served
with a Cranberry Poppyseed Dressing

DESSERT 8

**ASK YOUR SERVER FOR
THE FEATURED DESSERT**