

BEAR'S DEN



Shadow Mountain Golf

MAINS

Served with your choice of Fries or House Salad.

*Add-ons: Caesar Salad or Soup 3 Add Onion Rings 4

SOUP AND SANDWICH 16

ASK YOUR SERVER ABOUT TODAY'S OFFERING

CHEESE BURGER 21

6 oz Prime Rib Patty – Brioche bun, lettuce, tomato, pickled onion, burger sauce. Add on: bacon 3

JALAPENO BACON BURGER 25

Prime Rib patty, Brioche bun, lettuce, tomato, spicy onion tanglers, cheddar bacon, burger sauce

CHICKEN AND BRIE CIABATTA 25

Saskatoon berry glaze, bacon, melty Brie, arugula, pickled onion, pesto aioli

ITALIAN CIABATTA MELT 20

Ham, pepperoni, tri-Cheese, marinara, pickled red onion, arugula

PRIVATE CLUB 19.5

2 Pieces of bread, lettuce, tomato, turkey, bacon, cheddar, avocado, mayo

PRO CHICKEN CAESAR WRAP 19

Crispy Chicken or tender turkey, romaine coated in Caesar dressing, parmesan & bacon

SPICY THAI PEANUT CHICKEN WRAP 20

Crispy chicken, romaine, carrot, bell peppers, red onion, crispy noodles, spicy Thai peanut sauce, lime aioli

FALAFEL POWER BOWL 21

Cucumber, cherry tomato, pickled onion, tzatziki, marinated feta, arugula and lemon garlic quinoa, crispy naan chips

FISH AND CHIPS 24

Haddock filet on a pile of fries, served with tartar and coleslaw

STEAK SANDWICH 26

*6 oz Sliced Ribeye,
Caramelized onions,
Arugula, Parmesan,
Garlic aioli drizzle,
served with your choice of sides*



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



APPY'S

SOUP 9.5

Served with garlic toast

ONION RINGS 14

Chipotle Mayo for dipping

NACHOS 22

Tri colored tortillas, tri-cheese, tomato, gr. onion, bell peppers, black olives, jalapenos, Served with sour cream and salsa
Add-ons Spicy Beef or Chicken 6

CHICKEN FINGERS 18

Served with Fries and Plum sauce

POUTINE 15

Crispy fries, squeaky cheese, brown gravy
Add bacon 3

TEMPURA SHRIMP 19

with Sweet Chili sauce for dipping

FISH TACOS 20

3 flour tortilla, battered Cod, creamy coleslaw, mango pico de gallo, cilantro lime crema drizzle

KIDS

GRILLED CHEESE WITH FRIES 7

CHICKEN FINGERS WITH FRIES 9.5

COD FINGERS WITH FRIES 9



DESSERT 12

ASK YOUR SERVER FOR THE FEATURED DESSERT

WINGS 19.5

12 Wings served with your choice of Sauce:

S&P,

HOT,

LEMON PEPPER,

HONEY GARLIC,

HOT AND HONEY,

SWEET CHILI,

BBQ

DILL PICKLE

SALADS

Add Grilled Chicken, Blacken Chicken or Crispy Chicken 6

HOUSE 14

Heritage lettuce with Crasins, pumpkin & sunflower seeds, cherry tomato, cucumber, and feta with a smooth balsamic dressing

CAESAR 17

Romaine, croutons, parmesan, bacon and a creamy Caesar dressing

COBB 22

Turkey, egg, bacon, cheddar, mozza, Avocado, tomato, cucumber, all on a Bed of lettuce. Served with a poppyseed dressing

MANDARIN CRISPY CHICKEN NOODLE 22

Romaine lettuce, carrot, bell peppers, red cabbage, red onion, crispy noodles, crispy chicken, mandarin orange and a sesame dressing