



# BEAR ROCK™

## CAFÉ

### MORNING FAVORITES

Served Daily Until 11am

A.M. Sandwich - \$2.59 - Eggs, American cheese and your choice of bacon or sausage on an English muffin or bagel.

Grilled Sourdough Sandwich - \$2.79 - Eggs, American cheese and ham on grilled sourdough.

Morning Wrap - \$2.79 - Scrambled egg, American cheese and your choice of bacon or sausage on a whole wheat tortilla.

Western Wrap - \$2.99 - Scrambled egg, American cheese, bacon, peppers and diced tomatoes on a whole wheat tortilla.

Bakery Favorites - PRICED AS MARKED - See our daily assortment of freshly-baked goods.

### CHICKEN SANDWICHES

Mountain Bird - \$5.99 - Grilled chicken breast, Swiss cheese, mayonnaise, lettuce, tomatoes and BR Honey Mustard on a Bear Rock roll. Blackened upon request. Served hot.

Fireside Jerk - \$6.09 - Grilled chicken breast, jerk spice, Swiss cheese, banana peppers, mayonnaise, lettuce, red onion, tomatoes and BR Honey Mustard on a Bear Rock roll. Served hot.

Fajita Ciabatta - \$6.09 - Blackened chicken breast, shredded Cheddar cheese, Chipotle mayonnaise, diced tomatoes, grilled red peppers and red onion on a ciabatta square. Served hot.

Giant Panda Wrap - \$6.19 - Grilled chicken breast, Oriental Sesame dressing, salad greens, tomatoes, red onions, red pepper, cucumbers, mushrooms and chow mein noodles in a whole wheat tortilla. Served hot.

Coop's Chicken Salad Croissant - \$5.89 - Cream chicken salad, lettuce and tomatoes on a croissant.

### ROAST BEEF, HAM, SALAMI CORNEB BEEF SANDWICHES

Asiago Trio - \$5.99 - Honey ham, smoked turkey, salami, Asiago cheese, lettuce, tomatoes, red onions, oregano, Oil & Vinegar, and pesto mayonnaise on an Asiago focaccia roll.

Ham & Swiss on Rye - \$5.79 - Honey ham, Swiss cheese, lettuce, tomatoes, and spicy mustard on seeded rye.

Reuben's Peak - \$5.89 - Corned beef, melted Swiss cheese, sauerkraut & spicy mustard piled high on seeded rye. Served hot.

Rockslide Focaccia - \$5.99 - Roast beef, Asiago cheese, lettuce, tomatoes, Creamy Onion Horseradish sauce, and mayonnaise on an Asiago focaccia roll.

Bear Cristo - \$5.89 - Honey ham, bacon, melted Swiss cheese, mushrooms, tomatoes and BR Honey Mustard on grilled sourdough bread.

BLT - \$5.69 - Crisp bacon, lettuce, tomatoes and mayonnaise on whole wheat.

The Moose - \$6.39 - Honey ham, roasted turkey, Cheddar cheese, Swiss cheese, bacon, lettuce, tomatoes, mayonnaise and BR Honey Mustard on toasted whole wheat, stacked three high.

### TURKEY SANDWICHES

Rising Sunflower - \$5.69 - Smoked turkey, Muenster cheese, lettuce, tomatoes, roasted red peppers, red onions and pesto mayonnaise on sunflower seed bread.

Roast Turkey & Bacon - \$5.79 - Oven-roasted turkey, bacon, lettuce, tomatoes and mayonnaise on sourdough bread.

Hoot Owl - \$5.89 - Oven-roasted turkey, Havarti cheese, mayonnaise, lettuce tomatoes, sprouts and Vidalia Onion dressing on sourdough bread.

Turkey on Whole Wheat - \$5.69 - Smoked turkey, Havarti cheese, lettuce, tomatoes, red onions and mayonnaise on whole wheat.

### VEGGIE SANDWICHES

Garden Sandwich - \$5.79 - Havarti cheese, lettuce, tomatoes, sprouts, red peppers, mushrooms, red onions, cucumbers and Roasted Garlic Tomato spread on sunflower bread.

Sasquash - \$5.89 - Grilled eggplant and squash, Provolone cheese, red onions, mushrooms, lettuce, tomatoes, sprouts and Vidalia Onion dressing on sunflower bread.

### HEALTHY TRENDS MENU

#### LOW FAT OPTIONS

Big Baked Potato - \$3.29 - One-pound baked potato with low-fat sour cream. (1.9g of fat)

Low Fat Turkey Sandwich - \$5.69 - Oven-roasted turkey, lettuce, tomatoes, red onions and spicy mustard on whole wheat. Served with pretzels. (.2g of fat)

Low Fat Ham Sandwich - \$5.69 - Lean honey ham, lettuce, tomatoes and spicy mustard on seeded rye. Served with pretzels. (.6g of fat)

Low Fat Grilled Chicken Salad - \$6.09 - Fresh salad greens, grilled chicken breast, cucumbers, red onions, red peppers, mushrooms tomatoes and your choice of Fat-Free Ranch or Fat-Free Vidalia Onion dressing. (3.5g of fat)

#### LOW CARB OPTIONS

Low Carb Warp - \$6.29 - Grilled chicken breast, salad greens, tomatoes, red onions, red peppers, cucumbers and mushrooms in a low-carb tortilla. Served with a low-carb side salad and Ranch dressing. (9.6g net carbs, wrap only; 7.8g net carbs, side salad)

Low Carb Salad with Chicken - \$6.09 - Fresh salad greens, grilled chicken breast, tomatoes, red onions, red peppers, mushrooms, and cucumbers with Oil & Vinegar. (.61g net carbs)

Low Carb BLT Salad - \$5.59 - Romaine lettuce, crisp bacon and tomatoes. Served with Ranch dressing. (.95g net carbs)

### GREEN MOUNTAIN SALADS

Mount Fuji Salad - \$6.09 - Fresh salad greens, grilled chicken breast, chow mein noodles, red onions & tomatoes topped with Oriental Sesame Dressing.

Almond Citrus Chicken Salad - \$6.09 - Fresh salad greens, citrus marinated grilled chicken breast, pineapple, sliced almonds, shredded cheddar cheese, tomatoes and homemade croutons. Served with Red Wine Vinaigrette.

Blackened Chicken Salad - \$5.99 - Fresh salad greens, blackened chicken breast, Cheddar cheese, red onions, cucumbers, mushrooms, red peppers, tomatoes and homemade croutons.

Chicken Caesar Salad - \$5.99 - Romaine lettuce, grilled chicken breast, Parmesan cheese and homemade croutons tossed in creamy Caesar dressing.

BLT Salad - \$5.59 - Romaine lettuce, crisp bacon and tomatoes. Served with Ranch dressing.

Caesar Salad - \$4.59 - Romaine lettuce, Parmesan cheese, homemade croutons tossed in creamy Caesar dressing.

Lodge Salad - \$4.59 - Fresh salad greens, cucumbers, mushrooms, red peppers, red onions, tomatoes and homemade croutons.

Balsamic Vinaigrette, Blue Cheese, Creamy Italian, Fat-Free Ranch, Fat-Free Vidalia Onion, Honey Mustard, Oil & Vinegar, Oriental Sesame, Ranch, Red Wine Vinaigrette, Thousand Island, Vidalia Onion Vinaigrette

Prices and menus subject to change.

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