
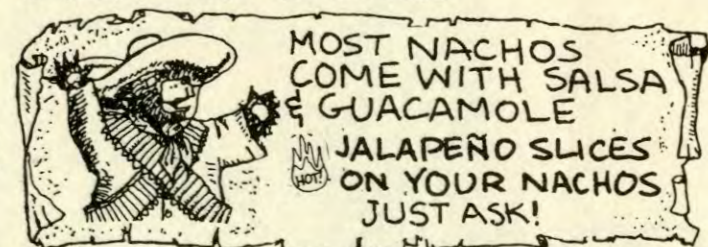



1989

# Bear Beginnings

SPARERIB APPETIZER.....	4.95
A CUB-SIZED PORTION OF OUR ENTRÉE	
SOME LIKE IT RAW.....	3.95
FRESH VEGETABLES WITH CURRY DIP	
THE BEAR'S STUFFED MUSHROOMS....	4.95
BATTER DIPPED/DEEP-FRIED VEGGIES..	4.25
SPECKA SPANAKOPITA.....	3.75
HALF ORDER OF OUR GREEK SPINACH PASTRY	
 BUFFALO WINGS.....	4.95
HOT AND SPICY CHICKEN WINGS, CELERY AND CARROT STICKS WITH CREAMY BLEU CHEESE DIP	
CHICKEN WINGS.....	4.50
AVAILABLE PLAIN OR WITH HOT OR SWEET BARBECUE SAUCE	
SON OF GIANT LASAGNE.....	4.25
HALF AN ORDER OF OUR HOMEMADE LASAGNE	
URSA MAJOR (A.K.A. THE BIG DIPPER).....	2.95
A BOWL OF TORTILLA CHIPS SERVED WITH GUACAMOLE OR SALSA FOR DIPPING	

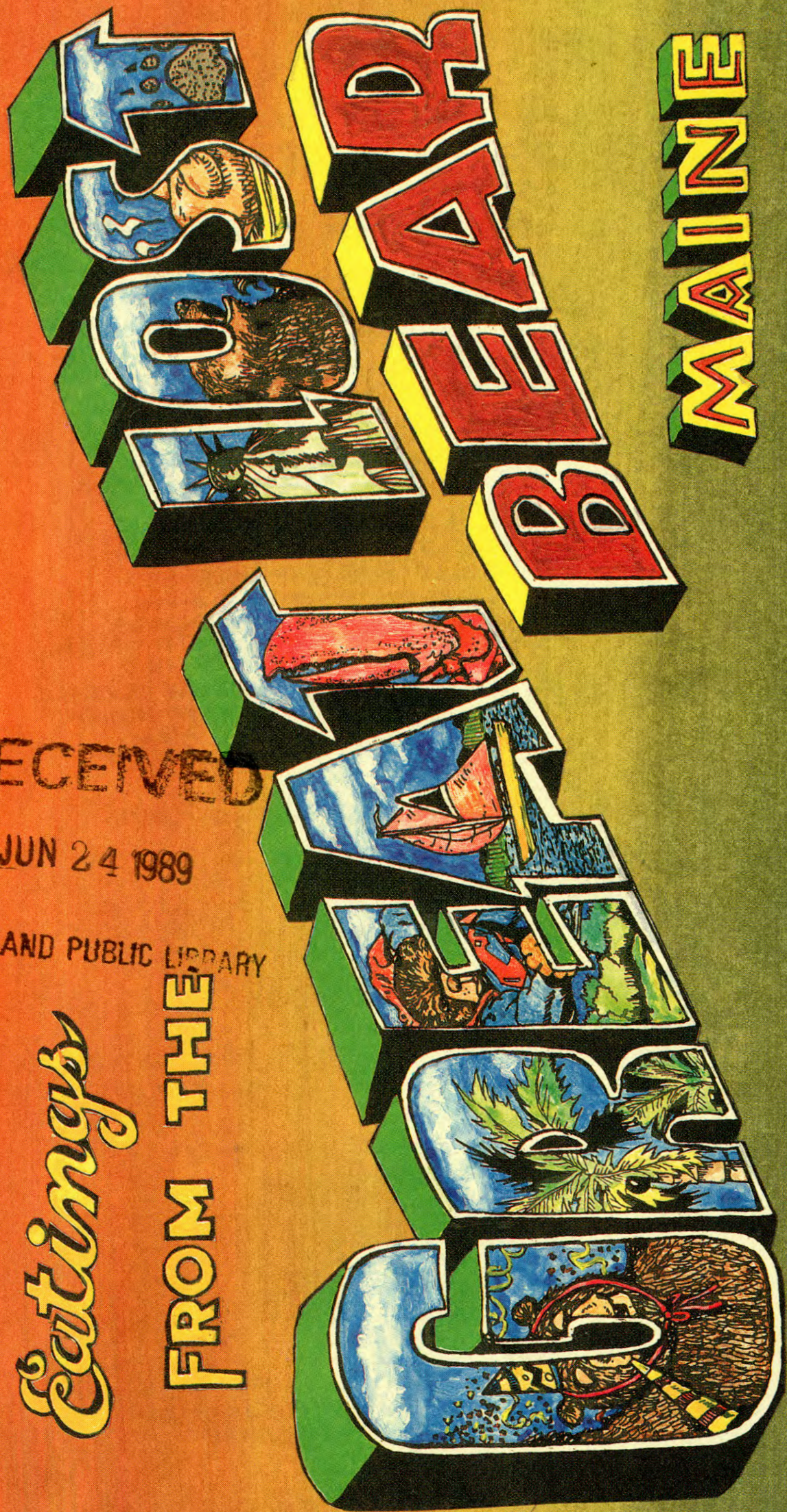
## Nachos



NACHO NACHO MAN.....	5.25
MELTED CHEESE ON HOMEMADE TORTILLA CHIPS	
FRANK SINACHO.....	6.95
HE WAS JUST A SKINNY KID FROM HOBOKEN TILL ONE WILD AND HUNGRY NIGHT IN TIJUANA... NACHO CHIPS, MARINARA, GREEN PEPPERS, ONIONS, & PEPPERONI COVERED WITH MELTED CHEESE (NO DIPS)	
 SUPER NACHOS.....	6.95
CHIPS, GREEN PEPPERS, ONIONS, TOMATOES AND CHILI WITH MELTED CHEESE	
NACHO NO VACA.....	5.95
SUPER NACHOS MINUS THE CHILI	



SAUSAGE CALZONE.....	5.95
SUBMITTED FOR YOUR APPROVAL... HOT SAUSAGE, PESTO, ONIONS, PEPPERS, RICOTTA, & MOZARELLA BAKED IN A PIZZA CRUST TURNOVER.	
VEGGIE CALZONE.....	5.50
PICTURE THIS IF YOU WILL... ONIONS, PEPPERS, BROCCOLI, PESTO, RICOTTA, MOZARELLA AND MUSHROOMS BAKED IN A PIZZA CRUST TURNOVER	



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*Eating*

FROM THE



# Soups

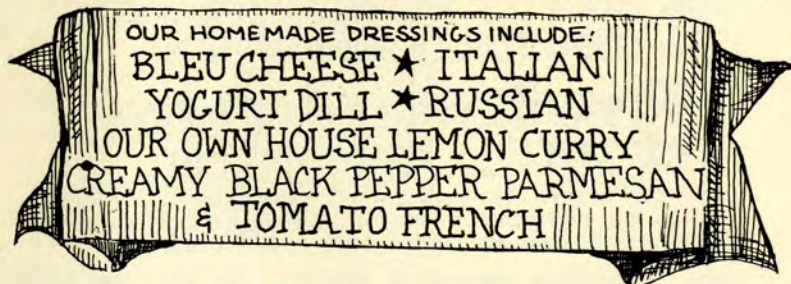
## FROM THE PAW KETTLE



PORTLAND'S BEST CHILI CUP 2.95 BOWL 3.95  
WITH MELTED CHEESE ADD 35¢  
FRENCH ONION GRATINÉE.....2.95



PESTO PASTA SALAD PLATE...3.50  
SPINACH SALAD.....3.95  
FRESH SPINACH, MUSHROOMS, GARLIC, OLIVES, TOMATOES, CARROTS, SPROUTS, SLICED ALMONDS, AND FETA OR SWISS CHEESE  
OUR CRISPY HOUSE SALAD.....2.50  
TACO ENSALADA.....4.95  
MEXICAN SALAD SERVED IN AN EDIBLE BOWL  
WHOLLY GUACAMOLE SALAD.....5.25  
OUR FRESH GUACAMOLE COVERS THIS CRISP SALAD WITH TORTILLA CHIPS  
CAJUN FRIED CHICKEN SALAD.....5.95  
STRIPS OF HOT FRIED BONELESS BREAST SERVED ON SALAD GREENS, WITH JALAPEÑO MAYONNAISE ON THE SIDE  
CRABMEAT AVOCADO SALAD.....6.95  
2 AVOCADO HALVES STUFFED WITH CRAB SALAD COVERED WITH YOUR CHOICE OF DRESSING



IN CASE OF EMERGENCY:  
HOW TO ATTRACT YOUR WAITROID: FEEL FREE TO GROWL, WAVE OR JUMP UP & DOWN. PLEASE MAKE YOURSELF AT HOME. WE ALWAYS DO! 🐾



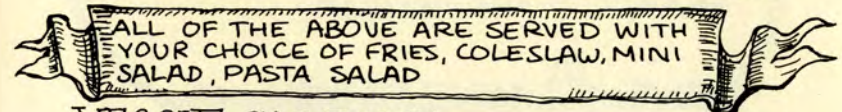
# Not So Fat City

BURGER IN THE NUDE 450 CALORIES.....4.50  
BURGER, LETTUCE, TOMATOES - TH-THAT'S ALL FOLKS!  
WISH FISH 150 CALORIES.....6.95  
HADDOCK BROILED IN LEMON JUICE WITH TOMATOES  
SVELTE MELT 275 CALORIES.....3.95  
TURKEY, SPROUTS, TOMATOES & YOGURT DRESSING WITH MELTED CHEESE  
NO WEIGH JOSÉ 275 CALORIES.....5.95  
A SKINLESS CHICKEN BREAST BASTED WITH SALSA  
HOT LIME HADDOCK 200 CALORIES 6.95  
HADDOCK FILLET BROILED IN OUR HOT LIME SAUCE  
ALL OF THE ABOVE SERVED WITH MINI SALAD  
★ AND A SMALL SIDE OF STEAMED BROCCOLI ★

## Carnivores Beware!



BROCCOLI MELT.....3.95  
STEAMED BROCCOLI COVERED WITH TARRAGON MOUTARDE SAUCE & MELTED CHEESE ON RYE  
SPANAKOPITA.....5.50  
RICH GREEK PASTRY FILLED WITH SPINACH & FETA CHEESE  
VEGETARIAN REUBEN.....3.75  
GRILLED RYE BREAD COVERED WITH BROCCOLI, COLESLAW & TOMATOES TOPPED WITH MELTED SWISS CHEESE  
CHEESE THE ONE.....3.25  
A GRILLED CHEESE SANDWICH FEATURING SWISS CHEESE, AMERICAN CHEESE, & TOMATOES  
OUR VEGGIE FAJITA.....6.95  
GRILLED VEGETABLES SEASONED WITH A SPICY HOT LIME SAUCE BAKED IN A FLOUR TORTILLA WITH CHEESE ~ TOPPED WITH COOL GUACAMOLE



VEGGIE CALZONE.....5.50  
ONIONS, MUSHROOMS, PEPPERS, BROCCOLI, PESTO, RICOTTA, AND MOZARELLA BAKED IN A PIZZA CRUST TURNOVER  
NACHO NO VACA.....5.95  
NACHO CHIPS COVERED WITH ONIONS, TOMATOES, PEPPERS, AND MELTED CHEESE  
SOME LIKE IT RAW.....3.95  
FRESH VEGETABLES WITH CURRY DIP  
STUFFED MANICOTTI.....5.95  
CHEESE STUFFED PASTA WITH SAUCE & MORE CHEESE SERVED WITH A HOUSE SALAD AND GARLIC BREAD



# Food From Maine and Away

**MONTE CRISTO** ..... 5.25  
YOU CAN COUNT ON THIS ONE! A HAM, CHEESE AND TURKEY SANDWICH, BATTERED CRUMBED & GRILLED WITH MAYONNAISE AND MUSTARD

**MONTE HALL** ..... 5.25  
AN EVEN BETTER DEAL WITH ROAST BEEF, COLESLAW 2 CHEESES, & TURKEY- BATTERED, CRUMBED, & GRILLED WITH MAYONNAISE AND MUSTARD

**BOARDWALK HOT SAUSAGE SANDWICH**  
GRILLED SAUSAGE WITH PEPPERS & ONIONS ..... 4.95

**SLAB & CRAB & ANOTHER SLAB** ..... 5.75  
SWISS AND AMERICAN CHEESE GRILLED W/CRAB SALAD

**THE HOT SICILIAN** ..... 4.75  
PEPPERONI, HAM, CHEESE, TOMATO, PEPPER, AND ONION BAKED IN A GARLIC ITALIAN ROLL



FRENCH DIP FEATURING OUR THINLY SLICED, HOME-COOKED ROAST BEEF PILED HIGH ON A ROLL WITH YOUR CHOICE OF DIPS (2) HOT AU JUS, HORSE RADISH SAUCE RUSSIAN DRESSING OR BBQ SAUCE (HOT OR SWEET)

\$4.95

**FRESH ROAST TURKEY MELT** ..... 4.95  
SLICED WHITE TURKEY AND CRANBERRY ON WHOLE WHEAT WITH RUSSIAN DRESSING AND MELTED SWISS  
**IKENTINA TUNA** ..... 4.75  
FRENCH TOASTED TUNA SANDWICH WITH MELTED CHEESE

EVERYBODY KNOWS THAT...

**The Bird Is The Word** (THE MVP OF SANDWICHES)

**CHICKEN CLUB** ..... 5.50  
CHICKEN FILET ON A BUN WITH TOMATO, BACON, MAYO AND MELTED SWISS

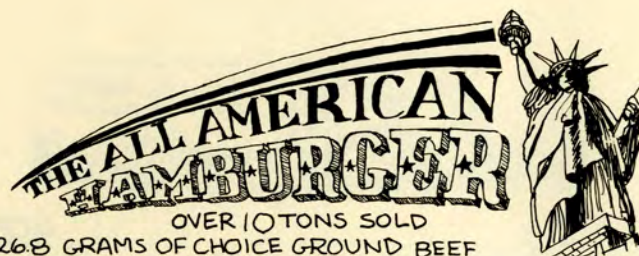
**SURFIN' BIRD** ..... 4.95  
FRIED CHICKEN FILET TOPPED WITH PINEAPPLE, CHEESE, AND MUSTARD SERVED ON A ROLL

**JOSÉ, CAN YOU SEE THE CHICKEN?** ..... 4.75  
FRIED CHICKEN FILET WITH SPICY SALSA AND CHEESE ON AN EL BULKIE ROLL

**DIXIE CHICKEN** ..... 4.95  
NO LITTLE FEAT, BY GEORGE! CHICKEN FILET ON A BUN WITH YOUR CHOICE OF HOT OR SWEET BBQ

**O POLLO MIO** ..... 5.95  
CHICKEN FILET ON A BUN WITH MARINARA, PEPPERONI, AND MELTED MOZZARELLA

★ THE ABOVE SERVED WITH YOUR CHOICE OF FRIES ★  
★ MINI SALAD, COLESLAW OR PASTA SALAD ★



OVER 10 TONS SOLD  
226.8 GRAMS OF CHOICE GROUND BEEF CHARGRILLED TO ORDER, SERVED ON A TOASTED BULKIE ROLL WITH OUR OWN MUSHROOM AND ONION SAUCE

**HAMBURGER** ..... 4.50

**CHEESEBURGER** ..... 4.95  
SERVED WITH OUR FAMOUS CHEESE SAUCE, OR ANY OTHER CHEESE IN OUR CHEESE CELLARS

**BAYOU BURGER** ..... 4.95  
DIPPED IN OUR SPICY LOUISIANA HOT SAUCE, AND TOPPED WITH MELTED AMERICAN CHEESE

**PESTO BURGER** ..... 4.75

**CAJUN BURGER** ..... 4.75  
FLAVORED WITH PRUDHOMME'S CAJUN MAGIC... GAR-AWN-TEED!

**BLEU CHEESEBURGER** ..... 5.25

**GUACAMOLE BURGER** ..... 4.95

**FRENCH HERB CHEESE BURGER** ..... 4.95

**BARBECUE BURGER** ..... 4.75  
CHOICE OF SAUCE

**ONION GRATINÉE BURGER** ..... 4.75

**TARRAGON MOUTARDE BURGER** ..... 4.95

**PEPPER BURGER** ..... 4.50  
LACED WITH GARLIC BUTTER AND COARSELY GROUND PEPPER

**CANADIAN BURGER** ..... 5.75  
WITH CANADIAN BACON AND CHEESE SAUCE, SOUNDS GOOD, EH?

**CHILI 'N CHEESE** ..... 5.50  
COVERED WITH OUR PRIZE WINNING CHILI AND CHEESE SAUCE

**FOUR TOPS** ..... 5.75  
AMERICAN, SWISS, PROVOLONE AND MOZZARELLA MELTING IN THE SHADOWS OF A BUN

**BUFFALO BURGER** ..... 4.95  
COVERED WITH BARBECUE SAUCE & BLEU CHEESE

★ ★ ★ ★ ANY BURGER WITH BACON: ADD 60¢ ★ ★ ★ ★

★ THE ABOVE SERVED WITH YOUR CHOICE ★  
★ OF FRIES, COLESLAW, MINI SALAD ★ ★  
★ OR PASTA SALAD ★





REUBEN.....	4.95
TUNA MELTDOWN.....	3.95
TUNA SALAD & TOMATOES COVERED WITH MELTED SWISS ON GRILLED RYE BREAD	
I'VE NEVER HADDOCK LIKE THIS.....	4.50
DEEP FRIED FISH WITH TOMATOES, COLESLAW, TARTAR SAUCE AND MELTED SWISS ON TOASTED RYE	
EL GRIZZLY BEARITO.....	3.95
A BEEF & BEAN BURRITO COVERED WITH CHILI & CHEESE	

## Cheesesteaks

KANSAS CITY CHEESESTEAK.....	5.95
SHAVED STEAK GRILLED WITH ONIONS AND COVERED WITH BARBECUE SAUCE AND CHEESE SAUCE	
WOODFORD'S CHEESESTEAK.....	5.75
NOTHING MYSTERIOUS HERE! SHAVED STEAK GRILLED WITH ONIONS AND CHEESE SAUCE	
PHILADELPHIA CHEESESTEAK.....	5.95
SHAVED STEAK GRILLED WITH ONIONS, GREEN PEPPERS, AND CHEESE SAUCE	
LEWISTON CHEESESTEAK.....	5.75
SHAVED STEAK GRILLED WITH ONIONS AND OUR FRENCH HERB CHEESE	

## Croissant Creations

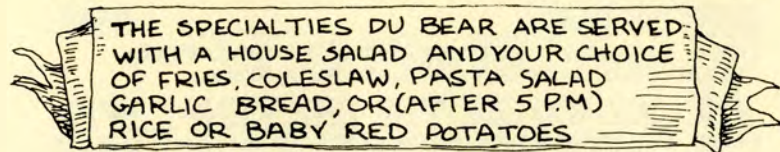
CRAB CROISSANTS.....	6.95
HOME BAKED CROISSANTS SERVED WARM WITH CRAB TOMATO, AND MELTED SWISS	
HAM CROISSANTS.....	5.95
CROISSANTS WITH THIN SLICED VIRGINIA HAM, TOMATO, SWISS, AND OUR TARRAGON MOUTARDE SAUCE	
THE CROISSANT CLUB.....	6.95
CROISSANTS WITH HAM, TURKEY, BACON, AND MAYONNAISE COVERED WITH MELTED MUENSTER CHEESE	



## Specialties Du Bear



LIVER, BACON, AND ONIONS.....	6.75
AN ALL-TIME FAVORITE THAT'S GOOD FOR YOU	
BAKED STUFFED HADDOCK.....	8.50
WITH A STUFFING YOU'LL BEARLY BELIEVE	
THE STEAK.....	9.95
SIRLOIN TOP STEAK CUT & MARINATED ON THE PREMISES	
TAMMY'S SOUTHERN FRIED SIRLOIN TIPS.....	8.95
CHOICE STRIPS OF SIRLOIN DEEP FRIED WITH A CRISPY CRUST	
PESTO BREASTO.....	6.95
GRILLED CHICKEN BREAST COVERED WITH THE TRADITIONAL ITALIAN MIXTURE OF GARLIC, BASIL, AND PARMESAN	
(I'VE GOT THE) CHICKEN CORDON BLEUS.....	7.95
BAKED BREAST STUFFED WITH HAM & SWISS	
NOT SO BEAR BREAST OF CHICKEN.....	7.75
BAKED BIRD STUFFED WITH BROCCOLI & HERB SAUCE	
GRILLED CHICKEN MOUTARDE.....	6.95
BREAST OF CHICKEN CHARGRILLED AND FLAVORED WITH A TARRAGON MUSTARD SAUCE	
SPANAKOPITA.....	5.95
RICH GREEK PASTRY FILLED WITH SPINACH & FETA CHEESE	



## The Attack of the GIANT LASAGNE..... 6.95

LET US LAY SOME HOMEMADE LASAGNE ON YA SERVED WITH GARLIC BREAD AND HOUSE SALAD	
STUFFED MANICOTTI.....	5.95
CHEESE STUFFED PASTA WITH SAUCE & MORE CHEESE SERVED WITH GARLIC BREAD AND HOUSE SALAD	





## Dr. Gonzalo's Baked Baja Fajitas

★ A BAKED VERSION OF TRADITIONAL FAJITAS

### BEEF FAJITA.....8.95

SIRLOIN TIPS, TOMATOES, PEPPERS, AND ONIONS GRILLED AND SEASONED WITH A SPICY HOT LIME SAUCE BAKED IN A FLOUR TORTILLA WITH CHEESE~TOPPED WITH COOL GUACAMOLE

### VEGGIE FAJITA.....7.50

BROCCOLI, MUSHROOMS, PEPPERS, TOMATOES, ONIONS AND SPICY HOT LIME SAUCE BAKED IN A FLOUR TORTILLA WITH CHEESE, AND COVERED WITH GUACAMOLE

THE ABOVE SERVED WITH YOUR CHOICE OF FRIES, COLESLAW, MINI SALAD, PASTA SALAD



## Barbecue

BASTED WITH YOUR CHOICE OF: OUR POPULAR SWEET GLAZE, A SMOKEY SPICY TEX-MEX SAUCE, OR DIPPED IN OUR FIERY LOUISIANA HOT SAUCE

### SPARE RIBS.....9.95

### MIXED GRILL.....10.95

SPARE RIBS, CHICKEN BREAST, AND HOT SAUSAGE, FLAME BROILED



## Bear Necessities

BEAR FRIES 95¢ GARLIC BREAD 95¢

BABY RED POTATOES.....95¢

THIS SPUD'S FOR YOU (AFTER 5 P.M.)

RICE (AFTER 5 P.M.) 75¢ COLESLAW 75¢

PASTA SALAD.....95¢

## The Great Lost Bear 540 Forest Ave. Portland, Maine

IN THE MYSTERIOUS WOODFORD'S AREA  
OF SOFO (SOUTHSIDE FOREST  
AVENUE)

OPEN FROM 11:30 A.M.~11:30 P.M. MON~SAT.  
12 NOON~11:30 P.M. SUNDAY

PAJAMA PARTY BRUNCH SERVED SUNDAY NOON-3PM.

GOOD FOOD TAKES TIME. IF YOU ARE IN A RUSH  
PLEASE TELL US.

WE ACCEPT VISA, MASTERCARD, CARTE BLANCHE  
AMERICAN EXPRESS, DINERS CLUB OR DISCOVER  
CARD

GIFT CERTIFICATES AVAILABLE



## Where Every Meal Is A Work Of Art

NO PIPE OR CIGAR SMOKING,  
PLEASE!

THE BEAR'S BACK ROOM IS AVAILABLE  
FOR PARTIES AND MEETINGS. CALL  
772-0300 FOR INFORMATION

**When there are 6 or more  
of you:**

A 15% GRATUITY WILL  
AUTOMATICALLY BE ADDED  
TO THE TOTAL OF THE CHECK. NO FURTHER TIP  
WILL BE EXPECTED AND WE CANNOT PROVIDE  
SEPARATE CHECKS FOR THAT MANY PEOPLE.

IT AIN'T OVER TILL IT'S OVER

★ ★ ...Y. BERRA  
★ SEE OUR BEAR FACTS MENU ★  
★ FOR DESSERT SELECTIONS ★ ★