

GREATER PORTLAND

1932

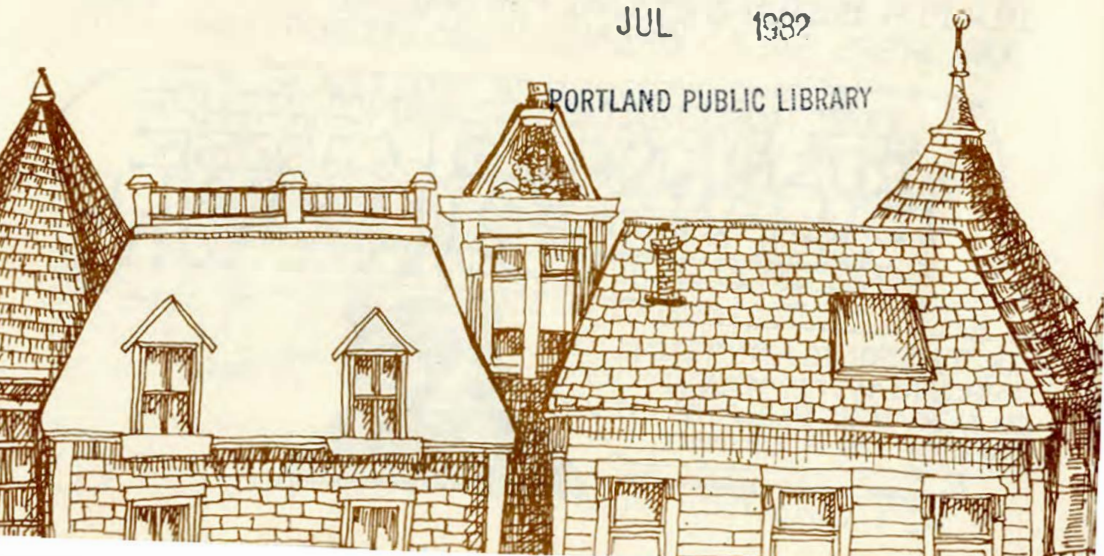
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BEAR BEGINNINGS

SPARERIB APPETIZER.....3.50

A CUB SIZE PORTION OF OUR ENTRÉE

SOME LIKE IT RAW.....3.75

FRESH VEGETABLES WITH CURRY DIP

THE BEAR'S STUFFED MUSHROOMS.....3.25

OUR MOST POPULAR DISH

BATTER DIPPED/DEEP FRIED VEGGIES...2.65

NACHO NACHO MAN.....2.95

BETTA CHEDDA.....3.50

AYUH- BAKED CHEDDER CHEESE SEASONED
WITH CARAWAY AND OTHER SPICES, SERVED
WITH GARLIC BREAD.



SPINACH SALAD.....SMALL 1.95 LARGE 2.95

FRESH SPINACH, MUSHROOMS, GARBANZOS, & FETA OR SWISS
CHEESE

HOUSE SALAD.....SMALL 1.45 LARGE 1.85

LETTUCE, TOMATOES, SPROUTS, ONIONS & CUCUMBERS

MAMA BEAR'S 8 LAYER SALAD.....4.95

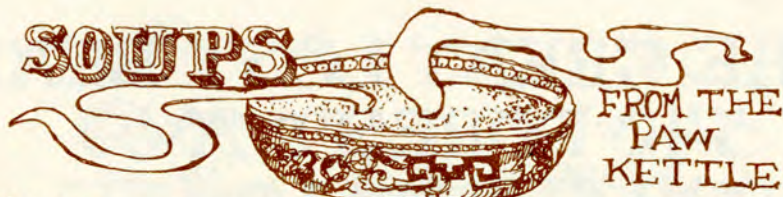
OUR CHEF'S SALAD OF ENORMOUS PROPORTION

OUR HOMEMADE DRESSINGS INCLUDE:
RUSSIAN • BLEU CHEESE
ITALIAN EGG • YOGURT DILL
& OUR OWN HOUSE **LEMON CURRY**

IF THERE IS ANYTHING
WRONG WITH YOUR FOOD
OR SERVICE, PLEASE, GIVE
ONE OF US A GROWL.



SOUPS



FROM THE
PAW
KETTLE

FRENCH ONION GRATINEE.....1.95

EVERLASTING CHILI.....CUP. 1.15.....BOWL 2.25

SPICY, BUT DON'T WORRY ABOUT KODIAK ARREST



BEAR ESSENTIALS

SANDWICHES:

ROAST BEEF 3.75★TURKEY 2.95★TUNA 2.95

HAM&SWISS 2.95★OR CORNED BEEF 3.50

SERVED AS YOU LIKE IT ON WHITE, RYE. WHOLE
WHEAT, PUMPERNICKEL, ROLL, OR ITALIAN BREAD.

MONTE CRISTO.....4.25

YOU CAN COUNT ON THIS ONE: A HAM, CHEESE, &
TURKEY SANDWICH, BATTERED CRUMBED & GRILLED

MONTE HALL.....4.45

AN EVEN BETTER DEAL WITH ROAST BEEF,
COLESLAW 2 CHEESES, & TURKEY, BATTERED,
CRUMBED, & GRILLED

SURFIN' BIRD.....3.25

THE BIRD IS THE WORD. FRIED CHICKEN FILET
TOPPED WITH PINEAPPLE & CHEESE SERVED ON A
ROLL

SLAB & CRAB & ANOTHER SLAB.....3.95

SWISS & AMERICAN CHEESE GRILLED W/CRAB SALAD

DEERING OAKS PORK.....2.95

BARBECUED PORK PATTIE SERVED ON A BUN WITH
LETTUCE, MAYONNAISE, & BAR-B-Q SAUCE PORKLAND'S
FAVORITE SANDWICH FROM EASTPORK TO
PORKSMOUTH

WHAM BAM TAYLOR HAM SANDWICH 2.95

A FLATLANDER'S FAVORITE FEATURING CHEESE
TOMATO & SPICED HAM IMPORTED FROM TRENTON, N.J.
GRILLED ON WHITE BREAD

RANCHO DELUXE.....3.95

RARE ROAST BEEF, SHAVED ONIONS, TOMATOES, AND
HORSERADISH SAUCE ON AN ITALIAN ROLL

JOSE, CAN YOU SEE THE CHICKEN?...3.25

FRIED CHICKEN PATTIE SERVED WITH SPICY
SALSA AND CHEESE ON AN EL BULKIE ROLL

★ THE BEAR ESSENTIALS ARE SERVED WITH YOUR
★ CHOICE OF FRIES OR COLESLAW OR MINI SALAD ★

THE ALL AMERICAN HAMBURGER



OVER 6 TONS SOLD
226.8 GRAMS OF CHOICE GROUND
BEEF CHARGILLED TO ORDER. SERVED
ON A TOASTED HARD ROLL WITH OUR OWN
MUSHROOM AND ONION SAUCE

HAMBURGER.....3.65

CHEESEBURGER.....3.85

SERVED WITH OUR FAMOUS CHEESE SAUCE ALSO
AVAILABLE WITH MELTED AMERICAN OR SWISS

ITALIAN BURGER.....3.95

TOPPED WITH MARINARA SAUCE & PROVOLONE

MEXI-BURGER.....3.95

SERVED WITH SPICY SALSA & CHEESE

BLEU CHEESEBURGER.....3.95

GUACAMOLE BURGER.....3.85

FRENCH HERB CHEESE BURGER.....4.25

BARBECUE BURGER.....3.75

ONION GRATINEE BURGER.....3.95

COVERED WITH OUR ONION SOUP ONIONS AND MELTED
PROVOLONE CHEESE

CARNIVORES BEWARE!



SOME LIKE IT RAW.....3.95

FRESH VEGETABLES WITH CURRY DIP

SPANAKOPITA.....5.25

GREEK PASTRY FILLED WITH SPINACH & FETA CHEESE

STUFFED MANICOTTI.....4.95

CHEESE STUFFED PASTA WITH SAUCE & MORE CHEESE

VEGETARIAN REUBEN.....3.35

GRILLED RYE BREAD COVERED W/BROCCOLI, COLESLAW
& TOMATOES TOPPED WITH MELTED SWISS CHEESE

LA CAGE AUX FROMAGES.....2.50

A GRILLED CHEESE SANDWICH FEATURING SWISS
CHEESE, AMERICAN CHEESE & TOMATOES

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



REUBEN (roo'bin)n.....3.95

A TWENTIETH CENTURY CORNED BEEF, TURKEY &
SAUERKRAUT SANDWICH GRILLED ON PUMPERNICKEL
WITH MELTED SWISS CHEESE ☆ NAMED AFTER BARON
REUBEN DE GRIZZWALD (1740~1825)

TUNA MELTDOWN.....3.45

TUNA SALAD & TOMATOES COVERED W/ MELTED SWISS ON
GRILLED RYE BREAD

I'VE NEVER HADDOCK LIKE THIS.....3.95

DEEP FRIED FISH WITH TOMATOES, COLESLAW, TARTAR
SAUCE & MELTED SWISS

EL GRIZZLY BURRITO.....3.75

A BEEF & BEAN BURRITO COVERED WITH CHILI & CHEESE

THE RETURN OF THE CHEESE STEAK 4.50

5 OUNCES OF SLICED STEAK WITH GRILLED ONIONS
AND CHEESE SAUCE

GRILLED KNOCKWURST.....3.75

SERVED ON A TOASTED BUN, WITH SAUERKRAUT
AVAILABLE WITH CHILI FOR AN EXTRA 50¢

SVELTE MELT.....2.95

TURKEY, SPROUTS, TOMATOES, & YOGURT DRESSING WITH
MELTED CHEESE ☆ ONLY 275 CALORIES

CROISSANT CLUB

JOIN NOW! TWO HOME BAKED CROISSANTS
SERVED WARM WITH EITHER CRAB, TOMATO AND
MELTED SWISS.....4.25

OR WITH HAM, TOMATO SWISS AND OUR
TARRAGON MUSTARD SAUCE.....3.75

↑ ALL OF THE ABOVE ↑

SERVED WITH YOUR CHOICE OF
FRIES OR COLESLAW OR MINI SALAD

BEAR NECESSITIES

PLATE OF FRIED MAINE POTATOES.....85¢

BAKED POTATO.....65¢

YOUR OWN PRIVATE IDAHO (AFTER 5 P.M.)

RICE (AFTER 5 P.M.).....65¢

COLESLAW 70¢ GARLIC BREAD 75¢



SPECIALTIES DU BEAR

SPANAKOPITA.....	5.95
RICH GREEK PASTRY FILLED WITH SPINACH & FETA CHEESE	
GRILLED CHICKEN MOUTARDE.....	6.85
BREAST OF CHICKEN CHARGRILLED AND FLAVORED WITH A TARRAGON MUSTARD SAUCE	
(I'VE GOT THE) CHICKEN CORDON BLEUS.....	6.95
BAKED BREAST STUFFED WITH HAM & SWISS LIVER, MUSHROOMS, & ONIONS.....	
AN ALL TIME FAVORITE	5.95
BAKED STUFFED HADDOCK.....	6.25
WITH A STUFFING YOU'LL BEARLY BELIEVE	
BAKED STUFFED SCALLOPS.....	6.95
ALSO AVAILABLE SAUTEED FOR AN EXTRA 50¢	
THE STEAK.....	7.95
SIRLOIN TOP STEAK CUT & MARINATED ON THE PREMISES	
NOT SO BEAR BREAST OF CHICKEN.....	6.85
BAKED BIRD WITH BROCCOLI & HERB SAUCE	
BARBECUED SPARERIBS.....	7.95
GRILLED WITH OUR SPECIAL GLAZE	
SPECIALTIES DU BEAR ARE SERVED WITH A HOUSE SALAD & FRIES, RICE (after 5 P.M.) OR BAKED POTATO (after 5 P.M.)	



NOT SO FAT CITY

SOME LIKE A SMALL RAW 145 CALORIES.....	2.25
FRESH RAW VEGETABLES WITH YOGURT DILL DIP	
THE FOLLOWING ITEMS ARE SERVED WITH YOUR CHOICE OF FRIES, COLESLAW, OR MINI SALAD:	
BURGER IN THE NUDE .. 450 CALORIES...	3.50
BURGER, LETTUCE, TOMATO TH-T-HAT'S ALL FOLKS	
WISH FISH ... 150 CALORIES.....	5.95
HADDOCK BROILED IN LEMON JUICE WITH A HINT OF GARLIC	
SVELTE MELT... 275 CALORIES.....	2.95
TURKEY, SPROUTS, TOMATOES, & YOGURT DRESSING WITH MELTED CHEESE ☆	



TEMPTATIONS

YOU'VE GOT SUNSHINE
ON A CLOUDY DAY

HOT FUDGE SUNDAE.....	2.25
STRAWBERRY SUNDAE ALSO AVAILABLE	
BROWNIE & ICE CREAM.....	2.25
SERVED WITH HOT FUDGE & WHIPPED CREAM	
BOWL OF VANILLA.....	95¢
TOLL HOUSE COOKIE PIE.....	2.25
HOMEMADE CHEESECAKE.....	2.25

BEVERAGES



POLAND SPRING WATER.....	75¢
PERRIER.....	1.00
MILK.....	45¢/75¢
COFFEE OR TEA.....	50¢
ROAST AROMA.....	60¢
CONSTANT COMMENT.....	60¢
SLEEPY TIME HERB TEA.....	60¢
RED ZINGER.....	60¢
LEMON LIFT.....	60¢
ICED TEA OR COFFEE.....	85¢

IN CASE OF EMERGENCY:

How to attract your waitroid—Feel free
to growl, wave or jump up and down.
Please make yourself at home, we
always do! 🐾

THE GREAT LOST BEAR 540 FOREST AVE. PORTLAND, MAINE

Is open from 11:30 a.m. - 11:30 p.m.
Monday - Saturday

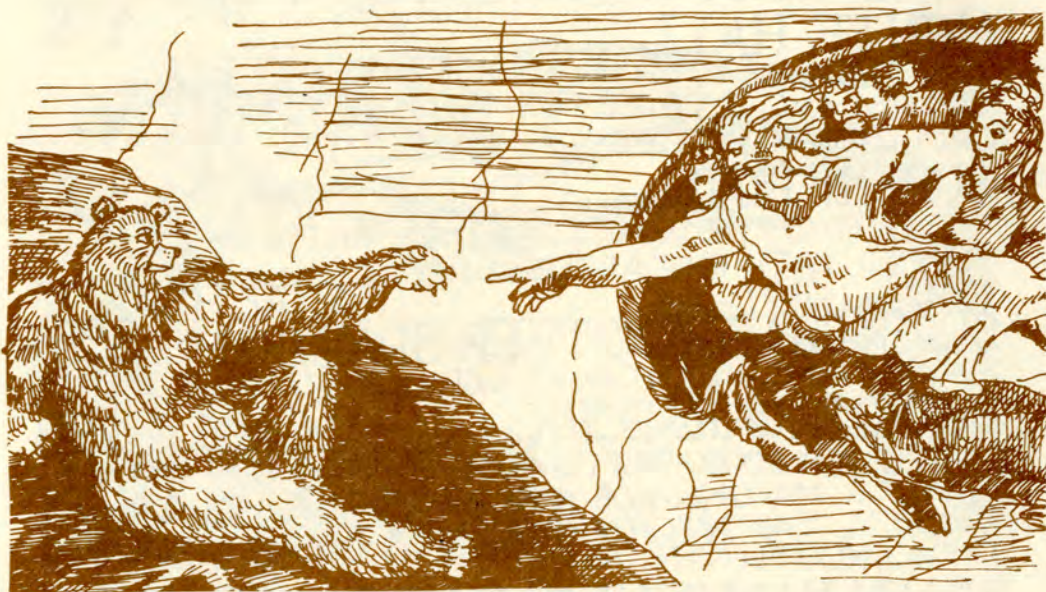
12:00 noon - 11:30 p.m. Sunday

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

WE ACCEPT VISA, MASTER CHARGE, CARTE
BLANCHE AMERICAN EXPRESS OR DINER'S
CLUB.

GIFT CERTIFICATES AVAILABLE

SUNDAY BRUNCH SERVED FROM NOON ~ 4 P.M.



WHERE EVERY MEAL IS A WORK OF ART.

When there are more than 8 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.