



# BEAR

UPTOWN

# TAVERN AND CAFE

# TREE

CENTENNIAL



## Appetizers

- GARLIC BREAD 3.50**  
Served with marinara. Add cheese 1.00
- CHIPS AND SALSA 3.50**  
Hot or mild.
- CHEESE QUESADILLA 4.50**  
Served with salsa and sour cream.
- PEQUENO NACHOS 5.50**  
Cheese, sour cream and pico de gallo.
- SPINACH ARTICHOKE DIP 7.95**  
With garlic bread, veggies and crackers.
- SHRIMP COCKTAIL 8.95**  
With garlic bread
- STUFFED (BIG BOY) PRETZEL 3.50**

## Soups and Salads

*HOMEMADE DRESSINGS: ranch, blue cheese, Dorothy Lynch, house vinaigrette, thousand island*

- HOMEMADE SOUP OF THE DAY**  
~Cup 2.50  
~Bowl 4.50
- SOUP AND HALF SANDWICH 6.95**  
Choice of Tuna Salad or Cold Turkey.
- BESTEST EVER GREEN CHILI 4.50**  
Bowl served with two tortillas, jack and cheddar cheese.  
~Add pinto beans .50  
(Vegetarian Available)
- DELUXE GREEN SALAD 4.25**  
A large salad served with tomatoes, carrots, onions, cucumbers, red cabbage and garlic bread.  
~With Grilled Chicken 8.95  
~With Steak 10.95  
~With Grilled Salmon 12.95
- TACO SALAD 8.25**  
Served with corn tortilla chips, lettuce, tomato, onion, black olives, sour cream, cheddar cheese, pinto beans and your choice of ground beef or chicken and hot or mild salsa or salad dressing.

## Burgers

*1/3 lb. burger served with onions, lettuce, tomatoes, a kosher pickle and your choice of chips, tater tots, potato salad or cottage cheese.*

- GOOD OL' BURGER 7.00**
- DOUBLE BURGER 10.00**
- VEGGIE BURGER 6.50**

~Add cheese .50  
~Add bacon 1.00  
~Add mushrooms .50

✪ Please help us with waste, if you don't care for lettuce, tomato, onion or pickle please tell us. Thanks ✪



TAKE-OUT! 742-2410

WE SUGGEST  
A GRILLED  
CHEESE  
FOR  
SMALL  
CHILDREN  
with tots or apple sauce  
\$3.50

## Sandwiches

*7" french bread with oil and vinegar dressing, a kosher pickle, and choice of chips, tater tots, potato salad or cottage cheese.*

- PHILLY CHEESE STEAK 7.95**  
Thinly sliced fresh sirloin steak with onions, mushrooms, banana peppers, and mozzarella.
- CHICKEN PHILLY 7.95**  
All white meat sauteed with onions, mushrooms, banana peppers, mozzarella and marinara sauce.
- EAST COAST MEATBALL 7.95**  
Homemade meatballs with grilled onions, mushrooms, banana peppers, mozzarella and marinara.
- REUBEN 7.95**  
Corned beef, sauerkraut, and swiss on marble rye with a side of thousand island dressing.
- HOT ITALIAN SAUSAGE 7.95**  
Link sausage with grilled onions, mushrooms, banana peppers, mozzarella and marinara.

## Pizzas

*Homemade dough and marinara. Really!*

### TOPPINGS

Pepperoni, canadian bacon, sausage, chicken, hamburger, black olives, green olives, mushrooms, jalapenos, banana peppers, green peppers, onions, pineapple, tomato, artichoke hearts, fresh garlic

- 16" 13.00 + 1.25 per topping
- 12" 9.00 + 1.00 per topping
- 8" 7.00 + .75 per topping

### BESTEST EVER GREEN CHILI PIZZA

Green chili instead of marinara with lots of cheddar and mozzarella.

- 16" 13.00 + 1.25 per topping
- 12" 9.00 + 1.00 per topping
- 8" 7.00 + .75 per topping

### POLAR BEAR PIZZA

Olive oil, garlic and mozzarella (no marinara).

- 16" 13.00 + 1.25 per topping
- 12" 9.00 + 1.00 per topping
- 8" 7.00 + .75 per topping

### MEXICAN PIZZA

Choice of marinara or green chili with chicken or beef, topped with beans, lettuce, tomatoes, black olives, and mozzarella and cheddar cheese.

- 16" 17.00
- 12" 12.00
- 8" 10.00

*Served with hot or mild salsa.*

- ~ Extra salsa .50
- ~ Guacamole 1.50

## Mexican

### SOFT SHELL TACOS

Lightly fried tortilla with lettuce, black olives and tomatoes.

- Beef and cheese 5.50
- Whole pinto bean and cheese 5.50
- Beef, bean, and cheese 6.00
- Chicken and cheese 5.50
- Chicken, bean, and cheese 6.00

### SMOTHERED IN GREEN CHILI WITH SOUR CREAM ADD 2.00

### CHICKEN CLUB 7.95

Served hot on a sesame bun with colby jack, bacon, lettuce, tomato and mayo on side.

### TURKEY SANDWICH 7.95

A light choice. Sliced turkey and avocado, on multigrain bread with tomatoes, lettuce and mozzarella. Mayo on the side.

### VEGGIE SUB 7.95

Onions, mushrooms, banana peppers, lettuce, tomatoes, black olives, artichoke hearts, mozzarella and cheddar. Served hot or cold.

### TUNA SUB 7.95

Chunk light tuna with onions, mushrooms, banana peppers, lettuce, tomatoes, black olives, mozzarella and light mayonnaise. Served hot or cold.

### STEAK SANDWICH 14.95

8oz steak grilled to perfection with sauteed mushrooms and onions. Served on Texas toast.

## Entrees

*Available after 5pm. All entrees include a deluxe green salad, and garlic toast.*

### 12 oz NEW YORK STEAK 23.95

Accompanied with vegetable and choice of potato.

### 10 oz SIRLOIN STEAK 19.95

Accompanied with vegetable and choice of potato.

### GRILLED SALMON 17.95

With sauce du jour served with long grain and wild rice.

### CHICKEN PARMESAN 13.95

Served over penne pasta with vegetable.

### SPINACH LASAGNA 13.95

Four cheese with spinach and marinara.  
~add Italian sausage or ground beef 2.00

### SHRIMP PENNE ALFREDO 17.95

Rich and creamy alfredo sauce with parmesan cheese, garlic and plenty of shrimp with vegetables.

## Fri & Sat

### 12 oz SLOW ROASTED PRIME RIB 23.95

With a deluxe green salad, and garlic toast, vegetable and choice of potato.

## Everyday Brunch 11-1

### EGG SUB 5.50

Two scrambled eggs with mozzarella and cheddar cheese on a toasted hoagie bun with home fries.

### BREAKFAST BURRITO 7.50

Two scrambled eggs folded in a tortilla with pinto beans and cheddar cheese, smothered in green chili. Served with home fries and hot or mild salsa.

### HOMEMADE CINNAMON ROLL 3.50

## Ask About Daily Specials

*We reserve the right to give one ticket to parties of 8 or more*

### NACHOS GRANDE 8.50

Meat, beans, tomatoes, black olives, sour cream, and lots of melted cheese.