






bear beginnings


-  **MAC & CHEESE** The best in town. Cheeses, macaroni & crusty crumb topping 13.99
- MAC & CHEESE ADD-ONS:** Meat or veggie chili, buffalo chicken, pulled pork, bbq chicken, or sweet Thai chili chicken 15.99. Jalapeno, broccoli, or bacon 14.99
- TERIYAKI GRILLED MUSHROOMS** fresh marinated mushrooms char-broiled and served with black pepper parmesan dressing 12.99
- TORTILLA CHIPS** served with guacamole or salsa (or both) for dipping (GF) 9.99
- JALAPENO POPPERS** Cheddar cheese stuffed pepper, fried & served with salsa or ranch 10.99
- BUFFALO CAULIFLOWER** deep fried and tossed in Buffalo sauces. served with blue cheese or ranch dressing 13.99

Soups And Chilis

- 5 time award winner **PORTLAND'S BEST SPICY CHILI** cup 7.99 bowl 10.99
- THE BEAR'S VEGGIE CHILI** cup 7.99/ bowl 10.99
- w/cheese or sour cream add \$1 ♦ w/onions add 50 cents
- FRENCH ONION GRATINEE** 10.99

ruffage



- OUR HOUSE SALAD** Salad greens, tomatoes, carrots & broccoli sm.7.99 lg.10.99
- SPINACH SALAD** Fresh spinach, black olives, tomatoes, carrots, slivered almonds, and Swiss cheese OR shredded jack cheese 12.99
- TACO ENSALADA** Lettuce, shredded cheeses, diced tomatoes, guacamole, black olives, onions, and meat chili,veggie chili, or pulled chicken served in an edible bowl 17.99
-  **CAESAR SALAD** Romaine lettuce tossed with Caesar dressing, parmesan cheese & croutons 15.99

Customize Your Salad With The Following:

- BONELESS FRIED BUFFALO CHICKEN** 7.99
- FRIED CAJUN CHICKEN** 7.99
- GRILLED CHICKEN (PLAIN OR CAJUN)** 6.99
- PORTOBELLO MUSHROOM & GRILLED CHICKEN** 11.99
- GRILLED MARINATED PORTOBELLO MUSHROOM** 6.99
- *SIRLOIN STEAK** 10.99
- PORTOBELLO MUSHROOM & *SIRLOIN STEAK** 13.99
- *GRILLED SWORDFISH STEAK** 12.99
- DEEP FRIED CAULIFLOWER (PLAIN OR BUFFALO)** 7.99
- SALAD SERVED IN A TACO SHELL** ADD 2.00

Our Homemade Dressings Include:

- BLACK PEPPER PARMESAN (GF+)**
- BALSAMIC VINAIGRETTE (GF) ♦ CAESAR (GF)**
- BLEU CHEESE (GF) ♦ RUSSIAN (GF) ♦ RANCH ♦**
- HONEY MUSTARD (GF)**



A full half pound of certified Angus beef char-grilled to order served on a toasted bulkie roll

- ***HAMBURGER** 14.99
- ***CHEESEBURGER** with your choice of cheese 15.99
- ***ONE EYE BACON CHEESEBURGER** w/fried egg, bacon & American cheese 17.99
- ***BLEU CHEESEBURGER** covered with rich bleu cheese dressing 16.99
- ***BACON CHEDDAR BURGER** With Applewood Smoked Bacon & Cheddar 17.99
- ***CANADIAN BURGER** with Canadian bacon and cheese sauce, sounds good, eh? 17.99
- ***BUFFALO BURGER** with Buffalo sauce and American Cheese 16.99
- ***RODEO BURGER** with jalapenos, BBQ sauce, bacon and cheddar cheese 17.99
- ***ONION GRATINEE BURGER** caramelized onions and melted Swiss 17.99
- ***FOUR TOPS** American, Swiss, Cheddar and Jack cheese 17.99
- ***THE PATTY MELT** Swiss cheeseburger on grilled rye w/Russian dressing and grilled onions, also available with the Bear's Veggie Burger 17.99
- ***SUPER BURGER** 4 cheeses, bacon, fried *egg, chili, lettuce, onions & tomatoes 19.99
- ***THE ALMIGHTY CHEESUS BURGER** served between two grilled cheese sandwiches with pickles, lettuce & tomatoes 19.99 ADD bacon and *egg 20.99

Customize Your Burger

BBQ SAUCE \$1 ♦ BACON \$2 ♦ CHILI \$2 ♦ GUACAMOLE \$2
EGG \$1 ♦ CANADIAN BACON \$2 ♦ PORTOBELLO MUSHROOM \$2
ADD: GRILLED ONIONS, MUSHROOMS or PEPPERS 50¢ EACH
ADD CHEESE: OUR HOUSE MADE CHEESE SAUCE, AMERICAN, SWISS,
CHEDDAR, JACK, or FRENCH HERB \$2

Cheesesteaks

LEWISTON CHEESESTEAK shaved steak grilled with onions and served with our homemade French herb cheese 16.99

PHILADELPHIA CHEESESTEAK shaved steak grilled with onions, green peppers, and cheese sauce 16.99

WOODFORD'S CHEESESTEAK nothing mysterious here! shaved steak grilled with onions and covered with cheese sauce 16.49

CAJUN CHEESESTEAK shaved steak flavored with cajun seasonings, covered with grilled onions and our cheese sauce 16.49

MUSHROOM AND ONION CHEESESTEAK shaved steak with grilled fresh mushrooms and onions covered with cheese sauce 16.99

KANSAS CITY CHEESESTEAK shaved steak grilled with onions and covered with barbecue sauce and cheese sauce 16.99

LOADED CHEESESTEAK shaved steak with onions, peppers & mushrooms topped with cheese sauce 17.49

THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW,
MINI SALAD, OR BBQ BACON BEANS.

ADD A SIDE OF CHEESE SAUCE FOR YOUR FRIES \$1



Food From Maine & Away



PULLED PORK SANDWICH Topped with barbecue sauce, coleslaw and pickles.
Served on a bulkie 16.99

NEVER HADDOCK LIKE THIS deep-fried fresh Maine haddock with tomatoes, coleslaw, tartar sauce and melted Swiss, served open faced on your choice of bread or bulkie roll. 19.49

FRESH FRIED HADDOCK ROLL UP with lettuce, tomatoes, carrots, and tartar sauce 17.99

GRILLED SWORDFISH SANDWICH available plain or with cajun seasonings served on a bulkie with lettuce, tomato & spicy tartar sauce 18.99

THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW, MINI SALAD, OR BBQ BACON BEANS. ADD A SIDE CHEESE SAUCE FOR YOUR FRIES \$1

GRILLED SWORDFISH PLATTER plain or cajun served with coleslaw, fries & spicy tartar sauce 19.99

FISH & CHIPS PLATTER deep-fried fresh Maine haddock served with fries, coleslaw & tartar sauce 24.99

Everybody knows that

THE BIRD IS THE WORD



CHICKEN SANDWICHES

PEANUT THAI CHICKEN grilled chicken breast w/Thai peanut sauce, lettuce & tomato 17.49

DIXIE CHICKEN fried chicken breast on a bun with barbecue sauce 16.99

CHICKEN CLUB fried chicken breast on a bun with tomato, bacon, mayo and Swiss 17.99

THE FRENCH GRILL grilled chicken breast with French herb cheese, lettuce & tomato 17.49

BUFFALO CHICKEN SANDWICH fried chicken breast dipped in buffalo hot sauce and served with blue cheese dressing on a bun 17.99

MOTHER AND CHILD REUNION fried chicken breast, bacon, fried egg and melted American cheese 19.99 OR served between two grilled cheese sandwiches! 20.99

CORDON BLEU SANDWICH fried chicken breast topped with Canadian bacon & Swiss 17.99

SWEET THAI CHILI CHICKEN fried chicken breast w/Thai chili sauce 16.99

THE CAJUN GRILL grilled chicken breast with cajun seasoning, lettuce, tomato & mayonnaise 16.99



THE ANGRY BIRD fried chicken breast with Hellfire sauce, jalapenos & blue cheese dressing 18.99

PB & J BIRD fried chicken breast with Thai Peanut & Thai Chili Sauce 17.49

ALL OF THE ABOVE ARE SERVED WITH CHOICE OF ONE SIDE: FRIES, COLESLAW, MINI SALAD, OR BBQ BACON BEANS
ADD A SIDE OF CHEESE SAUCE FOR YOUR FRIES \$1



\$15.99

served with a jalapeno popper on top



NACHOS

All nachos served with salsa & sour cream
Add jalapenos \$.50
Add guacamole \$3, buffalo or bbq for \$1

- CHEESE NACHOS 14.99
- SUPER NACHOS MEAT or VEGGIE chili with green peppers, onions, tomatoes 18.99
- NACHO NO VACA cheese nachos with green peppers, onions & tomatoes 16.99
- CHILI NACHOS with meat OR veggie chili 17.99
- CHICKEN NACHOS with fresh pulled chicken 17.99
- SUPER CHICKEN NACHOS with onions, tomatoes, and green peppers 18.99
- PULLED PORK NACHOS with our delicious pulled pork 17.99
- SUPER PULLED PORK NACHOS pulled pork with veggies & cheese 18.99



wings



- BUFFALO WINGS TWO POUNDS of FRESH whole wings 19.99
- DIRTY WINGS (SUNDAYS ONLY!) the hot sauce is fried on the wings then Cajunized 19.99
- GARLIC & PARMESAN WINGS finished with an Italian garlic parmesan rub 19.99
- SALT & VINEGAR WINGS a new favorite from the Bear's Kitchen 19.99
- THAI WINGS peanut or sweet chili 19.99
- PB & J WINGS smothered with peanut AND sweet chili sauces 19.99
- BARBECUE WINGS tossed in our homemade BBQ sauce 19.99
- CAJUN WINGS tossed in Cajun seasoning 19.99
- PLAIN WINGS 18.99
- HELL FIRE WINGS XXX These are bad boys! No returns! 19.99
- BONELESS WINGS house made tenders any style (except Dirty) 19.99
- POUND OF WINGS half order any style 13.99



All wings served with your choice of blue cheese or ranch

CHEESE FRIES

- MAINE'S FINEST WITH MELTED CHEESE
& SERVED WITH A SIDE OF SOUR CREAM OR RANCH
- CHEESE FRIES 9.99 ★ CHILI CHEESE FRIES 13.99
- VEGGIE CHILI CHEESE FRIES 13.99
- BACON CHEESE FRIES 12.99
- PULLED PORK CHEESE FRIES 13.99
- BUFFALO CHEESE FRIES 10.99
- (served with a side of ranch dressing)

carnivores beware



VEGGIE QUESADILLA grilled vegetables baked in a flour tortilla with cheese, and sides of guacamole and salsa 17.99

THE BEAR'S VEGGIE CHILI cup 7.99 bowl 10 .99 with cheese add \$1

CHEESE THE ONE grilled Swiss and American on your choice of White, Wheat or Rye with tomatoes 10.99

PORTOBELLO MUSHROOM SANDWICH grilled marinated Portobello mushroom sandwich served on a roll with lettuce, tomato & black pepper parmesan dressing 14.99

GRIZZLY BEARITO baked to order! fresh flour tortilla filled and baked with dirty rice and beans, cheese and veggie chili 17.99 (served with guacamole & salsa)

VEGGIE REUBEN grilled rye bread covered with steamed broccoli, tomatoes, coleslaw, Russian dressing and melted Swiss 13.99

FALAFEL ROLL UP fried falafel with lettuce, carrots, tomatoes and tzatziki 14.99

BEAR'S VEGGIE BURGER \$13.99

CHOOSE YOUR TOPPING: CHEESE \$2 ♦ PEANUT THAI ♦ THAI CHILI ♦
BUFFALO \$1 ♦ GUACAMOLE \$2 ♦ PORTOBELLO MUSHROOM \$2

VEGGIE BURGER PATTY MELT served on grilled rye with Russian dressing, grilled onions, and melted Swiss 15.99

ALL OF THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW, MINI SALAD, OR
BBQ BACON BEANS ADD SIDE OF CHEESE SAUCE FOR YOUR FRIES \$1

VEGGIE CHILI CHEESE FRIES 13.99 ♦ CHEESE FRIES 9.99

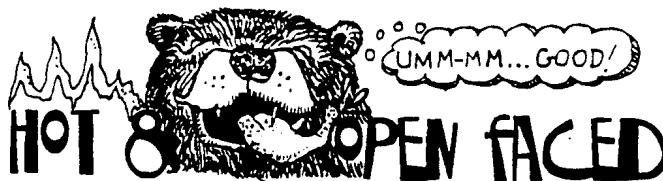
VEGGIE CHILI NACHOS 17.99 ♦ SUPER VEGGIE NACHOS 18.99

 **MAC & CHEESE** best in town, cheeses, macaroni & crusty crumb topping 13.99

MAC & CHEESE ADD-ONS broccoli OR jalapenos 14.99 Veggie chili 15.99

NACHO NO VACA nacho chips covered with onions, tomatoes, peppers & cheese 16.99

TERIYAKI GRILLED MUSHROOMS fresh marinated mushrooms char-grilled and served with black pepper parmesan dressing 12.99



TURKEY MELT Turkey, cranberry sauce & coleslaw on grilled whole wheat bread with melted Swiss cheese 14.49

THE RACHEL Turkey with coleslaw, Russian dressing served hot on grilled rye with melted Swiss cheese 14.49

SVELTE MELT Turkey, tomatoes, and honey mustard dressing with melted Swiss cheese on a bed of spinach 13.99

SVELTE MELT STRIKES BACK Turkey on whole wheat w/tomatoes, spinach, honey mustard dressing and melted Swiss 14.99

ALL OF THE ABOVE ARE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW,
MINI SALAD, OR BBQ BACON BEANS. MAKE IT A SANDWICH 50 cents.

ADD A SIDE OF CHEESE SAUCE FOR YOUR FRIES \$1

flour tortilla roll ups

TURKEY CLUB ROLL UP turkey, bacon, lettuce, carrots, tomatoes & mayonnaise 15.99

BUFFALO CHICKEN ROLL UP fried buffalo chicken with blue cheese dressing, lettuce, and carrots 16.99

THAI CHICKEN ROLL UP grilled chicken with lettuce, and carrots served with Thai peanut sauce or sweet Thai chili sauce 16.99 or both (PB&J) 17.99

FRENCH HERB CHEESE ROLL UP grilled chicken with our house made herb cheese rolled up with lettuce tomatoes & carrots 16.99 or with sirloin steak 17.99

BLACK PEPPER CHICKEN ROLL UP grilled chicken with lettuce, tomatoes, carrots, and parmesan pepper dressing 16.99

FRESH FRIED HADDOCK ROLL UP with lettuce, tomatoes, carrots, and tartar sauce 17.99

THAI VEGGIE ROLL UP fried cauliflower with lettuce, carrots & Thai peanut, chili sauce 14.99 or our PB&J sauce 15.99

FALAFEL ROLL UP fried falafel with lettuce, carrots, tomatoes and tzatziki 14.99

BEAR'S BEARITOS

BAKED FLOUR TORTILLA FILLED WITH DIRTY RICE & BEANS, CHEESE, AND YOUR CHOICE OF MEAT CHILI, OR VEGGIE CHILI 17.99 PULLED PORK 18.99

PULLED CHICKEN 18.99

BEARITOS ARE SERVED WITH SALSA & GUACAMOLE

Dr. Gonzo's Baked Baja QUESADILLAS

STEAK QUESADILLA shaved steak, tomatoes, peppers & onions baked in a flour tortilla with cheese 20.49

VEGGIE QUESADILLA broccoli, mushrooms, peppers, tomatoes & onions baked in a flour tortilla with cheese 17.99

PULLED CHICKEN QUESADILLA pulled chicken with tomatoes, peppers, onions & cheese 19.99

PULLED PORK QUESADILLA smoked pulled pork, tomatoes, peppers & onions baked in a flour tortilla with cheese 19.99

ALL QUESADILLAS SERVED WITH A SIDE OF GUACAMOLE & SALSA

THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW, MINI SALAD, OR BBQ BACON BEANS, ADD A SIDE OF CHEESE SAUCE FOR YOUR FRIES \$1.

bear necessities

SIDES: \$3 EACH:

THAI PEANUT SAUCE ✦ HELLFIRE SAUCE

HERB CHEESE ✦ GUACAMOLE

\$1 EACH:

CHEESE SAUCE ✦ SOUR CREAM ✦ SALSA

EXTRA DRESSING ✦ BUFFALO SAUCE

TARTAR SAUCE ✦ BBQ SAUCE ✦ THAI CHILI SAUCE

BEAR FRIES 5.99 ✦ BBQ BACON BEANS 3.49

COLE SLAW 2.99 ✦ MINI SALAD 3.49 ✦ BROCCOLI 2.99

THE GREAT LOST BEAR

540 Forest Ave. Portland, ME USA 207-772-0300
OPEN DAILY FROM 12 NOON - 10:00 P.M.

All menu items are available to go.
www.greatlostbear.com
Follow us on Facebook and Instagram

We will make every effort but we can not guarantee cross contamination when accommodating special dietary needs and allergies.

* Consuming raw or undercooked food and may increase the risk of food-borne illness.

kids menu

MAC & CHEESE \$8.99

BASKET O' CHICKEN WINGS \$8.99

GRILLED CHEESE SANDWICH \$8.99

CHEESE QUESADILLA \$9.99

Add pulled chicken \$2.99

CHICKEN NUGGETS \$8.99

You get any one of the above with your choice of fries, coleslaw or a salad.

All kids meals include a drink.

milk, chocolate milk, apple, orange, cranberry & pineapple juice.

pepsi ,diet pepsi ,ginger ale, sierra mist & root beer

Refills \$1

CHEESE FRIES \$6.99

FRIES \$4.99



denotes Bear Favorites