



BEAR BEGINNINGS

SOUPS & CHILIS

 5 time award winner **PORTLAND'S BEST CHILI** cup 3.99 bowl 4.99
THE BEAR'S VEGAN CHILI cup 3.99/ bowl 4.99 w/cheese add 99¢
FRENCH ONION GRATINEE... 4.99

TERIYAKI GRILLED MUSHROOMS fresh marinated mushrooms char-broiled and served with parmesan pepper dip 8.99

BATTERED FRIED VEGGIES served with ranch dressing 7.99

URSA MAJOR tortilla chips served with guacamole or salsa for dipping 5.99

YIPPIE THAI YI YI fried flour tortilla chips with thai chili dip 5.99

SPECKA SPANAKOPITA half order of our Greek spinach pastry 4.99

JALAPENO POPPERS cheese stuffed pepper, fried & served with salsa 7.99

 **MAC & CHEESE** best in town, cheeses, macaroni & crusty crumb topping 6.99

BUFFALO CHICKEN MAC & CHEESE 7.99



NACHOS

Nachos are served with salsa & sour cream

If you want jalapeño slices just ask!

Side of guacamole 1.99 extra sour cream or salsa 99¢

CHEESE NACHOS 9.99

SUPER NACHOS REGULAR or VEGGIE chili with chips, green peppers, onions, tomatoes and melted cheese 11.49

NACHO NO VACA super nachos minus the chili 10.49

CHILI NACHOS with meat chili 10.49

VEGGIE CHILI NACHOS 10.49

CHICKEN NACHOS 10.99 add BBQ sauce 99¢

SUPER CHICKEN NACHOS with onions, tomatoes, and green peppers 11.49

SPIRO T. NACHOS chips, tomatoes, chicken, feta cheese & melted cheese 11.49

IRISH NACHOS MAINE'S FINEST SPUDS WITH MELTED CHEESE & MORE:

CHEESE FRIES 5.99 ★ **CHILI CHEESE FRIES** 6.99

BUFFALO CHEESE FRIES with side of ranch dressing 6.99

VEGGIE CHILI CHEESE FRIES 6.99 ★ **BACON CHEESE FRIES** 6.99

MOST SERVED WITH SOUR CREAM

WINGS

BUFFALO WINGS TWO POUNDS of FRESH whole wings 12.99

THAI WINGS peanut or chili thai wings 11.99

BARBECUE WINGS 11.99

CAJUN WINGS deep-fried wings with Cajun seasoning 11.49



JAMAICAN JERK WINGS spicy fried wings with a great jerk sauce 12.99

PLAIN WINGS 10.99



HELL FIRE WINGS XXX w/ bleu cheese. These are bad boys! No returns! 12.99

BONE FREE BUFFALO CHICKEN "WINGS" 11.99

POUND OF WINGS half order any style of wings 6.99

RUFFAGE



OUR HOUSE SALAD salad greens, tomatoes, carrots & broccoli 6.99


GRILLED CHICKEN SALAD sliced skinless grilled breast, plain or with black pepper, over salad with choice of dressing 9.99 with barbecue sauce or jerk sauce add 99c

GREEK CHICKEN SALAD grilled chicken breast over salad with feta cheese and black olives 9.99

SPINACH SALAD fresh spinach, black olives, tomatoes, carrots, slivered almonds, and feta or Swiss cheese 7.99

BUFFALO CHICKEN SALAD fried buffalo chicken strips over salad with bleu cheese dressing 10.99

GRILLED TUNA STEAK SALAD tuna steak over salad with choice of dressing 12.99

 **GRILLED PORTOBELLO MUSHROOM SALAD** marinated giant mushroom grilled, sliced, and served over salad 8.99 with chicken add 3.99

SIRLOIN STEAK SALAD grilled tenderloin tips over salad 12.99

SIRLOIN STEAK & GRILLED PORTOBELLO MUSHROOM SALAD grilled marinated mushrooms & tenderloin tips served over salad 13.99

TACO ENSALADA Lettuce, shredded cheeses, diced tomatoes, guacamole, black olives, onions, and meat chili, veggie chili, or grilled chicken served in an edible bowl 9.99

CAJUN FRIED CHICKEN SALAD strips of hot fried boneless breast over salad with your choice of dressing 9.99

SALAD SERVED IN A TACO SHELL ADD 1.00

ADD SCOOP OF CRAB SALAD OR TUNA SALAD 3.99 ★ ADD STEAK 5.99

ADD CHICKEN 3.99 ★ ADD PORTOBELLO MUSHROOM 2.99

OUR HOMEMADE DRESSINGS INCLUDE

ROMAN BLACK PEPPER PARMESAN ★ BALSAMIC VINAIGRETTE


OUR OWN LEMON CURRY ★ LOW FAT YOGURT DILL

BLEU CHEESE ★ RUSSIAN ★ RANCH ★ FAT FREE HONEY MUSTARD




NOT SO FAT CITY

WE CAN CUSTOMIZE ANY MENU ITEM TO SUIT YOUR DIET

 **GRILLED TUNA STEAK** 8 ounce fresh tuna steak served with lemon 12.99...350 calories
SVELTE MELT turkey, spinach, tomatoes, and yogurt dill dressing with melted Swiss cheese 7.99...275 calories

SVELTE MELT STRIKES BACK open-faced sandwich on whole wheat with turkey, tomatoes, spinach, honey mustard dressing and melted Swiss 8.99...350 calories

 **NO WEIGH JOSE** skinless grilled chicken breast with salsa 11.99...325 calories

"NOT SO FAT CITY" ITEMS SERVED WITH MINI SALAD AND STEAMED BROCCOLI

SIDES

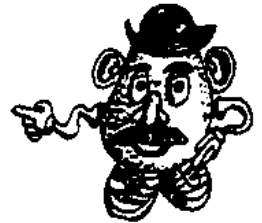
1.99 EACH: HELLFIRE SAUCE ★ THAI PEANUT SAUCE ★ BROCCOLI
JERK SAUCE ★ CHEESE SAUCE ★ HERB CHEESE ★ GUACAMOLE COLESLAW ★ CUP OF DIRTY
RICE & BEANS ★ BUFFALO SAUCE

99¢ EACH: SOUR CREAM ★ SALSA ★ EXTRA DRESSING
EXTRA TARTAR SAUCE ★ BBQ SAUCE ★ THAI CHILI SAUCE



- TUNA MELTDOWN** tuna salad & tomatoes covered with melted Swiss on grilled rye bread 8.99
NEVER HADDOCK LIKE THIS deep-fried fresh Maine haddock with tomatoes, coleslaw, tartar sauce and melted Swiss, served open faced on grilled rye or as a sandwich on a grilled bulkie roll 10.99
TURKEY MELT sliced white turkey, cranberry sauce & cole slaw on grilled whole wheat bread with melted Swiss cheese 9.99

CARNIVORES BEWARE!



- SPANAKOPITA** rich Greek pastry filled with spinach and feta cheese 9.99
OUR VEGGIE FAJITA grilled vegetables baked in a flour tortilla with cheese, guacamole & a side of salsa 12.99
THE BEAR'S VEGAN CHILI cup 3.99 bowl 4.99 with cheese add 99¢
THAI TEMPURA VEGGIE ROLL UP fried veggies with lettuce, carrots, spinach, and Thai peanut sauce 9.99
VEGGIE MELT garden vegetables piled high on grilled whole wheat bread with lemon curry dressing & melted cheese 9.79
CHEESE THE ONE grilled Swiss and American on white with tomatoes 6.29
NOT A CHEESESTEAK onions, mushrooms, green peppers, broccoli, and tomatoes grilled and served with our cheese sauce on a grilled roll 9.59
PORTOBELLO MUSHROOM SANDWICH grilled marinated giant mushroom sandwich served on a roll with lettuce, tomato & black pepper parmesan dressing 8.99
FRESH GRIZZLY BURRITO rolled to order!...fresh flour tortilla filled and baked with spiced rice & beans, cheese and vegan chili 10.99
VEGETARIAN REUBEN grilled rye bread covered with broccoli, coleslaw & tomatoes with melted Swiss 9.69

GARDEN BURGER \$8.99

CHOOSE YOUR TOPPING :

CHEESE ★ PEANUT THAI ★ CHILI THAI ★ GUACAMOLE
JERK SAUCE ★ BUFFALO ★ ETC. add \$1

GARDEN BURGER PATTY MELT served on grilled rye with Russian dressing, grilled onions, and melted Swiss 9.99

ALL OF THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW, MINI SALAD, OR DIRTY RICE AND BEANS. ADD CHEESE SAUCE ON YOUR FRIES 99¢

VEGGIE CHILI CHEESE FRIES 6.99 ★ **CHEESE FRIES** 5.99

VEGGIE CHILI NACHOS 10.49 ★ **SUPER VEGGIE NACHOS** 11.49

MAC & CHEESE best in town, cheeses, elbow macaroni & crusty crumb topping 6.99

NACHO NO VACA nacho chips covered with onions, tomatoes, peppers and melted cheese 10.49

TERIYAKI GRILLED MUSHROOMS fresh marinated mushrooms char-grilled and served with black pepper parmesan dressing 8.99



A full half pound of choice ground beef char-grilled to order, served on a toasted bulkie roll

HAMBURGER 8.99

CHEESEBURGER with our famous cheese sauce, or any other cheese in our cheese cellar 9.99

ONE EYE BACON CHEESEBURGER with fried egg, bacon & American cheese 10.99

CANADIAN BURGER with Canadian bacon and cheese sauce, sounds good, eh? 9.99

BLEU CHEESEBURGER covered with rich bleu cheese dressing 10.49

BAYOU BURGER with Buffalo sauce and topped with melted American cheese 9.49

GUACAMOLE BURGER 9.99

ONION GRATINEE BURGER caramelized onions and melted Swiss 10.49

PEPPER BURGER grilled with cracked black pepper 9.29

CHILI AND CHEESE covered with our blue ribbon chili and cheese sauce 10.49

FROMAGE A TROIS American, Swiss, and jack cheese 9.99

GIANT MUSHROOM BURGER grilled portobello mushroom on a burger 10.99

THE PATTY MELT Swiss cheeseburger on grilled rye w/Russian dressing and grilled onions, also available with garden burger 9.99

SUPER BURGER 3 cheeses plus cheese sauce, bacon, fried egg, chili, lettuce, onions & tomatoes 11.99

FRENCH HERB CHEESEBURGER with our homemade herb sauce 9.99

CAJUN OR BARBECUE BURGER 9.49

THE ALMIGHTY CHEESUS BURGER NO BUN- served between two grilled cheese sandwiches with pickles, lettuce & tomatoes 12.99

CHEESESTEAKS

LEWISTON CHEESESTEAK shaved steak grilled with onions and served with our French herb cheese 10.99

PHILADELPHIA CHEESESTEAK shaved steak grilled with onions, green peppers, and cheese sauce 10.99

WOODFORD'S CHEESESTEAK nothing mysterious here! shaved steak grilled with onions and covered with cheese sauce 9.99

CAJUN CHEESESTEAK grilled shaved steak flavored with cajun seasonings, covered with grilled onions and our cheese sauce 9.99



MUSHROOM AND ONION CHEESESTEAK shaved steak with grilled fresh mushrooms and onions covered with cheese sauce 10.99

KANSAS CITY CHEESESTEAK shaved steak grilled with onions and covered with barbecue sauce and cheese sauce 9.99

THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW, MINI SALAD, OR DIRTY RICE AND BEANS.
ADD CHEESE SAUCE ON YOUR FRIES 99¢

FLOUR TORTILLA ROLL UPS

AVAILABLE ON WHITE OR WHOLE WHEAT TORTILLAS

-  **JERK CHICKEN ROLL UP** grilled bird with our HOT Jamaican jerk sauce, pineapple, lettuce, and carrots 10.99
- TURKEY CLUB ROLL UP** turkey, bacon, lettuce, carrots, tomatoes & mayonnaise 9.99
- BUFFALO CHICKEN ROLL UP** fried buffalo chicken with bleu cheese dressing, lettuce, and carrots 10.99
- THAI CHICKEN ROLL UP** grilled chicken breast with lettuce, and carrots served with Thai peanut sauce or sweet Thai chili sauce 10.99
- STEAK & FRENCH HERB CHEESE ROLL UP** with lettuce, tomatoes & carrots 10.99
- BLACK PEPPER CHICKEN ROLL UP** grilled chicken breast with lettuce, tomatoes, carrots, feta cheese, and parmesan pepper dressing 9.99
-  **THAI VEGGIE ROLL UP** fried veggies with lettuce, carrots & Thai peanut sauce 9.99
- CRAB SALAD & GUACAMOLE ROLL UP** with lettuce, carrots, and tomatoes 10.99
- FRESH FRIED HADDOCK ROLL UP** with lettuce, tomatoes, carrots, and jalapeno mayo 10.99
- GRILLED CHICKEN & FRENCH HERB CHEESE ROLL UP** with lettuce, carrots, and tomatoes 9.99
- GRILLED CHICKEN, GUACAMOLE & BACON ROLL UP** with lettuce, carrots, and tomatoes

BURRITOS

Baked rolled flour tortilla filled with spiced rice & beans, cheese, and your choice of BBQ pulled pork, meat chili, or veggie chili 10.99

DR. GONZO'S BAKED BAJA FAJITAS

a baked version nothing like traditional fajitas

- STEAK FAJITA** grilled tenderloin tips, tomatoes, peppers & onions baked in a flour tortilla with cheese, topped with cool guacamole 14.99
- VEGGIE FAJITA** broccoli, mushrooms, peppers, tomatoes & onions baked in a flour tortilla with cheese and covered with fresh guacamole 12.99
- GRILLED CHICKEN FAJITA** grilled breast with tomatoes, peppers, onions & cheese, topped with our homemade guacamole 13.99
- PULLED PORK FAJITA** spicy & smokey pulled pork tomatoes, peppers & onions baked in a flour tortilla with cheese, topped with guacamole 13.99

THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW, MINI SALAD, OR DIRTY RICE AND BEANS, ADD CHEESE SAUCE TO YOUR FRIES 99¢

BEAR NECESSITIES

- SIDE OF BEAR FRIES 3.50 ★ BASKET-O-BEAR FRIES 5.99
- MINI SALAD 2.50 ★ DINNER SALAD 4.29
- SIDE OF MAC & CHEESE 6.99
- BUFFALO CHICKEN MAC & CHEESE 7.99

**EVERYBODY
KNOWS THAT:**

THE BIRD IS THE WORD



- PEANUT THAI CHICKEN SANDWICH** peanut Thai sauce on a grilled filet 9.99
DIXIE CHICKEN fried chicken filet on a bun with barbecue sauce 9.89
CHICKEN CLUB fried chicken filet on a bun with tomato, bacon, mayo and melted Swiss 10.99
THE FRENCH GRILL grilled breast with our French herb cheese 10.99
BUFFALO CHICKEN SANDWICH fried filet dipped in buffalo hot sauce and served with bleu cheese dressing on a bun 10.99
MOTHER AND CHILD REUNION fried chicken, bacon, fried egg and melted American cheese 10.99
CORDON BLEU SANDWICH fried filet topped with Canadian bacon and melted Swiss cheese 9.99
HOT THAI CHILI CHICKEN fried chicken breast sandwich with Thai sweet and hot chili sauce 9.99
THE CAJUN GRILL grilled seasoned breast on a bun w/ lettuce, tomato & mayonnaise 9.99
 **JAMAICAN JERK CHICKEN SANDWICH** grilled with Stone's wicked hot mixture of fresh herbs and spices 9.99
 **SURFIN' BIRD** deep fried chicken with pineapple, mustard & melted Swiss 10.99

THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW, MINI SALAD, OR DIRTY RICE AND BEANS, ADD CHEESE SAUCE TO YOUR FRIES 99¢

FOOD FROM MAINE & AWAY



- THE STEAK** our 12 ounce sirloin steak 17.99
SPANAKOPITA rich Greek pastry filled with spinach and feta cheese 9.99
GRILLED TUNA STEAK w/lemon cilantro butter 12.49
MONTE CRISTO you can count on this one! a Canadian bacon, cheese and turkey sandwich, on rye, battered, crumbed and grilled with mayonnaise & mustard 9.99
SLAB & CRAB & ANOTHER SLAB Swiss and American cheese grilled with crab salad on white bread 9.99
GRILLED TUNA STEAK SANDWICH available plain or with cajun seasonings served on a bulkie roll with lettuce, tomato & jalapeno mayonnaise 10.99
CRAB ROLL fresh crab salad served on a grilled roll w/lettuce & tomato 11.99

THE ABOVE SERVED WITH CHOICE OF ONE: FRIES, COLESLAW, MINI SALAD, OR DIRTY RICE AND BEANS, ADD CHEESE SAUCE TO YOUR FRIES 99¢

FISH & CHIPS PLATTER fresh lightly fried Maine haddock served with fries, coleslaw & tartar sauce 12.99



- MAC & CHEESE** blend of cheeses, elbow macaroni, & crusty crumb topping 6.99
BUFFALO CHICKEN MAC & CHEESE 7.99

THE GREAT LOST BEAR

540 Forest Ave. Portland, Maine

Phone:207-772-0300

OPEN FROM 11:30 A.M.-11:30 P.M. MON-SAT

12 NOON-11:30 P.M. SUNDAY

www.greatlostbear.com

Also follow the Bear on FACEBOOK & TWITTER
Please sign up for our weekly e-mail newsletter,
THE BEAR'S GROWL, FEATURING SPECIAL
EVENTS, DRAUGHT LISTS AND BEAR NEWS. SHOOT
AN E-MAIL TO bear@greatlostbear.com and ask to be
added!

"One of the greatest bars on earth....The truly great
Great Lost Bear".....Gourmet

"No bar in the country does a better job of showcasing
regional breweries".....USA Today

"This is our idea of a perfect bar"...All About Beer Magazine

When there are 6 or more of you:

AN 18% GRATUITY WILL AUTOMATICALLY BE ADDED TO THE
TOTAL OF THE CHECK. NO FURTHER TIP WILL BE EXPECTED,
AND WE CAN NOT PROVIDE SEPARATE CHECKS FOR THAT
MANY PEOPLE

ALL MENU ITEMS AVAILABLE T'HERE OR T'GO
ALL MAJOR CREDIT CARDS ACCEPTED SORRY,
NO PERSONAL CHECKS



DENOTES BEAR'S FAVORITES