

GGRRRRRR...NEED COFFEE?

BY MAKESHIFT

All drinks on full or skinny 4.5 (S) 5.5 (L)

Add an extra shot, soy, almond or oat 50c

Babycino 1.5

Hot chocolate 5.5

SPILL THE TEA 5



English breakfast, earl grey, green, peppermint, Moroccan mint sweet tea

Loose leaf chai latte 6

AYURVEDA TEAS 5.5

Pitta : cleansing tea (peppermint, licorice, shatarari, cardamon, ginger + rose petals)

Vata : calming tea (tulsi, licorice, cinnamon, ashwagandha, ginger, clove, sweet orange + fennel)

Kapha : invigorating tea (sencha green, ginger, tulsi, ginseng + clove)

FRESHLY SQUEEZED & SE-JUICED 10

Red.. beetroot, carrot, apple, celery, ginger

Yellow.. pineapple, orange, apple, passionfruit

Green.. spinach, kale, apple, ginger, celery, mint

SMOOTHIE OPERATOR 11

Yellow.. banana, cinnamon, nutmeg, almond milk + peanut butter, dates, topped w toasted coconut (vg)

Green.. kale, spinach, date, banana + almond milk topped w chia (vg)

Mango.. mango nectar, banana, passionfruit (vg)

DRINKS

CHILLY

Iced latte, sugar syrup optional 4.5

Iced coffee, chocolate, mocha 6.5

Shakes.. chocolate, strawberry, caramel or vanilla 6.5

Peanut butter + choc brownie 10

FIZZ

Sparkling water 3

Coke, Diet Coke, Coke No Sugar, lemonade 4

Bundaberg ginger beer 5

Kombucha 6

House passionfruit soda 6

Homemade lemonade 6.5

COCKTAILS+DREAMS

Prosecco 9

Gin 'n juice or Screwdriver 9

Mimosa.. oj + bubbles 9

Bloody beary.. tomato juice, spices, jalapenos w vodka or tequila 15

Margarita, Espresso Martini 15

BEERS 9

4 Pines pale ale

Tecate Mexican beer

Colonial south west sour



BREAKFAST / LUNCH ALL DAY

BEAR MINIMUM (EGGS)

Two eggs poached, scrambled (df) or fried w relish on buttered sourdough multigrain, Turkish roll 13.5 or gluten free toast add 2



BEAR ESSENTIALS (SIDES)

Egg 3	Potato and cheese hash 6 (gf)	Fetta 5
Free range bacon 5	Grilled halloumi 6	Spinach 4
Chorizo 6	Mushrooms 5	Caramelised onion 3
Smoked salmon 6	Roasted tomato 5	Hollandaise 3
Avocado 5	Rocket + fennel salad 5	Relish 3

Gummy Bear.. fruit toast 4 (per slice)

Bear Bones.. sourdough multigrain, Turkish bread or gluten free + a condiment - choose from jam, vegemite, peanut butter 7

Mama Bear.. revolving pancakes - see special board

Little Ted.. house made granola w natural yoghurt and seasonal fresh fruits 15

Grizzly Bowl... acai, banana + coconut water topped w chia seed, goji berry, toasted coconut + fresh banana 17 (gf) add granola 3

Goldie Locks.. porridge w cinnamon, buckwheat, brazil nut crunch + fresh banana, maple syrup or ask for mixed berry compote and toasted coconut 16

Paddington.. bacon, cos lettuce, avocado, tomato and mayo in toasted Turkish roll or ask for halloumi instead of bacon 17 (gfo)

Humphrey.. egg, bacon, tomato relish, mayo + rocket in toasted Turkish bread or ask for halloumi instead of bacon 17 (gfo)

Care Bear.. slow roasted field mushrooms, spinach + pea pesto, beetroot relish, whipped fetta + rocket on sourdough multigrain 20 add egg 3 (gfo)

Papa Bear.. potato and cheese hash w poached eggs, hollandaise, rocket and pickled fennel salad with your choice from spinach, bacon, chorizo, smoked salmon, pulled pork, mushrooms, halloumi or ham 24 (gf)

BREAKFAST / LUNCH ALL DAY

Bearable.. avocado, fetta, cherry tomato, fresh herbs on sourdough multigrain 21 add poached egg 3 (gfo)

Grin and Bear.. chilli scrambled eggs on sourdough multigrain w caramelised onion, whipped fetta + rocket 20 add chorizo 6 (gfo)

Bear Arms.. slow roasted mushrooms on potato and cheese hash w grilled halloumi, roast tomato, rocket, spinach + pea pesto + poached egg 21.5 (gf)

Pandamonium.. corn tortilla (3pc), roast pumpkin, black beans, crispy potatoes, avocado, pico de gallo 20 (gf) add egg 3, add chorizo 6

Hibernation.. crispy chicken tenders burgrrrr (gf) (ask for grilled) - w ranch slaw, avocado + house mayo in toasted Turkish roll 19 add house cut potato skins 3.5 (gfo)

Bear Grylls.. big beef bur-grrr w bacon, tomato, cos lettuce, tasty cheese, caramelised onion + mayo in Turkish roll 19 add house cut potato skins 3.5 (gfo)

House cut potato skins.. Seasoned potato skins w/ mayo 11 (gf)

Fish Tacos.. corn tortilla (3pc), fried wild caught Hoki (ask for grilled), chipotle corn mayo, cos, pickled cabbage, and pickled chillies 21 (gf)

Roast Mushroom Tacos.. corn tortilla (3pc), roasted mushrooms, pickled cabbage, black beans, pico de gallo and avocado 20 (gf)

Red Poke Bowl.. Red + white quinoa, sweet potato, broccoli, charred corn, pickled cabbage, hummus, spinach + pea pesto, roasted pepitas 21 (gf)

Brown Rice Poke Bowl.. Brown rice, avocado, chilli edamame, crispy soy beans, charred asparagus, pickled ginger, mayo + seaweed salad 21 (gf)

Load up your bowl:

Egg 3	Grilled chicken tenders 6	Pulled pork 6
Mushrooms 5	Smoked salmon 6	Grilled market fish 6
Halloumi 6		

LITTLE BEARS (KIDS AGED 12 + UNDER)

Egg on Toast.. single egg 6 + bacon 2.5 (gfo)

Smashed Avo.. fresh avocado on a piece of toast 6 (gfo)

Little Goldie Locks.. porridge with banana + maple syrup 8

Ham + Cheese Toastie.. 8 (gfo)

Nachos.. corn chips with red sauce + grilled cheese 10 (gf)

Pancakes.. served with ice cream + maple 10

Fish + Chips.. battered fish with house cut skins 12 (gf)

Chicken + Chips.. crispy tenders with house cut skins 12 (gf)

VEGAN MENU

Please let staff know when ordering vegan items

BEAR BONES (TOAST)

Sourdough multigrain, Turkish bread or gluten free, served with dairy free butter and your choice of vegemite, jam or peanut butter 7

BEAR ESSENTIALS (SIDES)

Potato + cheese hash 6 (gf)

Mushrooms 5

Roasted tomato 5

Avocado 5

Rocket + fennel salad 5

Spinach 4

Spinach + pea pesto 3

Hommus 3

Caramelised onion 3

Beetroot relish 3

Gummy Bear.. fruit toast served with dairy free butter 4 (per slice)

Little Ted.. house made granola w coyo yoghurt and seasonal fresh fruits 15

Grizzly Bowl.. acai, banana + coconut water topped w chia seed, goji berry, toasted coconut + fresh banana 17 (gf) add granola 3

Goldie Locks.. oat milk porridge w cinnamon, buckwheat, brazil nut crunch + fresh banana, maple syrup or ask for mixed berry compote and toasted coconut 16

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Care Bear.. slow roasted field mushrooms, pea and spinach pesto, beetroot relish, hummus, rocket, on sourdough multigrain 20 add potato and cheese hash 6 (gfo)

Bearable.. avocado, spinach + pea pesto, cherry tomato, fresh herbs on sourdough multigrain 21 (gfo)

Pandamonium.. corn tortilla (3pc), roast pumpkin, black beans, crispy potatoes, avocado, pico de gallo 19.5 (gf)

Roast Mushroom Tacos.. corn tortilla (3pc), roasted mushrooms, pickled cabbage, black beans, pico de gallo and avocado 19.5 (gf)

Bear Grylls.. big V2 'plant based' beef burgrrr, tomato, caramelised onion, cos lettuce, cheese and mayo 19 add house cut potato skins 3.5 (gfo)

House cut potato skins.. seasoned potato skins w/ mayo 11 (gf)

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Red Poke Bowl.. Red + white quinoa, sweet potato, broccoli, charred corn, pickled cabbage, hummus, spinach + pea pesto + toasted pepitas 21 (gf)

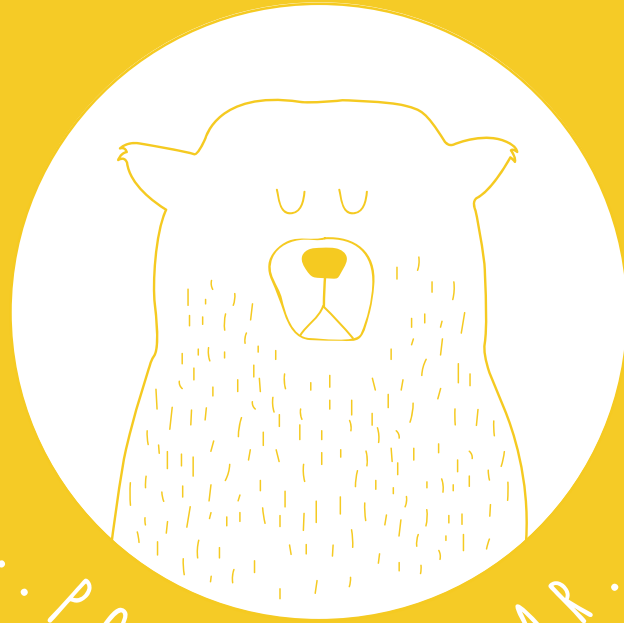
Brown Rice Poke Bowl - Brown rice, avocado, chilli edamame, crispy soy beans, charred asparagus, pickled ginger, hommus + seaweed salad 21 (gf)

Load up your bowl.. roasted mushrooms 5, roasted tomato 5, avocado 5



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See our **SPECIALS BOARD & CABINET** for **TOASTIES, SWEETS & TREATS**

A surcharge of 10% applies on Saturday / Sunday and public holidays | 0.9% surcharge applies to EFT transactions



... POKE THE BEAR ...