

Gluten Free MENU

APPETIZERS

Angus

Chicken Wings 🌾 20
choice of hot, honey garlic, buffalo, BBQ, s&p

Bearspaw Nacho 🌾 22
jalapeños, nacho cheese, black olives, diced tomatoes & green onions. come with sour cream and fire roasted salsa
add shredded chicken 7 ground beef 6 shrimp 9 sirloin 15

SALADS

Ahi Tuna

Poke Bowl 🌾 Half 14 Full 25
seasoned cauliflower rice, cucumber, avocado, edamame, pickled ginger, purple cabbage, wakame, ponzu dressing with goma drizzle

Bearspaw Artisan Greens 🌿 🌾 Half 8 Full 12
artisan greens, shaved cucumber & carrots, cherry tomatoes, radish, toasted pine nuts & feta with balsamic vinaigrette

Caesar

Salad 🌿 🌾 Half 9 Full 14
hearts of romaine, creamy Caesar dressing, crispy bacon, shaved Parmesan

Cobb Salad 🌾 Half 13 Full 22
hearts of romaine, blue cheese dressing, hard boiled eggs, crispy bacon, shredded chicken, cherry tomatoes, red onion & avocado
add chicken 7 beef 6 shrimp 9 sirloin 15

BAR CASUAL

B.Y.O.S. 🌾 Half 10 Full 14
proteins: forrest ham, turkey, slice roast beef, tuna, egg, Montreal smoked beef brisket
vegetables: sliced tomatoes, lettuce, red onions, pickles
condiments: mayo, pesto mayo, yellow mustard, Dijon mustard, sauerkraut, Swiss cheese, thousand island dressing

Bearspaw Signature Wagyu Burger 🌾 25
6oz wagyu beef patty, bacon, leaf lettuce, tomato, onion rings, cheddar & swiss cheese with our signature whiskey BBQ sauce on a gluten free bun

Veggie Burger 🌿 🌾 20
6oz beet patty, lettuce, tomato, red onion, fire roasted salsa on a gluten free bun
Sub: GF Bun 4

Butter Chicken 🌾 25
boneless tandoori chicken, creamy tomato butter sauce, fragrant basmati rice

PASTA

Seafood Linguine 🌾 28
fresh Atlantic mussels, scallops, prawns, arrabbiata sauce on gluten free pasta
add chicken 7 beef 6 shrimp 9 sirloin 15 lobster tail 18

ENTREES

NY Bone-in Prime 🌾 45
12oz bone in NY steak Alberta prime beef Grilled to perfection

Pan Seared Atlantic Wild Salmon 30
8oz Atlantic salmon with miso lemon sauce

PIZZA

B.Y.O.P 🌾 24
choose four toppings from pepperoni, shredded chicken, ground beef, shaved ham, shrimp, mushroom, pineapple, seasonal peppers, diced tomatoes, black olives, onions, fresh basil & Boccancine cheese
add chicken 7 beef 6 shrimp 9 sirloin 15

DESSERT

Tiramisu 🌾 12
Two layers of moist gluten free vanilla cake soaked in espresso sugar syrup. Filled and covered with a tiramisu mousse and dusted with cocoa.

Please let your server know of any allergies or preferences.

*Automatic Club Charge;
Members 18% Non-Members 20%
Credit Card use 3%
BGC is a cashless facility*

