




Gluten Free MENU

APPETIZERS



Angus Chicken Wings  20
Choice of hot, honey garlic, buffalo, BBQ or S&P.



Bearspaw Nachos  Half 15 Full 22
Jalapeños, nacho cheese, black olives, diced tomatoes and green onions. Served with sour cream and fire roasted salsa.


Add chicken 7, ground beef 6, shrimp 9, sirloin 15

Charcuterie Board for Two  30
Alberta cured meats, variety of cheeses, olives, nuts and artisanal crackers, beautifully arranged for sharing.


SALADS

Bearspaw Artisan Greens   Half 8 Full 12
Artisan greens topped with shaved cucumbers, carrots, cherry tomatoes, radish, toasted pine nuts and feta with balsamic vinaigrette.



Caesar Salad   Half 9 Full 14
Hearts of romaine, creamy Caesar dressing, crispy bacon and shaved parmesan.

Cobb Salad  Half 13 Full 23
Hearts of romaine, blue cheese dressing, hard boiled eggs, crispy bacon, shredded chicken, cherry tomatoes, red onion and avocado.


Add chicken 7, ground beef 6, shrimp 9, sirloin 15

Ahi Tuna Poke Bowl  Half 14 Full 24
Seasoned cauliflower rice, cucumber, avocado, edamame, pickled ginger, purple cabbage, wakame, ponzu dressing with goma drizzle and crispy onions.

Burrata and Arugula Salad with Strawberries &



Balsamic Glaze   Half 14 Full 25
A refreshing salad featuring creamy burrata cheese nestled atop a bed of peppery arugula with sweet strawberries and finished with a drizzle of balsamic glaze.

BAR CASUAL


B.Y.O.S.  Half 10 Full 15
Proteins: ham, turkey, sliced roast beef, tuna salad, egg salad or Montreal smoked beef brisket.


Vegetables: sliced tomatoes, lettuce, red onions, pickles.
Condiments: mayo, pesto mayo, yellow mustard, Dijon mustard, sauerkraut, Thousand Island dressing and choice of cheese.

Beef Dip  20
The BEST beef dip sliders!
Slow roasted CAB beef, topped with caramelized onions and au jus for dipping.

Veggie Burger   20
6oz black bean patty, lettuce, tomato, red onion and fire roasted salsa on a gluten free bun.

Sub: GF bun 4

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

Butter Chicken  25
Boneless tandoori chicken, creamy tomato butter sauce with basmati rice.

Please let your server know of any allergies or preferences.

Automatic Club Charge; Members 18% Non-Members 20% Credit Card use 2.4% BGC is a cashless facility



Gluten Free



Gluten Free Available



Vegetarian

PASTA

Seafood Linguine 🌿 Half 14 Full 28

Fresh Atlantic mussels, scallops, prawns and arrabiata sauce on gluten-free pasta.

Add chicken 7, ground beef 6, shrimp 9, sirloin 15

ENTREES

Pan Seared Atlantic

Wild Salmon 🌿 30

8oz Atlantic salmon served with miso lemon sauce.

Grilled Mahi Mahi with Lemon, Basmati Rice & Roasted Broccolini 🌿 35

A beautifully grilled mahi mahi fillet with zesty lemon. Accompanied by fluffy saffron basmati rice and roasted broccolini. This dish offers a light, yet flavourful option, which celebrates fresh seafood.

Blackened Chicken Supreme 🌿 40

Chicken breast coated in a bold blend of cajun spices, expertly seared to create a crispy, charred crust. Served with seasonal roasted vegetables and fluffy garlic mashed potatoes.

All dinner entrées come with seasonal vegetables and garlic mashed potatoes.

PIZZA

BBQ Chicken 🌿 22

Smoky BBQ sauce, fresh seasonal peppers and onions.

The New Yorker 🌿 22

Spicy pepperoni and mozzarella.

Margherita Lover 🌿 22

Bocconcini cheese topped with fresh basil.

B.Y.O.P 🌿 25

Up to four toppings: pepperoni, shredded chicken, ground beef, shaved ham, shrimp, mushroom, pineapple, seasonal peppers, diced tomatoes, black olives, onions, fresh basil and bocconcini cheese.

Add chicken 7, ground beef 6, shrimp 9, sirloin 15

DESSERT

GF Carrot Cake 🌿 10

A moist and flavourful gluten-free carrot cake topped with a rich cream cheese frosting.

Warm Apple Crumble with Ice Cream 🌿 12

Spiced apple filling topped with a crunchy gluten-free crumble served with a generous scoop of vanilla ice cream.

