



JUST GOOD FOOD!

In 1939 the Cariboo Gold Quartz Miners Union Grocery Co-op closed its doors. Lionel North bought this building and dragged it here from its location by Jack O Clubs creek. Here he opened Sunnyside Meat Market - "Fresh and Cured Meats and Fish. Butter, Eggs, Poultry" in 1940, and moved in upstairs with his family. Our present cafe kitchen is in Lionel's original ice house. It still has 18" thick walls that kept the ice blocks, used for refrigeration, from melting in the summer. Ice would have been cut from the Jack of Clubs Lake and hauled to the shop in the winter. Within a few years, Sunnyside merged with two other butchers and the entire operation was moved to Hills Meat Market, the present location of Island Mountain Arts Gallery on Pooley Street.



1941. The North's take a break from serving quality food, to play outdoors!

After the North's moved on, and until the early 1960's the building had double doors where we have the full length window now. This was to fit the car belonging to Harold McElwain, the new owner. 45 years later grease stains from this time, are still evident on the rough cut 2" Douglas Fir sub-flooring. Doing our renovations, we found the same wooden dipstick that Volkswagon once issued with their early cars to measure the fuel level in the gas tank! Imagine this little stick surviving all the changes in this place.

In the 1960's Marion Dennis took the cafe through various incarnations, until she settled on a Bakery/Cafe which stood on this spot for decades. Marion was a landmark in the town; Bakery owner, grocer, and feisty goldminer with heavy equipment parked in the back and plenty of claims and dreams on the go. Marion had closed the Bakery by 1999 when we bought it from her. We added the addition on the side and renovated it to its present condition. Curiously, we recently received a photo of the original building, showing an addition on the side almost identical to the present one! Proof of the adage that history repeats itself!



Dave and Cheryl on Mount Magnus 70 years later the tradition continues!

We use fresh ingredients, add no preservatives or msg, and go easy on oils and sugars. Our meals are made right here, designed to be pleasing to the palate and the the eye. We want you to find them flavourful, filling and healthy.....(although we take no responsibility for the desserts!)

DAILY DINNERS

Served after 5 pm

BBQ RIBS.....

Slow-roasted smokey BBQ flavored baby-back Pork Ribs served with our Caesar salad with a roasted mini- potato and vegetable medley. A delicious and hearty meal.

Full Rack only \$19.95 / Half \$16.95 (add 5 Jumbo Tiger Prawns for \$5.95)

STEAK-OF-THE-ART

Artfully presented, thick-sliced, AAA, sirloin center-cut, beef cooked to “medium” perfection, and served with mini roasted potatoes, a medley of fresh sauteed and roasted vegetables, and a salad.

Regular (8 oz) version **\$17.95** Smaller portion(5.5 oz) **\$15.95 (add 5 Jumbo Tiger Prawns for \$5.95)**

WILD COHO SALMON

Oven Roasted Wild BC Salmon, topped with our Roasted Red Pepper sauce, served with seasonal vegetables,roasted mini potatoes and our famous “berry”salad of baby lettuces, and spinach, fresh berries, grated Parmesan, and a Raspberry vinaigrette. **\$16.95**

BEAR'S PAW WRAP

Tasty and Filling! This signature dinner is a herbed Mediterranean wrap stuffed with our seasoned chicken, sweet red pepper, feta cheese, and spinach. Sauteed until crispy and served with home-made Tzatziki, olives,and a Caesar salad. **\$13.95**

JUMBO TIGER PRAWN or CHICKEN THAI NOODLES

We make our own delicious Peanut Sauce for these traditional Thai noodles, sauteed, topped with broccoli, green onion, sweet red pepper, and snow peas. Your choice of yummy, garlic, Jumbo Tiger Prawns, or sauteed sliced tender Chicken. **\$14.95** Salad starter **\$4.00**

MEDITERRANEAN CHICKEN

Incredibly tender Chicken leg and back, slow-roasted in our delicious home-made marinara sauce, and topped with feta cheese, and a garnish of spinach and cherry tomato.

Served on a bed of fragrant basmati rice, with a ceasar salad.**\$13.95**

CHILDREN'S MENU

For kids under 12 we keep it simple. Our Kids Fajita is consistently voted the best meal in the Goldfields by hundreds of elementary school children and their teachers, who experience

Barkerville through their school program each year. Try it!

Chicken and Cheese Fajita **\$5.95** with Potato Chips, or **\$7.95** with Rice

Kids Personal Cheese Pizza **\$5.95** cheese, or **\$6.95** with ham

We're also happy to provide plates if you want to split any meal with, or between children.

VEGETARIAN? OR HAVE OTHER DIETARY RESTRICTIONS?

We'll do our best to accommodate your needs. Ask your server for suggestions or variations.

APPETIZERS AND SALADS

These make great starters to share, or seriously delicious snacks for the individual

GOLD PAN PLATTER

Pan-fried pita breads served on a platter with tasty bowls of Tzatziki, Kalamata Olives and Bruchetta

\$7.50 for one person, or **\$9.50** for two people
(extra Pitas - \$1.50)

SOURDOUGH STARTER

Aromatic and Delicious. Loaf of Sourdough bread sliced and served warm, with a swirl of Balsamic Vinegar and Olive Oil **\$5.95**,

OLIVE TAPENADE

A blend of olives, sun-dried tomatoes, olive oil, garlic and fresh herbs. Served with pan-fried garlic pita bread. **\$6.95**

Add bruchetta and another pita for an extra **\$3.00**

BEAR PAW SALAD

Our Bear Paw house salad is one you won't forget! A mix of seasonally available vegetables that typically includes baby spring lettuces and spinach, with cherry tomatoes, kalamata olives, feta cheese and fresh herbs. This is a great start to any meal and twice as enjoyable to share.

\$10.95 full order or \$8.50 for a starter Add a pan-fried pita for **\$1.50**

SUPER CAESAR SALAD

Fresh Romaine lettuce tossed with our special dressing, real bacon bits, shredded Parmesan Cheese and Herb Croutons. **\$9.50 full order or \$7.50 for a half order**

Add an order of jumbo garlic tiger prawns to make it a meal **\$5.95**

ATTENTION NIGHT OWLS

Theatre's over? Just got to town late?, Busy day mining? Late finish on the Bowron?
If the lights are flashing the waiter is dashing!

When most of the staff goes home and Cheryl and Dave are on their own,

- ask about our **Late-night Dinner** specials from Cheryl,
- enjoy one of the above **Appetizers**, or grab :
- **After 9 Individual Pan Pizza** \$7.50 or \$11.00 combo with any beer
- **Vegetarian Samosa with Cranberry Chutney**. One for \$5.25, two for \$9.50

REALLY GOOD DRINKS!

Beverages to pick you up or soothe the soul.

SOME LIKE IT COLD!

“Tropical Frog” - Mango, Banana Green Ice-tea sparkler! It's a refreshing and unique drink that's not too sweet, created here **\$3.95**

“Bear Paw Fizz” fruit syrups, ice and club soda(ask about flavours) **\$2.95**

Iced Tea from Lipton's (sweetened) Half Litre **\$2.75** Full Litre **\$5.00**

Soft Drinks or Juice: Coke, Diet Coke, Root beer, Ginger ale, Orange Juice, Apple Juice, **\$2.00**

Milk...cool and refreshing **\$2.25** children's size **\$1.25**

SOME LIKE IT HOT!

“Really Good” Coffee....and it's gotten even better! We are grinding our coffee beans as we go. **Only \$1.85**

Good Cuppa' Tea – Served hot, by the pot! Tetley Black, Green, Earl Grey, Indian Chai, Wide variety of Herbal, **\$2.25**

Delicious Exotic Teas **\$2.95**
Orange Peppercorn Rooibos (Tangy, spicy and Herbal...Dave's favourite!)
Tropical Fruit Cocktail Herbal (Delicious, aromatic and fruity!)

Floral Green Artisan Teas: (by the pot); **\$4.95**
Lover's 3 Flower, Dragon 4 Flower, or Volcano Flower Burst.
Blooming Teas in a glass teapot; beautiful to watch as well as to drink!
We also sell these teas for you to enjoy at home. Glass teapots are for sale at The frog.

Hot Chocolate – topped with whipping cream! **\$2.00**
On a chilly day we recommend brandy or kaluha heaters! (extra)

More than a Cafe....it's an Experience!

The Bear's Paw Cafe celebrates the Cariboo. Our LCD monitors feature Photographs from our many adventures in the local environment. In addition we have created and sponsored hiking program on local mountains. You can collect the beads from the summits of 7 local hikes and get a piece of Cranberry Carrot Cake from the Paw! Since 2007, we also sponsor a September Challenge where participants from across western Canada complete all 7 summits in one day, by biking and hiking. Wells has hundreds of km of developed, signed and mapped hiking, mountain biking, skiing, snowmobiling, atving, riding trails each developed and maintained for specific user groups. There are alpine cabins, groomed winter trails, and a local ski hill. In addition. Bowron Lake Park offers some of the best canoe and ski trips in the world.

Our town was once a bustling gold mining town with 4,000 residents. Today, despite a much smaller population, gold mining continues alongside a vibrant music, theatre and art scene, with galleries from internationally renowned local artists, touring theatre from some of the most talented new actors in Canada, one of the 10 best Music Festivals in Canada and an international School of the Arts. Enjoy!

REALLY REALLY GOOD DRINKS!

BEER

In solidarity with our 'sister-store', **Frog On The Bog Gifts**, we specialize in Dead Frog Micro-Brews! (Nut Brown, Pale Ale and Lager)

In addition, and in order of colour, richness and body we carry great Micro Brew Beers from across BC: all beer is \$4.95

White Ales: Red Racer Belgian Style(fresh taste with coriander and orange peel), or St. Ambrose Apricot Wheat Beer(the Essence of Apricot without being sweet)

Lagers: Dead Frog Lager(have a lager made in Canada) or, Molson Canadian(Canadian eh?), Bud

Amber Ales: Dead Frog Pale Ale(an ale with flavour), Red Racer India Pale Ale(excellent and very hoppy IPA)

Dark Ales and Stout: Dead Frog Nut Brown(class favourite!), St. Ambrose Oatmeal Stout(rich!)

Imports: Bud Light Lime, Stella Artois, Corona

750 ml - Big bottles of really amazing Quebec Beers with flavour to die for!

Trois Pistoles, Don De Dieu : Exceptional flavours and 9% kick **\$11.00**

Maudite: 'de rigueur' if you're just coming off the Bowron! **\$11.00**

Coolers n' Ciders

Rock Creek Cider, **Woody's Mexican Lime(Vodka)** Bacardi Breezers(Pinapple, Orange or Lime Rum), Smirnoff Raspberry Ice, Palm Bay (Grapefruit or Pinapple Mandarin Vodka) - cool drinks.
\$4.95

LIQUOR

Premium Single Malt Scotch - served neat, with a dash of water on the side.

Laphroaig **\$5.95**. Dalwhinnie 15 yr **\$6.95**, Lagavulin 16 yr **\$9.95**

Sortilege: An amazing **Maple-Syrup Whiskey** from Quebec, Unique to the Bear's Paw!**\$4.95**

Miner's Jig!, Shot of Tequila served with a slice of lemon and 3 coffee beans! **\$4.95**

Liqueurs - St. Remy Brandy, Orange brandy, Amaretto, Kahlua, Carolans, etc. **\$3.95/oz.**

Liquor - Lots of the usual and some not so! **\$4.25/oz. Double \$2.50 extra**

WINE LIST

HOUSE RED: Santa Isabella Cabernet Sauvignon Dry, or Jackson Trigg Shiraz

HOUSE WHITE: Peller Estates (BC) Proprietors Reserve Dry

By the Glass: \$5.00, Half Litre \$12.00, Litre \$22.00

We've selected great BC wines for you to try and then held the price down so you can enjoy bottled wine in a fabulous setting!

WHITES VQA Quails Gate Quail's Gate Pinot or Jackson Triggs Meritage **\$34.95**

Birch Canoe Pinot Blanc or Arrogant Frog(France) **\$25.95**

REDS Jackson Triggs VQA Merlot, or Arrogant Frog(France) **\$25.95**

Peller Estates VQA Reserve CabSav, Mouton Cadet (France) Bordeaux **\$35.95**

TREATS AND DESSERTS

CHERYL'S CRANBERRY CARROT CAKE WORLD FAMOUS!

Our Homemade house specialty. A big piece of special carrot cake, made with Cranberries, Carrots, sunflower seeds, apples, and slathered with a delicious Cranberry and cream cheese icing. **\$4.95**

The rest of the recipe is "Top Secret"

NEW YORK CHEESECAKE

Rich'n Creamy New York Cheesecake, topped with a generous serving of our in house fruit compote and delicious house whipped cream. **\$6.95** (sharing is optional!)

BLACK BEAR BROWNIE

You know you want it! Rich Chocolate Brownie, made in-house, and served with a dollop of whipped cream! Topped with a rich chocolate fudge swirl. **\$4.50**

ICE-CREAM MARTINI

A Martini glass-sized serving of Ice-cream topped with whipped cream and chocolate fudge. **\$4.95**

Add a Fruit Compote that we make here. \$1.50

KIDS We have ice-cream floats for you ! \$4.25

When we have the time, we sometimes make scrumptious ginger cake, chocolate kaluha cake, or other items. You can ask your server if we baked anything extra today.

Our desserts contain no nuts unless specified

Complimentary Wifi!

Enjoy our Free WIFI Service anytime. But at dinnertime we prefer you eat! Please do not use laptops or electronic devices from 5 pm until the dinner service is over. Please ask your server if you need more information. If you must have service at that time feel free to visit our sister store, the Frog On The Bog Gifts, across the street for more free access!

Bear Faced on the Web

If you like your dining experience, do us a favour. Visit TripAdvisor.com and tell others about the Bear's Paw Cafe in Wells. Or become a facebook friend of The Bears Paw Cafe to help support us and to get updates about what's going on at the Paw. We also have our own website: www.thebearspaw.ca with more information about our food and the region.

Thanks from Dave and Cheryl and our really wonderful staff team!