

First Tastes

ONION TUMBLEWEED

Thinly-sliced sweet onions fried golden in trans fat free oil and served with Poblano Cilantro dipping sauce.

KALAMATA OLIVE TAPENADE

Our signature creamy olive and sun-dried tomato spread served with grilled gourmet flatbread brushed with olive oil and sprinkled with Parmesan cheese.

ARTICHOKE DIP

Creamy baked dip with artichokes and Parmesan cheese. Served with crispy Parmesan baguette toasts.

BRUSCHETTA

Crispy baguette toasts brushed with extra virgin olive oil, Parmesan cheese and seasoning. Served with fresh diced tomatoes and fresh basil.

SWEET POTATO FRIES

Our signature specialty prepared in trans fat free oil, seasoned with sea salt and served with spicy Ranch dipping sauce.

chef-created pizzetas

PEPPERONI PIZZETA

Hand-tossed gourmet flatbread topped with Pomodoro Tomato sauce, pepperoni, Mozzarella, Provolone and Cheddar cheeses and tomatoes.

BBQ CHICKEN PIZZETA

Hand-tossed gourmet flatbread topped with BBQ sauce, grilled chicken, Mozzarella, Provolone and Cheddar cheeses, red onions and tomatoes.

ROASTED VEGETABLE PIZZETA [Ⓟ]

Hand-tossed gourmet flatbread topped with Pomodoro Tomato sauce and olive oil, roasted eggplant, Mozzarella, Provolone and Cheddar cheeses, roasted red peppers, roasted red onions, mushrooms and tomatoes.

GREEK CHICKEN PIZZETA

Hand-tossed gourmet flatbread topped with Kalamata Olive spread, grilled chicken, roasted red peppers, spinach, Mozzarella, Provolone and Cheddar cheeses and tomatoes. Sprinkled with Feta crumbles.

garden fresh salads

NAPA VALLEY

Fresh field greens and mesclun mix, sliced smoked turkey, red onions, bacon, mushrooms, pecans and tomatoes. Topped with sun-dried cranberries and Gorgonzola crumbles. Served with Pinot Noir Shallot Vinaigrette.

NUEVO POBLANO

Fresh field greens and mesclun mix, grilled chicken strips, red peppers, red onions, grilled corn kernels, black beans, Cheddar cheese and tomatoes. Sprinkled with chopped chives and served with creamy Roasted Poblano dressing.

FLATIRON STEAK

Fresh field greens and mesclun mix, grilled flatiron steak, tomatoes and red onions. Served with Honey Pommery Mustard Vinaigrette. Topped with onion tumbleweed and Gorgonzola crumbles.

CHICKEN CAESAR

Romaine, imported Parmesan cheese, tossed with Caesar dressing.

HOUSE SALAD

Fresh field greens and mesclun mix, mushrooms, tomatoes, cucumbers, red peppers and red onions. Served with Balsamic Vinaigrette.

hot sandwiches off The grill

\$4.99

BLACKENED MAHI MAHI

Blackened 6 oz. Mahi Mahi filet topped with roasted seasonal vegetables on a potato roll. Served with a side of Cajun remoulade sauce.

\$4.69

BLACK ANGUS BURGER

8 oz. Black Angus burger, Cheddar cheese, red onions, lettuce, tomatoes, dill pickle slices, spicy mustard and ketchup on a Kaiser roll.

\$5.89

\$5.39

BLACKENED CHICKEN

Blackened chicken breast, Pepper Jack cheese, lettuce, tomatoes and Cajun mayonnaise on a Kaiser roll.

\$4.99

EAST COAST CRAB CAKE

Grilled hand-made lump crab cake with bread crumbs and a blend of spices, lettuce and tomato on a toasted potato roll. Served with your choice of Cajun remoulade or tartar sauce.

\$7.69

GRILLED CHICKEN

Grilled chicken breast, Swiss cheese, lettuce, tomatoes, mayonnaise and Honey Mustard on a Kaiser roll.

\$7.99

REUBEN'S PEAK

Corned beef, melted Swiss cheese, sauerkraut and spicy mustard on seeded rye.

\$7.99

MEATLOAF

Oven-baked, thickly-sliced meatloaf, sauteed garlic spinach with Mushroom Marsala sauce and Pomodoro Tomato sauce. Garnished with onion tumbleweed and served on a potato roll.

\$7.99

cold sandwiches

\$7.19

THE MOOSE

Honey ham, roasted turkey, Cheddar cheese, Swiss cheese, bacon, lettuce, tomatoes, mayonnaise and Honey Mustard on toasted whole wheat, stacked three high.

\$7.39

BISTRO CHICKEN SALAD

Diced grilled chicken breast, celery, pineapple, red grapes, water chestnuts, chopped pecans, red onions, Honey Pommery Mustard sauce and mayonnaise with lettuce on a croissant.

\$7.59

COLORADO TURKEY FLATBREAD

Oven-roasted turkey breast, Havarti cheese, bacon, lettuce, tomatoes, red onions and Cranberry Chutney on grilled flatbread.

\$6.49

SONOMA SMOKED TURKEY

Smoked turkey, Havarti cheese, bacon, lettuce, tomatoes and Apricot Peach Chutney on a baguette.

\$5.49

ROAST TURKEY BLT

Oven-roasted turkey, bacon, lettuce, tomatoes and mayonnaise on toasted whole wheat.

HOOT OWL

Oven-roasted turkey, Havarti cheese, mayonnaise, lettuce, tomatoes, sprouts and Vidalia Onion dressing on sourdough bread.

\$7.49

FLATIRON STEAK

Grilled flatiron steak strips, topped with onion tumbleweed, Creamy Horseradish sauce and Gorgonzola crumbles on a baguette.

\$7.89

RIO GRANDE FLATBREAD

Grilled chicken breast, Pepper Jack cheese, tomatoes and Poblano spread on grilled flatbread.

\$7.69

BLACK ANGUS MELT

8 oz. Black Angus burger, melted Swiss cheese, grilled onions and spicy mustard on grilled rye.

\$7.09

MOJAVE BBQ FLATBREAD

Grilled chicken breast, Pepper Jack cheese, 30-spice BBQ sauce, grilled peppers and grilled red onions on grilled flatbread.

\$7.49

BEAR CRISTO

Honey ham, bacon, melted Swiss cheese, mushrooms, tomatoes and Honey Mustard on grilled sourdough bread.

\$6.89

SASQUASH [Ⓟ]

Grilled eggplant and squash, Provolone cheese, red onions, mushrooms, lettuce, tomatoes, sprouts and Vidalia Onion dressing on grilled sourdough.

\$6.59

POT ROAST

Slow braised beef pot roast, caramelized onions and onion tumbleweed served on a potato roll.

\$7.29

All sandwiches served with your choice of:
Green Apple Cole Slaw,
Steak Fries or Sweet Potato Fries.

hot & savory soups

BOWL OF SOUP

\$4.19

SOUP IN A SOURDOUGH BREAD BOWL

\$5.39

BAKED POTATO MOUNTAIN CHOWDER

A creamy russet potato chowder with cheddar cheese, butter, sour cream, bacon, green onions and chives.

JAMMIN' CRAB

A sweet and creamy chowder that combines tender crab & seafood with sweet corn, a splash of brandy and hot sauce.

SUNBURST TOMATO & FENNEL BISQUE [Ⓟ]

Sunny golden tomatoes and diced fennel accented with rich cream and seasoned with a touch of white pepper and thyme.

CALIFORNIA MUSHROOM & RICE

Fresh chicken stock with shiitake and Champignon mushrooms, Wehani long grain white and wild dark rice. Accented with diced red tomatoes and flavored with white truffle oil, savory and a pinch of thyme.

Kid's menu

KIDS 12 & UNDER CHOOSE ONE

\$3.99

- GRILLED CHEESE SANDWICH
- HAM OR TURKEY & CHEESE SANDWICH
- CHICKEN TENDERS
- MACARONI & CHEESE

All Kid's Meals served with:

Green Apple Slices, Steak Fries, Kid's-Size Fountain Drink and Cool Toy.

refreshing beverages

• COCA-COLA FOUNTAIN DRINKS

\$1.39

• FRESHLY-BREWED ICED TEA

\$1.39

• FRESHLY-BREWED COFFEE (REGULAR & DECAF)

\$1.39

• SPECIALTY BOTTLED BEVERAGES

AS MARKED

• BOTTLED BEER & WINE BY THE GLASS

AS MARKED

dinner entrees

MEATLOAF MARSALA Oven-baked, thickly-sliced meatloaf served over red bliss mashed potatoes and topped with Mushroom Marsala sauce and Pomodoro Tomato sauce. Garnished with onion tumbleweed.	\$10.19
FIRE GRILLED CHICKEN POMODORO Grilled marinated chicken breast served on a bed of steamed rice with roasted red peppers and caramelized onions. Topped with Pomodoro Tomato sauce and melted Mozzarella and Parmesan cheeses.	\$10.09
3 HOUR POT ROAST Slow braised beef pot roast served over red bliss mashed potatoes and topped with onion tumbleweed.	\$10.29
GRILLED MAHI MAHI Grilled 6 oz. Mahi Mahi filet seasoned with voodoo spices and served on a bed of steamed rice with onions. Topped with grilled seasonal vegetables and served with Tropical Pineapple Mango salsa.	\$11.99
CRAB CAKE & GRILLED SHRIMP East Coast crab cake and five fire-grilled shrimp over grilled, seasonal julienne vegetables. Served with remoulade sauce and a hot baked potato.	\$13.49
CHICKEN POT PIE Roasted pulled chicken breast, carrots, celery, peas, mushrooms and onions in a creamy herb sauce between Bear Rock's signature flaky pie crust.	\$7.69
RICE BOWL  Steamed rice topped Pomodoro Tomato sauce, mushrooms, grilled vegetables and sweet pesto sauce. Add fire grilled chicken or shrimp for \$1.50.	\$7.99

side items

GREEN APPLE COLE SLAW	\$1.39
SWEET POTATO FRIES	\$1.49
ONION TUMBLEWEED	\$1.49
BAKED POTATO (Butter & Sour Cream)	\$1.99
LOADED BAKED POTATO (Butter, Sour Cream, Cheese, Bacon & Chives)	\$3.59
SIDE SALAD (House or Caesar)	\$1.99
GRILLED VEGETABLES	\$1.99
STEAMED RICE (Available after 4pm & all day Sunday)	\$1.09
RED BLISS MASHED POTATOES (Available after 4pm & all day Sunday)	\$1.09

delectable desserts

CAMPFIRE BROWNIE S'MORE - Bear Rock's signature dessert Warm chocolate brownie topped with chocolate sauce, toasted marshmallows and graham cracker crumbles. Sprinkled with powdered sugar.	\$3.69
FRESHLY BAKED COOKIES Enormous freshly baked cookies. Choose from Chocolate Chip, Cinnamon Sugar, Oatmeal Raisin or White Chocolate Macadamia Nut.	\$1.19
DOUBLE BERRY STACK Blueberries and raspberries strewn across citrus-flecked cake layered with cool, tart key lime and white chocolate cheesecake on a buttery crust.	\$3.49
GOURMET CHEESECAKE Smooth and creamy cheesecake made from the finest ingredients.	\$3.49

SUNDAY IS FAMILY DAY. KID'S EAT FREE.

Receive one free Kid's Meal with each purchase of a sandwich, salad, pizzeta or new dinner entree.

GIVE THE GIFT OF GREAT TASTE WITH A BEAR ROCK CAFE GIFT CARD.

Available in any amount and reloadable.
It's the gift they're hungry for.



CRESCENT COMMONS
(Between Harris Teeter & Wal-Mart)

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passion for food. passion for people.