

LUNCH FEATURES

Substitute Soup, Salad, Homemade Pasta or Slaw for Fries \$1.00 extra

RUNNING BEAR BURGER

Hand pattied 1/3 lb. ground beef on a ciabatta bun with fries; Add: egg, mushrooms, bacon, grilled onion swiss, cheddar, pepper jack or bleu cheese: \$1.00 each
\$10.85

REUBEN

Thin sliced pastrami, melted swiss, sauerkraut & 1000 island dressing on grilled rye served with homemade pasta salad
\$10.25

*** SOUTHWEST CHICKEN SANDWICH**

Grilled chicken breast topped with pepper jack cheese & guacamole on a ciabatta bun served with fries
\$10.35

CHICKEN STRIPS

Tender breaded strips of white meat served with salad, fries & toast
\$10.65

*** MONTE CRISTO**

2 slices of our french toast filled with turkey, ham and swiss sprinkled with powder sugar and served with fries
\$10.25

*** HOT BEEF OR "REAL TURKEY" SANDWICH**

Served open face on white bread with homemade mashed potatoes & gravy
\$12.65

TURKEY SANDWICH

Real turkey with lettuce, tomato & mayo on your choice of bread served with homemade pasta salad
\$10.25

FISH & CHIPS

Beer Battered cod strips served with fries, cole slaw, toast & homemade tartar sauce
\$11.65

VEGGIE BURGER

Garden Burger topped with grilled mushroom and onion on a ciabatta bun served with pasta salad
\$10.95

*** CLASSIC CLUB SANDWICH**

Triple decker with turkey, ham, bacon, lettuce, tomato & mayo on toasted sourdough served with chips
\$11.25

SOMETHING A LIL' DIFFERENT

CHICKEN BACON CLUB

Grilled Chicken Breast topped with bacon, Swiss, lettuce, tomato & mayo on a Ciabatta Bun with fries
\$10.95

*** PHILLY BEEF WRAP**

Thin sliced roast beef with grilled peppers, onions, swiss & garlic mayo wrapped in a tomato basil tortilla & served with fries
\$11.25

*** HOT HOMEMADE MEATLOAF SANDWICH**

With lettuce, tomato & mayo on a hoagie bun with fries
\$11.95

QUESADILLAS

Bacon, Seasoned beef or Chicken with cheese, tomato, onion, green pepper & jalapeno, between 2 flour tortillas served with guacamole, sour cream & salsa
\$10.75

*** FISH TACOS**

Two flour tortillas filled with beer battered cod, crisp shredded cabbage & a creamy jalapeno sauce served with fries
\$12.95

BBQ CHICKEN STRIP WRAP

Tomato basil tortilla filled with chicken strips, lettuce, tomato, cheddar and BBQ sauce served with fries
\$11.25

GEYSER DELIGHT

Bacon, cheddar, lettuce, tomato & mayo on a hoagie bun served with fries
\$9.65

*** SALMON B.L.T**

Grilled Salmon on a hoagie bun with lettuce, tomato, bacon and Dijon mayo served with pasta salad
\$14.95

SALADS AND SOUPS

*** CITRUS AVOCADO SALMON SALAD**

Grilled Salmon served on top of Mixed Greens with craisens, mandarin oranges, feta cheese, almonds & avocado served with your choice of dressing
\$14.95

GRILLED CHICKEN or STEAK SALAD

Mixed greens with a grilled chicken breast or 6 oz. sirloin steak, almonds, mandarin oranges, & Toasted Sesame dressing
\$13.45

CHICKEN STRIP SALAD

Mixed greens with tomato, red onion, black olives, egg, parmesan cheese & Feta Vinaigrette dressing
\$11.95

TACO SALAD

Fried flour tortilla filled with lettuce & seasoned beef or chicken, topped with tomatoes, cheese, olives, guacamole, sour cream & hot sauce
\$11.95

BOWL of SOUP & DINNER SALAD

Served with grilled Sourdough \$8.95

Homemade Soup only: Cup \$4.25 Bowl \$5.35

* RUNNING BEAR FAVORITES

18% Gratuity will be added to Groups of 8 or more