



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 Family takes 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 Today, 73 years later the tradition of food and outdoor enthusiasm 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

Only Fresh ingredients! Made from scratch!

◆ **LEGENDARY BBQ RIBS** ◆

Our most Popular Meal! Slow-roasted smokey BBQ flavored baby-back Pork Ribs served with Caesar salad, roasted mini-potato and a flavourful sauteed vegetable medley.

Our most popular, delicious and hearty meal.

Full Rack only \$22 / Half \$17.50

◆ **BUFFALO MEATLOAF** ◆

Individual Handmade Meatloafs, Made with a 70/30 blend of Lean BC Bison and Organic BC Beef.

Served with a delicious Homemade Tzatziki, our roasted, and pan-fried potatoes,, and a beautiful coleslaw with a white balsamic dressing. \$16

◆ **WILD COHO SALMON** ◆

6 oz Fillet of Tender, Grilled, Coho Salmon, served with a Roasted Red Pepper Sauce, Fresh Leafy Green Salad, roasted mini-potatoes and a flavourful sauteed vegetable medley. \$19

◆ **TONIGHT'S DINNER SPECIAL** ◆

Another Fresh, unique dinner item, made from from scratch, and stamped with Cheryl's own signature style that brings flavour and presentation to your meal. Changes Daily.

Check the menu board, and ask your server about tonight! Always a vegetarian option.

VEGETARIAN, GLUTEN OR DAIRY ALLERGIES, OR OTHER DIETARY RESTRICTIONS?

We know what's in our food and we know the variations that will make your meal compatible with your needs, *and be amazing!* We even have gluten free desserts!. Ask your server for details. We've got a delicious answer!

CHILDREN'S MENU – Keeping it Simple with small meals for **kids under 12.**

In our experience, kids like it simple, and not too exciting, so we've got the options to help you get the whole family through dinner!

Kids Personal Cheese Pizza \$5.95 , or **\$6.95** with meat topping

Kids Ribs! A smaller portion of ribs with pan fries. **\$7.95**

(Add some veggies or mini salad for **\$2.95**)

We're also happy to provide plates if you want to split any meal with, or between children, or maybe bring something from the Tapas Menu..

WINNER AGAIN! 2015 Trip Advisor's Award of Excellence and Highest Rated Restaurant in entire Cariboo Chilcotin Coast Region. 2012 People's Choice Award for Best Cafe in Northern BC. (BC Living). Two-time winner of Cariboo Coast Chilcotin Region Tourism Awards. It's Just Good Food, made from scratch.

TAPAS MENU

APPETIZERS AND SALADS

These make great starters to share, or seriously delicious snacks for the individual
ORDER ANY 3 APPYS AND GET \$2 OFF THE COMBO

#1. OLIVE SPEARS

Tasty Spears of mixed Queen and Kalamata Olives, Grape Tomato, and Feta Cheese. Artfully presented with a delicious Balsamic Reduction. A Hit!

Four for \$5.95 Add a pan-fried pita for **\$1.50**

#2. GREEK PITA with TZATZIKI or BRUCHETTA

Fresh pan-fried garlic pita bread with either a lovely home-made Tzatziki dip, or Mediterranean Tomato Antipasto. **\$5.25** (add extra Pita - \$1.50)

#3. SOURDOUGH STARTER

Aromatic and Delicious. Loaf of Sourdough bread sliced and served warm, with a swirl of Balsamic Vinegar and Olive Oil **\$6**

#4. ROASTED SAUTEED VEGGIE PLATE

Our famous seasonal warm vegetable medley comes with many of our dinners, but it's outstanding all on its own. Roasted and Seasoned, Pan-Fried Veggies, (including Baby Potatoes, Beets, Bok Choi, Rutabaga, more)

\$9.00 Add a pan-fried pita for **\$1.50**

#5. CAESAR or LEAFY GREEN SALAD

Fresh Romaine lettuce tossed with our special dressing, real bacon bits, fresh Parmesan Cheese and herb croutons, or Baby Greens, and seasonal veggies tossed in an Oil and Balsamic Dressing. Just **\$9** Add a pan-fried pita for **\$1.50**

#6 RIB APPY

If you just want the ribs, we've broken down our entire Rib Dinner into it's component parts! Generous portion of 1/2 rack of ribs **\$8.50**

#7. EAST INDIAN SAMOSA

Pan-Fried Vegetarian Samosa stuffed with spicy potatoes, carrots, onion, peas, and Indian spices. Served with a Cranberry Chutney **\$6** **2 for \$11.95**

We feature Art from Wells Artists.

If you like the art in your hand or on the walls, see more pottery and local hand crafts next door, and make the time to visit the Galleries and Stores in charming 'uptown' Wells.

REALLY GOOD DRINKS!

Beverages to pick you up or soothe the soul.

SOME LIKE IT COLD!

“Tropical Frog” - Strawberry and Fruit-mix sparkler! Made with a real fruit puree, it's a refreshing and unique drink that's not too sweet, and created here **\$4**

“Bear Paw Fizz” fruit syrups, ice and club soda(Raspberry and Vanilla) **\$3**

Iced Tea from Lipton's (sweetened) Half Litre **\$3** Full Litre **\$5.00**

Soft Drinks or Juice: Coke, Diet Coke, Root beer, Ginger ale, Orange Juice, Apple Juice, **\$2.50**

Milk...cool and refreshing **\$2.75** children's size **\$1.25**

SOME LIKE IT HOT!

“Really Good” Coffee....Fresh-Ground, Free-Trade Mayan Dark Roast, and just really tasty!
How hard can it be to make good coffee? Only **\$2.25**

Good Cuppa' Tea – Served hot, by the pot of course! **\$2.25**
Tetley Black, Green, Earl Grey, Fruit, Peppermint, Lemon, or Zinger

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

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

At the Bear's Paw Cafe we celebrate our life in the Cariboo. Our TV monitors feature photographs from our many adventures in the local environment. In addition we have created and sponsored hiking programs on local mountains. For instance, you can collect the beads from the summits of 7 local hikes and be rewarded with a free 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 just one day. 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, we guide winter ski trips in Bowron Lake Park. Our trips and tours have been featured in a variety of Outdoor Magazines, and Travel shows and we think the Cariboo Mountains offers some of the best canoe and ski trips in the world.

Started from scratch in 1932, 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, and touring theatre from some of the most talented new actors in Canada. We also host one of the 10 best Music Festivals in Canada and an international School of the Arts., Film Festivals, and winter festivals. Take a Tour of businesses and civic buildings in Wells. Enjoy yourself as much as we do!!

**No Time to Stop? Wish you could share? All our meals can be
ordered 'TO GO' 250-994-2345**

REALLY REALLY GOOD DRINKS!

Dave's Favourite Part of the Menu

BC CRAFT BREWERY BEERS By the bottle - **\$5.25**(mostly)

Our favourite beers from around BC and Canada, with a special emphasis on quality and regional producers

White Ales: *Rickards Belgian Style White Beer*(fresh taste with coriander and orange peel) Also check out the *Blanche de Chambly* (below)

Light Lagers: *Steamworks Pilsner* (2 yr winner of Best Beer in BC), *Scandal Lager*(Stubby Organic Lager, from Prince George!), *Molson Canadian*(Canadian eh?), *Bud*(wishes it was Canadian!) Barkerville Brewery *Mucho Oro Lager*(big 650 ml bottles are **\$9.50**)
We recommend: *Red Racer ISA*(a low-alcohol(4%) Session Ale from Central City Brewing)

Amber Ales: *Dead Frog Pale Ale*(an ale with flavour), *Bear Paw Honey Lager*(They named it after us!) *Red Racer India Pale Ale*(excellent and very hoppy IPA).
Barkerville Brewery *18Karat*(big 650 ml bottles are **\$9.50**)

Dark Ales: *Dead Frog Nut Brown*(nutty, not heavy), *St. Ambroise Oatmeal Stout*(rich!)
Barkerville Brewery *52Foot Stout*(650 ml bottle with local Birch Syrup, and a bitter finish **\$11**)

Imports: *Stella Artois*, *Corona*, *Bud Light Lime*

Big 750 ml bottles of really amazing Quebec Beers. **\$12.00**

"On Lees", which means they're fermented in the bottle, with exceptional flavour!

- **Blanche de Chambly:** Beautiful golden beer, with a light aroma of Citrus, coriander, wheat, in a sparkling white beer (5%)
- **Trois Pistoles:** Dark and Rich as a Port, with exceptional flavours and well roasted malts (9%)
- **Maudite:** A Robust 'Red' Beer with a complex nose and flavour. With the Chasse-Galerie on the label it's 'de rigueur' if you're just coming off the Bowron! (8%)

COOLERS N' CIDERS

Rock Creek Cider(Bright, light, and not sweet. An excellent summer drink!),
Woody's Mexican Lime(Vodka), *Bacardi Breezers*(Pineapple, Orange or Lemonade), *Smirnoff Raspberry Ice*, - cool drinks. **\$5.25**

LIQUOR

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

Laphroaig **\$6**, *Dalwhinnie 15 yr* **\$7**, *Lagavulin 16 yr* **\$10**

Sortilege: An amazing **Maple-Syrup Whiskey** from Quebec. Unique to the Bear's Paw! **\$5.25**

Liqueurs – *St. Remy Brandy*, *Orange Brandy*, *Amaretto*, *Kahlua*, *Carolans*, etc. **\$4/oz.**

Liquor - Lots of the usual selection and some not so common! **\$4.50/oz.** **Double \$3 extra**

WINE LIST

House wines are available by the **Glass: \$5.25**, **Half Litre \$12.00**, **Litre \$22.00**

HOUSE RED: *Santa Isabella Cabernet-Sauvignon*(Chile), *Jackson Triggs Shiraz*(BC),
Copper Moon Merlot(BC)

HOUSE WHITE: *Peller Estates* (BC) *Proprietors Reserve Dry*

We have a small and distinctive selection of great and award winning BC wines for you to try and we held the price down so you can enjoy bottled wine in a fabulous setting!

WHITES: *VQA Quails Gate Chardonnay* **\$34.95**, *Birch Canoe Pinot Blanc* **\$25.95**

REDS: *Sumac Ridge Private Reserve Merlot* **\$25.95** *Prospect Winery Pinot Noir*, **29.95**

TREATS AND DESSERTS

What happens at the Bear's Paw stays at the Bear's Paw!

KAHLUA COFFEE CHOCOLATE CAKE

Rich, moist, tender, exquisite....the name says it all. A homemade house specialty. Kahlua is both baked into and added to the cake. Your slice is served with whipped cream and a chocolate drizzle. Pretty much the best chocolate cake you'll ever have! **\$8**

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. **\$7.50** (sharing is optional!)

CHERYL'S FAMOUS CRANBERRY CARROT CAKE

Our Homemade house specialty. A big piece of our special carrot cake, made with Cranberries, Carrots, sunflower seeds, apples, and slathered with a delicious Cranberry and cream cheese icing. The rest of the recipe is "Top Secret"**\$6.95**

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**

GLUTEN FREE CHEESECAKE

Delicious Turtles Cheesecake, certified Gluten-free from a gourmet bakery. It's a standard chocolate extravaganza! **\$7.50**

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

Our desserts contain no nuts unless specified

WIFI Information

Looking for a communication fix? Complimentary WIFI is available at the Frog On The Bog right next door. Although you may see their signal on your device from here, we discourage the use of wifi during the dinner period. Please **do not use Wifi devices at the Bear's Paw between 4:30 and 9 pm.** If you must have service at that time feel free to drop over to our sister store, the Frog On The Bog Gifts, right next door. They have both indoor and outdoor seating for your convenience.

Bear Faced on the Web

If you like your dining experience, do us a favour. Visit TripAdvisor or Yelp 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!