



STARTERS

HOT SMOKED WINGS

By Weight: 1 lb. 16 1 ½ lbs. 21

Seasoned and house smoked wings in your choice of Korean BBQ sauce, sesame garlic, hot sauce or our house dry rub with carrots, celery & bleu cheese or ranch

DRY RUB PORK RIBLETS*

By Weight 1 lb. 15 1 ½ lbs. 19

Fried crispy & tossed in kosher salt and coarse cracked black pepper w/ Ranch or Blue cheese

ROCKY MOUNTAIN NACHOS 16

Your choice of pulled chicken or beef, includes shredded cheese, cilantro sour cream, Pico de Gallo, guacamole, ranch beans & jalapenos.

Add pork green chili 2

CHICKEN QUESADILLA 15

Pulled chicken, ranch beans, shredded cheese, Pico de Gallo, Guacamole & cilantro sour cream

AHI TUNA TATAKI* 16

Sesame seared tuna tossed with sweet chili sauce, green onions and avocados served with crispy wontons & cucumber slices.

GORGONZOLA CHIPS 12

House-made chips with Gorgonzola fondue, scallions, Nueske's bacon, Balsamic drizzle & fried onions.

SALT & PEPPER CALAMARI 17

Breaded calamari over arugula with chipotle aioli.

CHORIZO TOSTADA 12

House made chorizo beans, lettuce, Pico de Gallo, Cotija cheese, cilantro sour cream on white corn tortillas

Our Beers on Tap

Herman Joseph, AC Golden 7

Modelo, Especial 7

Elephant Rock IPA, Pikes Peak B. 7

Apricot Blonde, Dry Dock 7

White Rascal, Avery B. 7

Scottish Ale, Laughing Lab 7

Kolsch, Prost 7

Stella Artois 7 Coors Light 6

90 Shilling, O'Dell B. 7

Guinness Stout 8

Hazy IPA, Goat Patch B. 7

SALADS

CAESAR SALAD 10

Crisp romaine lettuce, Caesar dressing, parmesan, fried capers & garlic croutons
Add grilled or blackened chicken or shrimp 8
Add grilled or blackened salmon 9
Add grilled flatiron steak 12

THE WEDGE SALAD 13

Iceberg lettuce wedge, candied Nueske's bacon, gorgonzola crumbles, cucumber, grape tomatoes, sliced red onion, creamy blue cheese dressing.
Add grilled or blackened chicken or shrimp 8
Add grilled or blackened salmon 9
Add grilled flatiron steak 12

COBB SALAD 17

Chopped romaine, grilled chicken breast, hardboiled egg, bacon, avocado, gorgonzola crumbles & choice of dressing.

CHICKEN APPLE & AVOCADO SALAD 17

Grilled chicken breast, avocado, apple, candied walnuts, cranberries & mixed greens with a gorgonzola vinaigrette.

BEET & BUTTERNUT SALAD 12

Heirloom beets & tomatoes, candied butternut, chèvre cheese, couscous quinoa salad, mixed greens, pumpkin seeds, Champagne vinaigrette.

Our Dressings

Dressings: Ranch, 1000 Island, Blue Cheese and Caesar

Vinaigrettes: Balsamic, Gorgonzola and Champagne

Our Wines by the Glass

Whites and Roses:

William Hill Chardonnay 11

Sea Sun Chardonnay 11

Sartori Pinot Grigio 11

Rapaura Springs Sauv. Blanc 11

Fossil Point Grenache Rosé 11

Da Luca Prosecco 11

Gloria Ferrer Brut 13

Reds:

Rodney Strong Pinot Noir 12

A to Z Pinot Noir 11

Bonanza Cabernet 11

J. Lohr Seven Oaks Cab 11

Muriel Crianza Tempranillo 12

Piattelli Malbec 12

J Lohr Merlot 11

Danzante Tuscan Red Blend 11

*These items may be served raw or undercooked or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



BURGERS & SANDWICHES

Our burgers are charbroiled **7oz fresh Beef** on a sesame brioche bun served red, pink, or well.

MUSHROOM SWISS BURGER* 16.50

Sautéed mushrooms, aioli, caramelized onions and Swiss

BLACK & BLUE BURGER* 16.50

Gorgonzola cheese, aioli, bacon, onion strings & balsamic drizzle

BEAR DANCE BURGER* 16.50

Bacon, avocado, smoked mozzarella & aioli

NEW MEXICO BURGER * 16.50

Guacamole, green chilies, fried jalapeno, pepper jack cheese & chipotle mayo.

BEAR DANCE SUPREME 16.50

Hot Italian sandwich with grilled ham, salami, pepperoni, provolone, bruschetta, and shredded lettuce on a hoagie roll

FRENCH DIP, au jus 17

Shaved prime rib, Gruyère cheese, horseradish mayo on a hoagie roll.

REUBEN 16.50

Pastrami with braised red cabbage kraut, Swiss, 1000 island on rye.

SRIRACHA CHICKEN SANDWICH 17

Breaded chicken breast, zesty pickle, Cole slaw, truffle sriracha glaze, sesame bun

BLACKENED SHRIMP PO BOY 18

Blackened shrimp, chili aioli, lettuce, tomato, pickles on a hoagie roll

BEAR DANCE CLUB 17

Black Forest ham, roasted turkey breast, avocado, mayo, bacon, smoked mozzarella, lettuce, tomato, choice of bread

Friday nights

"PRIME RIB NIGHT"

at Bear Dance

8oz \$27 12oz \$32

Wine down

Wednesdays

And Thursdays

20% off

any bottle of wine

CLASSICS

BEAR DANCE BURRITO 16

Choice of pulled chicken or beef, ranch beans, shredded cheese, pork green chili, topped with Pico de Gallo, cilantro sour cream & guacamole.

FISH & CHIPS 19

Beer battered walleye served with fries, coleslaw, tartar sauce & lemon

CHICKEN SCALLOPINI 20

Pan seared chicken breast with Boursin crema and lemon onion reduction over sautéed spinach and crispy potato cake

ATLANTIC SALMON*26

Grilled salmon, Harissa Choron sauce, Fingerling asparagus hash Arugula salad

STEAK & FRIES* 24

Grilled 6oz Flatiron, herb steak butter, shoestring fries, topped with balsamic drizzle, fried onion & Arugula salad.

FRIED CHICKEN MAC & CHEESE 20

Breaded chicken breast, truffle sriracha glaze, cavatappi pasta, cheesy bechamel sauce, crispy onions

SIDES

Shoestring fries

Sweet potato fries +\$1

Ranch Style Beans

Fresh fried potato chips

Coleslaw

Cottage cheese +\$1

Truffle Parmesan Fries +\$1

Side Salad +\$1 Side Caesar +\$1

Side Wedge with Blue cheese,

onion & bacon +\$2.50

14" PIZZAS

After 4pm only

MARGHERITA 18

Fresh mozzarella, basil, tomatoes, red sauce

BEAR DANCE PIZZA 20

Italian sausage, mushroom, caramelized onions, balsamic, arugula, red sauce

ITALIAN 20

Meatballs, salami, roasted red pepper, spinach, pesto, red sauce

THREE CHEESE 18

Shredded Mozzarella, Provolone, Parmesan, red sauce

BBQ CHICKEN PIZZA 20

BBQ sauce, chicken, bacon, caramelized onions, jalapeno, Colby-Jack cheese

CUSTOM PIZZA 17

(Build your own masterpiece)

"Add your choice of toppings. to our basic cheese pizza with red sauce"

Meatballs \$1; Salami \$1

Pepperoni \$1; Italian Sausage \$1

Bacon \$1; Taco beef \$1

Pulled Chicken \$1

Green Peppers \$0.50

Onions \$0.50 Black Olives \$0.50

Caramelized Onions \$0.50

Fresh Basil \$0.50

Roasted Red Peppers \$0.50

Spinach \$0.50 Jalapeno \$0.50

Mushrooms \$0.50

Fresh Mozzarella \$1

Extra Cheese \$1

"Gluten free crust available" +\$3