

3 Bears Bakery & Cafe



- * Desserts
- * Lunch
- * Meals to go

We welcome lunch orders by phone

BEVERAGES

COKE, DIET COKE, SPRITE.....	\$0.93
ICED TEA - SWEET AND UNSWEET.....	\$0.93
WATER - Fiji.....	\$1.29
COFFEE.....	\$1.50
HOT CHOCOLATE.....	\$1.50
STEWART'S ORANGE CRÈME/GRAPE/.....	\$1.29
CHERRY CRÈME/ ROOT BEER/KEY LIME	

LITTLE CUB'S MENU

SERVED WITH CHIPS

GRILLED CHEESE	\$2.95
TURKEY AND CHEESE	\$2.95
HAM AND CHEESE	\$2.95



DELI SANDWICHES

ALL SANDWICHES SERVED WITH A PICKLE AND CHIPS LETTUCE

BREADS

Honey Wheat, Hearty Wheatberry, Flaky Butter Croissant, Sundried Tomato Flatbread, Corn Dusted Kaiser roll, Rosemary Carmelized Onion Tortilla Wrap

CHEESE

CHEESE AVAILABLE AT YOUR REQUEST (+.30¢)
WHITE AND YELLOW AMERICAN, PROVOLONE, SWISS

ALL SANDWICHES PANINI GRILLED AT YOUR REQUEST



DELI MEATS

"natural choice" Meats

"natural choice" means all organic, naturally raised, with no sodium or artificial flavoring injections

	Full	1/2 Size
Roast Beef.....	\$6.59	\$3.75
ROASTED TURKEY BREAST.....	\$6.59	\$3.75
SMOKED HAM.....	\$6.59	\$3.75



OUR OWN RECIPES

CHICKEN SALAD (WITH PECANS & SLICED GRAPES).....	\$6.59	\$3.75
TUNA SALAD.....	\$6.59	\$3.75
EGG SALAD.....	\$5.59	\$3.00
PIMENTO CHEESE.....	\$5.25	\$2.75
GRILLED CHEESE.....	\$3.25	\$2.00

1/2 SANDWICHES CANNOT BE SERVED ON A CROISSANT OR WRAP



The Bear's Favorite



The warm Rubeen Sandwich.....\$6.99

Sliced "natural choice" corned beef, topped with kraut and sliced provolone cheese, on thick sliced rye bread, with special dressing. Placed in the warmer to melt the cheese and heat up your sandwich, then welcome that first taste as you bite into the *best of the best!* Served with chips and garlic dill pickle spear.

Condiment choices are mayonnaise, mustard, and a bistro deli spread – which has just a hint of horseradish.



SPECIALTY SANDWICHES

ALL SANDWICHES SERVED WITH A PICKLE AND CHIPS

CHEESE

CHEESE AVAILABLE AT YOUR REQUEST (+30¢)
WHITE AND YELLOW AMERICAN, SWISS, PROVOLONE

THE GRIZZLY.....\$6.95

ROAST BEEF TOPPED WITH ONION MARMALADE, AND MELTED BRIE CHEESE ON YOUR CHOICE OF BREAD

ROASTED CHICKEN SANDWICH.....\$6.25

ROASTED CHICKEN BREAST, PROVOLONE, LETTUCE AND MAYO ON YOUR CHOICE OF BREAD

TURKEY AND HAM.....\$7.95

SMOKED TURKEY, HAM, BACON, CHOICE OF CHEESE, LETTUCE, MAYO, AND MUSTARD ON YOUR CHOICE OF BREAD



SOUPS

DELICIOUS HOME MADE SOUPS OFFERED DAILY
CUP \$2.95 BOWL \$3.50

QUICHE

MEAT VEGETABLE

SLICE:	\$3.19	\$2.79
WHOLE PIE:	\$9.29	\$8.49



COMBO \$6.25

1/2 DELI SANDWICH AND A CUP OF SOUP OR
CUP OF SOUP AND SMALL SALAD



FOR THE LIGHTER APPETITE

JUST A SCOOP

A scoop served on a bed of lettuce with assorted crackers.

CHICKEN SALAD.....	\$5.49
TUNA SALAD.....	\$5.49
EGG SALAD.....	\$3.49



FOR THE HUNGRIER APPETITE

MORE THAN ONE SCOOP

CHOICE OF 2 SALADS.....	\$7.49
CHOICE OF 3 SALADS.....	\$8.99
TRIO SALAD	\$8.50

CRISP GREENS, PASTA SALAD, FRUIT SALAD
AND CHICKEN OR TUNA SALAD



SIDES

Baked Potato Salad with Bacon Bits and Celery.....	\$2.49
Pasta Salad with Slice Olives, and Cherry Tomatoes.....	\$2.49
Copper Pennies (Carrots).....	\$2.49
Pepper Salad with Blue Cheese Crumbles.....	\$2.49
Fresh Fruit.....	\$3.69
CHOICE OF 2 SIDES.....	\$4.49
CHOICE OF 3 SIDES.....	\$6.49



SALADS/DRESSINGS

HOUSE ITALIAN, RANCH, GREEK, HONEY MUSTARD, BLEU CHEESE, THOUSAND ISLAND, RASPBERRY VINEGARETTE, AND CAESAR

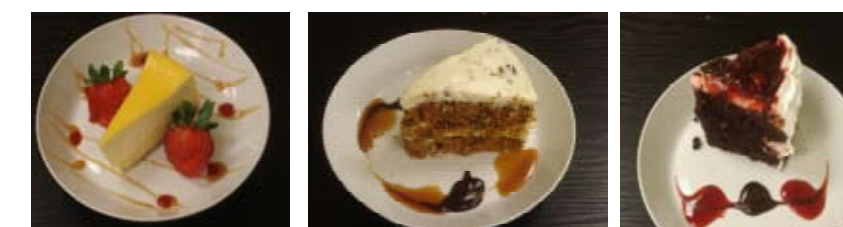
GREEN SALAD	\$3.95	\$5.25
CRISP GREENS, CUCUMBER, CARROT, EGG, AND BACON		
CAESAR SALAD	\$3.75	\$5.25
ROMAINE, SHREDDED PARMESAN, CROUTONS, AND CAESAR DRESSING		
CHEF SALAD	\$8.95	
CRISP GREENS, TURKEY, HAM, BOILED EGG, TOMATO, CHEESE, BACON, ONION		



DESSERTS

	SLICE	WHOLE
RED VELVET CAKE.....	\$3.69	\$18.99
CHEESECAKE.....	\$3.69	\$36.95
CARROT CAKE.....	\$3.69	\$18.99
COCONUT CAKE.....	\$3.69	\$16.99
PETIT FOURS.....		\$0.70 ea
TV SNACK CAKE.....		\$1.49 ea
RAINBOW CAKE.....		\$1.49 ea
MISSISSIPPI MUD.....		\$0.99 ea
CHOCOLATE MOLTEN CAKE (INDIVIDUAL).....		\$4.29 ea
ÉCLAIR.....		\$1.89 ea
CRÈME HORNE.....		\$1.79 ea
ALMOND HORNE.....		\$1.29 ea
BROWNIE.....		\$0.59 ea
PEANUT BUTTER BROWNIE.....		\$0.59 ea
PEANUT BUTTER BEAR CLAW COOKIE.....		\$0.49 ea
MISS JULIA'S TEA CAKE COOKIE.....		\$0.40 ea
HOMEMADE FUDGE:		\$1.59/slice

- CHOCOLATE
- PEANUT BUTTER
- CHOCOLATE WITH WALNUTS



CATERING: Call us for any catering needs.

Weddings, Rehearsal Dinners, Birthday, Holiday parties, Home Entertaining or Corporate Events.

706-692-0383