

Great Lost Bear

540 Forest Ave 04101-1507 · +12077720300 · Updated: Jan 14, 2026

[View online menu](#)



NACHOS 8

Cheese Nachos **\$9.99**

Super Nachos **\$11.99**

regular or chili with chips, green peppers, onions, tomatoes and melted cheese

Nacho No Vaca **\$10.49**

super nachos minus the chili

Chili Nachos **\$10.99**

with meat chili

Veggie Chili Nachos **\$10.99**

Chicken Nachos **AVAILABLE OPTIONS**

\$10.99

Add Bbq Sauce: \$0.99

Super Chicken Nachos **\$11.99**

with onions, tomatoes and green peppers

Spiro T. Nachos **\$11.99**

chips, tomatoes, chicken, feta cheese & melted cheese

SOUPS & CHILIS 11

Portlands Best Chili **AVAILABLE OPTIONS**

Cup: \$3.99

Bowl: \$4.99

The Bears Vegan Chili **AVAILABLE OPTIONS**

Cup: \$3.99

Bowl: \$4.99

W/cheese Add: \$0.99

French Onion Gratinee **\$4.99**

Teriyaki Grilled Mushrooms **\$8.99**

fresh marinated mushrooms char-broiled and served with parmesan pepper dip

Battered Fried Veggies **\$7.99**

served with ranch dressing

Ursa Major	\$5.99
tortilla chips served with guacamole or salsa for dipping	
Yippie Thai Yi Yi	\$5.99
fried flour tortilla chips with thai chili dip	
Specka Spanakopita	\$4.99
half order of our greek spinach pastry	
Jalapeno Poppers	\$7.99
cheese stuffed pepper, fried & served with salsa	
Mac & Cheese	\$6.99
best in town, cheeses, macaroni & crusty crumb topping	
Buffalo Chicken Mac & Cheese	\$7.99

RUFFAGE 11

Our House Salad	\$6.99
salad greens, tomatoes, carrots & broccoli	
Grilled Chicken Salad	AVAILABLE OPTIONS
sliced skinless grilled breast, plain or with black pepper, over salad with choice of dressing	\$9.99
	With Barbecue Sauce Or Jerk Sauce Add:
	\$0.99
Greek Chicken Salad	\$9.99
grilled chicken breast over salad with feta cheese and black olives	
Spinach Salad	\$7.99
fresh spinach, black olives, tomatoes, carrots, slivered almonds, and feta or swiss cheese	
Buffalo Chicken Salad	\$10.99
fried buffalo chicken strips over salad with bleu cheese dressing	
Grilled Tuna Steak Salad	\$12.99
tuna steak over salad with choice of dressing	
Grilled Portobello Mushroom Salad	AVAILABLE OPTIONS
marinated giant mushroom grilled, sliced, and served over salad	\$8.99
	With Chicken Add: \$3.99
Sirloin Steak Salad	AVAILABLE OPTIONS
grilled sirloin steak tips over salad	\$12.99
	Add Walnuts, Bleu Cheese & Craisins: \$3.00
Sirloin Steak & Grilled Portobello Mushroom Salad	\$13.99
grilled marinated mushrooms & sirloin tips served over salad	

Taco Ensalada	\$9.99
lettuce, shredded cheeses, diced tomatoes, guacamole, black olives, onions, and meat chili, veggie chili, or grilled chicken served in an edible bowl	
Cajun Fried Chicken Salad	\$9.99
strips of hot fried boneless breast over salad with your choice of dressing	
THE ALL AMERICAN HAMBURGER 16	
Hamburger	\$8.99
Cheeseburger	\$9.99
with our cheese sauce, or any other cheese in our cheese cellar	
One Eye Bacon Cheeseburger	\$10.99
with fried egg, bacon & american cheese	
Canadian Burger	\$9.99
with canadian bacon and cheese sauce, sounds good	
Bleu Cheeseburger	\$10.99
covered with rich bleu cheese dressing	
Bayou Burger	\$10.99
with buffalo sauce and topped with melted american cheese	
Guacamole Burger	\$9.99
Onion Gratinee Burger	\$10.99
caramelized onions and melted swiss	
Chili And Cheese	\$10.99
covered with our blue ribbon chili and cheese sauce	
Fromage A Trois	\$10.99
american, swiss, and jack cheese	
Giant Mushroom Burger	\$10.99
grilled portobello mushroom on a burger	
The Patty Melt	\$10.99
swiss cheeseburger on grilled rye w/ russian dressing and grilled onions, also available with garden burger	
Super Burger	\$12.99
3 cheeses plus cheese sauce, bacon, fried egg, chili, lettuce, onions & tomatoes	
French Herb Cheeseburger	\$9.99
with our homemade herb sauce	
Cajun Or Black Pepper Or Barbecue Burger	\$9.49

The Almighty Cheesus Burger

no bun- served between two grilled cheese sandwiches with pickles, lettuce & tomatoes

AVAILABLE OPTIONS

\$13.99

Add Bacon And Egg: \$15.99

CHEESE STEAK 6

Lewiston Cheesesteak

\$10.99

shaved steak grilled with onions and served with our french herb cheese

Philadelphia Cheesesteak

\$10.99

shaved steak grilled with onions, green peppers, and cheese sauce

Woodfords Cheesesteak

\$9.99

nothing mysterious here! shaved steak grilled with onions and covered with cheese sauce

Cajun Cheesesteak

\$9.99

grilled shaved steak flavored with cajun seasonings, covered with grilled onions and our cheese sauce

Mushroom And Onion Cheesesteak

\$10.99

shaved steak with grilled fresh mushrooms and onions covered with cheese sauce

Kansas City Cheesesteak

\$10.99

shaved steak grilled with onions and covered with barbecue sauce and cheese sauce

FLOUR TORTILLAS ROLL UP 10

Turkey Club Roll Up

\$9.99

turkey, bacon, lettuce, carrots, tomatoes & mayonnaise

Buffalo Chicken Roll Up

\$10.99

fried buffalo chicken with bleu cheese dressing, lettuce, and carrots

Thai Chicken Roll Up

\$10.99

grilled chicken breast with lettuce, and carrots served with thai peanut sauce or sweet thai chili sauce

Steak & French Herb Cheese Roll Up

\$10.99

sirloin steak tips with lettuce, tomatoes & carrots

Black Pepper Chicken Roll Up

\$9.99

grilled chicken breast with lettuce, tomatoes, carrots, feta cheese, and parmesan pepper dressing

Thai Veggie Roll Up

\$9.99

fried veggies with lettuce, carrots & thai peanut sauce

Crab Salad & Guacamole Roll Up

\$10.99

with lettuce, carrots, and tomatoes

Fresh Fried Haddock Roll Up

\$10.99

with lettuce, tomatoes, carrots, and cucumber wasabi dressing

Grilled Chicken & French Herb Cheese Roll Up

\$10.99

with lettuce, carrots, and tomatoes

Grilled Chicken, Guacamole & Bacon Roll Up

\$11.99

with lettuce, carrots, and tomatoes

DR. GONZO'S BAKED BAJA FAJITAS 4

Steak Fajita

\$14.99

grilled tenderloin tips, tomatoes, peppers & onions baked in a flour tortilla with cheese, topped with cool guacamole

Veggie Fajita

\$12.99

broccoli, mushrooms, peppers, tomatoes & onions baked in a flour tortilla with cheese and covered with fresh guacamole

Grilled Chicken Fajita

\$13.99

grilled breast with tomatoes, peppers, onions & cheese, topped with our homemade guacamole

Pulled Pork Fajita

\$13.99

spicy & smokey pulled pork tomatoes, peppers & onions baked in a flour tortilla with cheese, topped with guacamole

NOT SO FAT CITY 5

Grilled Tuna Steak

\$12.99

8 ounce fresh tuna steak served with lemon

Svelte Melt

\$7.99

turkey, spinach, tomatoes, and yogurt dill dressing with melted swiss cheese

Svelte Melt Strikes Back

\$8.99

open-faced sandwich on whole wheat with turkey, tomatoes, spinach, honey mustard dressing and melted swiss

No Weigh Jose

\$11.99

skinless grilled chicken breast with salsa

Burritos

\$10.99

baked rolled flour tortilla filled with spiced rice & beans, cheese, and your choice of bbq pulled pork, meat chili, or veggie chili