

Bulls & Bears

Opening Bell

Maryland Crab Dip

Creamy cheese blend folded with lump crab & Old Bay served with warm baguettes. 14

Chicken Quesadilla

Cheese blend with blackened chicken, sauteed peppers & onions on flour tortilla. Served with pico and sour cream. 11

Fried Cheese Curds

Fried golden brown and served with honey mustard horseradish dip. 9

Chicken Wings

Spun in your choice of Old Bay, buffalo, BBQ, Thai chili or Jerk. 7/13

Meat & Cheese Basket

Lebanon Bologna, havarti, Munster & gouda cheese cubes with spicy mustard. 11

Pita Carnitas

Loaded pita with pulled pork, pico, Jalapeno slices & a chive creme fraiche. 12

Crab Pretzel

Warm Pretzel, melted cheese & lump crab nestled on Old Bay cream sauce. 7/12

Pork Belly Tacos

Maple braised pork belly on mixed greens topped with slaw. 12

Fish Tacos

Blackened cod on mixed greens with pico & chipotle ranch sauce. 11

Sweet Potato Waffle Fries

Fried golden brown and served with cinnamon sage honey butter. 9

Shrimp Tempura

Fried golden brown and served with Zing Zang cocktail sauce. 12

Hummus Dip

Served with warm baguette, carrots, celery & cucumber. 8

Thai Chicken Lettuce Wrap

Sprouts, carrot hay & grilled chicken. Finished with peanut sauce & sweet Thai chili dip. 10

Soups

French Onion 8

Soup Of The Day 5/6

Maryland Crab 7/8

Bull Market

Served with chips. Condiments available upon request. Add sunny side egg for \$1

Common Stock

Angus beef, cheddar cheese & applewood smoked bacon. 12

The Truffle

Angus beef, bleu cheese, mixed green, tomato, truffle infused aioli. 13

The Merger

Angus beef, petite crab cake, cheddar & Old Bay cream sauce. 14

IPO

Bison, Provolone with sauteed onions & mushrooms. 13

The Boar

Angus beef a top sliced pork belly & cheddar cheese. Finished with BBQ. 14

Salad Report

Hub City

Mixed greens, carrots, tomato, red onion, cucumber, bacon crumbles & cheddar jack cheese. House dressing. 9

The Hedge

Iceberg wedge, bacon, bleu cheese, red onion, egg, tomato. 10

Pistachio Salmon

Spinach, cranberries, bleu cheese topped with pistachio encrusted salmon. House dressing. 16

Southwest

Mixed greens, cheddar jack cheese, avocado, pico & tortilla strips with blackened chicken. Chipotle ranch dressing. 15

Dressings

Mango Pistachio Honey Lime, Balsamic Vinaigrette, Italian, Ranch, Bleu Cheese, Honey Mustard, Thousand Island & Raspberry Vinaigrette. (Extra dressing .50)



Bulls & Bears

Mains

Served with your choice of 2 sides unless noted.

Chicken Baltimore

Flour dusted chicken breast topped with lump crab & Old Bay cream sauce. 22

Oven Kissed Salmon

Finished with peach chutney. 22

Hickory Beef Brisket

Smoked in house & served with onion jus. 26

Bulls & Bears Meatloaf

Finished with demi glace. 16

Hand Cut Ribeye

Hand cut and grilled to your desire. 26

Fish & Chips

House battered cod fried golden brown on a bed of fries. (one side) 16

Maple Braised Pork Belly

Gently smoked, then braised with maple syrup. 18

Chicken, Shrimp & Rice

Sauteed chicken, shrimp, mushrooms, peppers & onions on a bed of wild rice. Served with cilantro & lime. 19

Maryland Crab Cakes

Maryland style jumbo lump crab cakes. 29

Southern Prawns

Jumbo shrimp, bacon, green onion nestled on a fried cheddar grit cake. Finished with Honey BBQ. (One side) 21

Pulled Pork

Generous portion of pulled pork tossed in our house bbq sauce. Served with coleslaw & one side. 14

Pan Seared Scallops

Lightly seasoned & seared. Served over wild rice. (One side) 27

Pork Porterhouse

Grilled to perfection and finished with bourbon candied apples. 18

Vegetable Rice Bowl

Sauteed Mushrooms, Peppers, onions, squash & spinach in honey broth. served over rice. (One Side) 14

Mutual Funds

Add-ons or stand alone sides

French fries, sweet potato waffle fries, mac & cheese, rice, mashed potato, coleslaw, broccoli, sauteed green beans, vegetable medley or side salad. 4

Refreshments

Coca-cola Products

Bottomless coke, diet coke, sprite, ginger ale, Mr. Pibb. Raspberry tea & iced tea. 2.5

Draft Root Beer 3

Coffee & Hot Tea 3

Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of foodborne illness.

Pasta

All pastas served with a side salad.

Blackened Chicken & Shrimp

Fettuccine, blackened chicken & shrimp with cajun cream sauce. 22

Hageroni

Penne tossed with sauteed ham, lump crab & Old Bay in a rich 3 cheese cream sauce. 21

Chicken & Broccoli

Fettuccine, chicken, broccoli & alfredo sauce. 16

Vegan Pasta

Penne, portobello, tomatoes, spinach, garlic & EVOO. 16

Shrimp & Scallop Pomodoro

Sauteed shrimp & scallops in a fresh tomato sauce on a bed of fettuccine. 24

Nashville Mac

Bulls and Bears Signature macaroni & cheese loaded with pulled pork BBQ. 18

Dietary Restrictions

Please alert your server if you have any food allergies so that we can best serve you. Most of our items can be made gluten free if it is not already.

Traders Rooms

Ask for availability and pricing

The Bull Pen

This space holds up to 40 people seated and features a full bar. Tables can be removed for cocktail style events.

Board walk & park place

Great for board meetings this room can be divided into 2 separate rooms.

Potomac Walk

The main level courtyard area great for weddings and larger corporate functions. Seated, this space can hold 100 guests.

The Mezz

Our stunning mezzanine overlooks the Potomac Walk and can accommodate 55 people seated comfortably.

Outside Catering

Have your own space and want us to cater? Please email us at bullsandbears38@gmail.com for more information.