

~ FRESH SALADS ~

PESTO CHICKEN SALAD - \$11.99

Grilled chicken with tomato and red onion served on a bed of crisp romaine. Finished with our own Pesto Ranch dressing and parmesan cheese.

CAESAR SALAD

Side -\$4.99 - Meal - \$9.49
Traditional Caesar Salad with real bacon, garlic dressing & herb croutons.

GREEK SALAD

Side...\$5.99 - Meal...\$11.49
Kalamata Olives, Tomatoes, Cucumbers, Red onions & Feta cheese topped with Balsamic vinaigrette.

MARKET FRESH SALAD

Side...\$4.29 - Meal...\$8.29
Baby Greens topped with Tomatoes, Cucumbers & red Onions.

Salad Dressings:

Balsamic, Blue Cheese or Ranch

Add Panko & Black Sesame crusted Salmon....\$6.99

Add grilled chicken, souvlaki skewer or grilled beef\$3.50

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~ CREATIVE APPETIZERS ~

SOUP OF THE DAY- \$4.99

Homemade daily and served with Garlic bread.

VEGETARIAN SPRING ROLLS\$7.99

Wheat paper rolls filled with crispy veggies Served with a sweet & spicy sauce.

LOUISIANA FONDUE - \$11.99

Fondue with your choice of Shrimp or Chicken in rich cheese and served with sliced crustini.

MED BREAD PLATE- \$8.99

Traditional garlic hummus, tzatziki & taboule with grilled pita bread and Kalamata olives.

BRUSCETTA - \$9.49

Traditional bruschetta mix served with parmesan bread and balsamic glaze, put it together just the way you like it!!

PEQUENOS - \$7.49

Crispy wheat paper rolls filled with beef & veggies and served with a spicy banana ketchup.

SANDWICHES & WRAPS

CAJUN CRISPY CLUB - \$11.59

Your choice of Cajun breaded chicken or grilled chicken. With bacon, cheddar, lettuce & tomato on roasted garlic ciabatta bread.

CHICKEN GYRO - \$9.99

Grilled chicken, lettuce, tomato, onion, black olives and pickle with tzatziki sauce wrapped in a warm pita.

CRISPY CHICKEN WRAP - \$10.49

Breaded chicken, tomato, cheese, bacon & homemade frite sauce wrapped in a flavoured flour tortilla.

GRILLED CHICKEN WRAP - \$9.99

Chicken breast, lettuce, tomato, cucumber, cheese, spicy eggplant & tzatziki sauce in a flavoured flour tortilla.

FAJITA BEEF WRAP - \$9.99

Seasoned beef strips wrapped in a flour tortilla with sautéed onions & peppers, sour cream, lettuce and three cheeses.

GRILLED STEAK SANDWICH - \$13.49

AAA 6oz Striploin grilled the way you like it!
Served open faced on garlic bread & topped with sautéed mushrooms & onions.

ALL OF OUR SANDWICHES, WRAPS & BURGERS ARE SERVED WITH YOUR CHOICE OF:

FRESH-CUT FRIES, GARLIC MASHED POTATOES, BABY GREENS, POTATO CHIPPERS, RICE OR SEASONAL VEGETABLES.

SUBSTITUTE: CAESAR OR GREEK \$2.00

SWEET POTATO FRIES \$2.00

ONION RINGS - \$1.50

ANY TWO OF THE ABOVE ITEMS - \$1.50

~ GOURMET BURGERS ~

BARLEY MOW SIGNATURE - \$10.49

Sautéed onions, mushrooms, bacon, cheddar, swiss & mustard beer sauce.

TRADITIONAL - \$8.99

Simplicity at it's best.

SWISS - \$9.99

Grilled Portabello mushroom topped with melted swiss cheese.

CHICKEN PARM BURGER-\$9.99

Spicy breaded chicken or grilled chicken, topped with marinara and parmesan cheese

BBQ BACON CHEESE -\$9.99

Bacon, cheddar & BBQ sauce.

{Your choice of 100% Beef, Grilled chicken or a Veggie Pattie }
{ All burgers served with your choice of side}

TRADITIONAL PUB FARE

BARLEY MOW FISH & CHIPS

Fresh fillet, battered to order in our own Guinness Beer batter

NEW ZEALAND BLUE COD - \$11.99 HADDOCK - \$12.99

Breaded Sole (2 pieces) - \$11.99

PUB-STYLE CURRY - \$10.99

Chicken & mixed vegetables in a mild garlic & coconut milk curry reduction.
Served on rice with baby greens & warm pita bread.

GUINNESS STEW-\$8.99

Chunks of lamb, carrots, onions and potatoes slowly simmered in a rich Guinness broth.

BANGERS & MASH - \$10.99

Two English- style sausages served with seasonal vegetables and our own garlic mashed potatoes and gravy.

MALAYSIAN CHICKEN - \$12.49

Red hot chili, coriander and coconut milk topped with grilled chicken breast.
Served on a bed of Shanghai noodles and fresh vegetables.
{also available as a vegetarian dish}

~ THE MAIN EVENT ~

LIVER & ONIONS- \$10.99

Baby beef liver smothered in gravy, sautéed onions & bacon. Served with seasonal vegetables & our own garlic mashed potatoes.

TENDERLOIN PIE- \$12.99

Beef Tenderloin and portabello mushrooms simmered then wrapped in golden puff pastry & baked to perfection.

GREEK SOUVLAKIA - \$12.99

Mediterranean grilled chicken skewers served on a bed of rice with our Greek salad & tzatziki sauce.

BEEF TENDERLOIN BROCHETTE- \$13.99

Chunks of tender beef grilled to perfection & served on a bed of rice.

10 OZ STRIPLOIN STEAK - \$19.99

10oz New York cut "AAA" Striploin seasoned & grilled the way you like it.

LAMB WELLINGTON- \$12.99

Diced lamb, sundried tomato, portabello mushroom & onion compote wrapped in a golden puff pastry and served with a Port and Rosemary Au Jus.

ASK YOUR SERVER FOR THE CHOICES IN SPECIALS

**ALL OF OUR ENTREES ARE SERVED WITH
YOUR CHOICE OF ANY TWO OF THE FOLLOWING:**

**FRESH-CUT FRIES, GARLIC MASHED POTATOES, LONG-GRAIN & WILD RICE, BABY GREENS,
CHIPPERS OR SEASONAL VEGETABLES.**

SUBSTITUTE: CAESAR OR GREEK \$2.00

SWEET POTATO FRIES \$2.00

ONION RINGS - \$1.50

MUNCHIES

BARLEY MOW WINGS - \$10.49

One pound seasoned wings with Belgian-style frite sauce or blue cheese dip.

* Mild * Medium * Hot * Suicide * Dusted * Teriyaki

NACHOS - \$10.99

In-house fried tostadas baked with cheese, salsa, diced tomatoes & green onions.

Add Grilled Chicken / Beef...\$3.50

Extra Cheese...\$3.00

SUPER MOW NACHOS - \$13.99

Load up our nachos w/ spicy chicken or grilled beef, jalapeno peppers and olives.

CHICKEN FINGERS - \$9.49

Breaded chicken breast filets with fresh-cut fries and plum sauce.

BUFFALO FINGERS - \$9.99

Our fingers tossed in a spicy pepper sauce with fresh-cut fries

Served with Belgian-style frite sauce.

ZUCCHINI - \$7.99

Zucchini spears breaded & deep fried served w/ Belgian style frite sauce.

PEROGIES - \$6.99

Potato & cheese pastries sautéed in bacon and onion, served with sour cream.

GARLIC CHEESE BREAD - \$7.99

Roasted Garlic loaf baked with lot's of cheese and crispy bacon.

CHIPPERS - \$6.99

Thin sliced potato crisps deep-fried and dusted with sea salt.

Garlic Frite Sauce - \$0.59

SWEET POTATO FRIES - \$6.99

Crispy Chipped Sweet Potato Fries served with Frite Sauce.