

FRESH SALADS

The Mow Market Salad

Baby greens, cucumber, tomatoes, red onion in a soft or crispy flavoured flour tortilla with choice of: Our signature Soya Sesame Ginger, Balsamic, Jack Daniel's Honey Dijon Vinaigrettes, Ranch or Blue Cheese.....Side.....\$4 Meal.....\$9

Caesar Salad

Crisp Romaine lettuce tossed in dressing topped with real bacon, Parmesan cheese and herb croutons in a flavoured flour tortilla.....Side...\$5 Meal...\$10

Spinach and Pear Salad

Baby spinach, poached pears, Stilton blue cheese, red onion with a Jack Daniel's Honey Dijon vinaigrette topped with walnuts.....\$11

****ADD TO ANY SALAD****

Grilled Chicken or Crispy Chicken Strips...\$3.50

Shrimp Skewer...\$4 Grilled Fajita Beef...\$4

FOR STARTERS

Soup of the Day

Our chef's creation made with only the finest ingredients.....\$6

French Onion au Gratin

A rich red wine broth simmered with caramelized Spanish & Bermuda onions finished in the oven with herb croutons & Mozzarella cheese.....\$7

Perogies

Potato Cheddar cheese perogies sautéed with bacon, onions & sour cream.....\$9

Quesadilla

Pan-fried flour tortilla stuffed with a Cheddar, Monterey, Mozzarella cheese blend, sautéed bell peppers, onions with sour cream & salsa.....\$9

Add grilled chicken.....\$3.50 or Grilled beef.....\$4 or Guacamole.....\$3

Smoked Salmon Plate

Thinly sliced smoked Atlantic salmon rosette served with dill cream cheese, red onion, capers, lemon wedges and toasted dark rye points.....\$13

Vegetarian Samosas

Authentic Indian hand-made baked pastry shell with a savoury filling of spiced potatoes, onions, peas, lentils & coriander.....\$8

Vegetarian Springrolls

Deep-fried crispy rolls with a sweet & spicy Thai sauce.....\$9

Pequenos

Wheat paper rolls with beef, herbs, veggies served with spicy banana ketchup.....\$8

International Appetizer Platter

A sampling of our vegetarian springrolls, pequenos & samosas.....\$14

****Springrolls, Samosas & Pequenos are locally hand-made for The Barley Mow****

SANDWICHES & WRAPS

Triple Decker Chicken Club

Our version of the classic is grilled chicken breast, Canadian bacon, Cheddar cheese, lettuce, tomato served on your choice of white or whole wheat toast.....\$11

Reuben

In-house sliced Pastrami topped with sauerkraut, melted Swiss cheese & Stella Artois mustard beer sauce on toasted pumpernickel rye bread.....\$11

Prime Rib Sandwich

Our tender prime rib is roasted & sliced in-house, topped with tomato, sautéed onions, horseradish Dijon mayo on panini loaf with homemade au jus.....\$12

Crispy Chicken Wrap

Breaded chicken, lettuce, tomato, three cheese blend, strips of bacon & Belgian-style frite sauce wrapped in a flavoured flour tortilla.....\$10

In the mood for spicy? Order your chicken Buffalo-style!

Grilled Chicken Wrap

Chicken breast, crisp lettuce, tomato, cucumber, three cheese blend, spicy marinated eggplant & Greek tzatziki in a flavoured flour tortilla.....\$10

Spinach Wrap

Baby spinach, grilled marinated Portobello mushrooms, poached pears, red onion, Goat's cheese & Jack Daniel's Honey Dijon dressing in a flour tortilla.....\$10

Pulled BBQ Pork

Slow-cooked until tender in our homemade Jack Daniel's barbeque sauce served on toasted garlic Panini loaf.....\$10

Grilled Veggie Panini

Grilled marinated Portobello mushrooms, grilled zucchini, red onion with a homemade basil pesto mayo & Goat's cheese.....\$11

Steak & Cheddar Panini

Grilled marinated beef strips topped with sautéed onions, bell peppers, Canadian cheddar & our own Belgian-style frite sauce.....\$11

All of our Sandwiches, wraps & burgers served with your choice of:

*Fresh-cut fries
Jazz up your fries!
Add Gravy \$1 or
Frite Sauce \$.80
*Poutine add \$2.50

*Garlic mashed potato
*Baby Green Salad
*Potato chippers
*Seasonal vegetables

*Caesar Salad add \$2
*Black & Tan Onion Rings
add \$1.50
*Any two of the above items
add \$1.50

BURGERS

Your choice of **100% Beef, Grilled Chicken** or **Veggie Patty**
on a toasted Sesame poppy seed kaiser with lettuce & tomato
Served with your choice of side

Barley Mow Signature

We load it up with sautéed onions, mushrooms, bacon, Cheddar cheese, Swiss cheese
& our own Stella Artois mustard sauce.....\$11

Traditional

Just lettuce, tomato, simplicity at its best.....\$9

English Blue

Stilton blue cheese, sautéed onions topped with Black & Tan onion rings.....\$11

Oh Canada

Canadian bacon, sautéed onions & Canadian Cheddar cheese.....\$10

Customize your burger!

Cheddar, Swiss or Stilton blue cheese, Portobello mushroom or bacon

Each item add .85

Sautéed mushrooms, sautéed onions, olives, red onions, jalapeno peppers or dill pickles

Each item add .50

THE MAINEVENT

New York Steak

8oz New York cut "AAA" Strip loin grilled to perfection & served with your choice
of any two of the following: Fresh-cut fries, garlic mashed potatoes, rice, baby green
salad, Caesar salad, chippers, Black & Tan onion rings or vegetables.....\$18

Steak Frite **Pub Favourite**

Tender marinated grilled beef sliced & served on fresh in-house cut shoestring fries
with our homemade basil pesto mayo.....\$14

Seafood Linguine

Shrimp & Scallops sautéed in a fresh basil, garlic, chili olive oil then tossed with
linguine noodles served with garlic loaf.....\$13

Chili Con Carne

Southwest-style spicy blend of ground beef, chili peppers, garlic, onions, kidney
beans & cumin topped with Tex-Mex cheese served with fresh in-house fried corn
tortilla chips.....\$10

Heart Smart Soy Marinated Chicken

Grilled chicken breast marinated in a fresh citrus soya sauce served with seasonal
vegetables & a baby green salad with Balsamic vinaigrette.....\$12

TRADITIONAL PUB FARE

The Barley Mow Signature Fish & Chips

Fresh fillet battered to order in our own Guinness beer batter with fresh cut fries and homemade tartar sauce.....Haddock...\$13 Pacific Halibut...\$17

English-style Bangers & Mash

Braised sausage, garlic mashed potatoes, gravy & seasonal vegetables.....\$12

Malaysian Chicken **Signature Dish**

A red hot chili, coriander, coconut milk curry with chicken breast, Shanghai noodles & oriental vegetables with Chinese pickles.....\$13

(Vegetarian option available)

Lamb Vindaloo

Indian-style curry of lamb, onions & potatoes simmered in a very spicy tomato sauce served on rice with garlic pita bread.....\$12

Pub-Style Chicken Curry

In the British tradition, a mild, slow simmered coconut milk chicken vegetable curry served on rice with a baby green salad & garlic pita bread.....\$12

Liver & Onions

Tender grilled calf's liver prepared to your liking smothered in caramelized onions, bacon rashers, gravy with garlic mashed potatoes & vegetables.....\$12

Vegetable Quiche

A baked flan prepared fresh with the chef's selection of seasonal vegetables & cheese served with your choice of any two sides.....\$11

Catch of the Day

Only the finest chef's offerings of seafood delivered fresh daily.....Market Price

Our chef's daily Lunch & Dinner Specials always featured

MUNCHIES & SNACKS

Barley Mow Wings

One pound of our seasoned wings with Belgian frite sauce or blue cheese dip.....\$10

***Mild *Medium *Hot *Suicide *Barbecue *Dusted *Buffalo *Honey Garlic**

Add Fresh-cut fries...\$2 Black & Tan Onion Rings...\$3 Chippers...\$3

Nachos

Fresh in-house fried nacho chips baked with Cheddar, Monterey & Mozzarella cheese, salsa, diced tomatoes and green onions with sour cream.....\$10

Chicken or Beef Nachos

Load up our nachos with your choice of spicy Mexican chicken or grilled fajita beef, jalapeno peppers & black olives.....\$12

Chili Nachos

Our nachos smothered with in-house prepared chili & jalapeno peppers.....\$12

Chicken Fingers

Breaded chicken breast filets with fresh-cut fries and plum sauce.....\$10

Buffalo Fingers

Our fingers tossed in a spicy pepper sauce with fresh-cut fries and our homemade Belgian-style frite sauce.....\$10

Chippers

Thin sliced potato crisps deep-fried & dusted with sea salt or Cajun spice.....\$5

Black & Tan Onion Rings

Thick-sliced onions dipped in an ale batter drizzled with Guinness.....\$6

Fresh-Cut French Fries

Side.....\$3 Basket.....\$5 Add Gravy.....\$1 Add Frite Sauce.....\$.80

Poutine

Our fresh-cut fries topped with Mozzarella cheese & gravy.....Small...\$5 Large...\$8

Pub-Style Curry & Chips

Fresh-cut fries topped with a mild coconut milk chicken curry.....\$8

Chili Cheese Fries

Our fresh-cut fries topped with homestyle chili & Tex Mex cheese

Small...\$5.50 Large...\$8

Barley Mow Platter

A sampling of our Wings, deep-fried perogies, Black & Tan Onion Rings, Chippers served with Belgian-style frite sauce & our Malaysian sauce.....\$16

