

FRESH SALADS & SOUPS

Add to any Salad:

Grilled Chicken or Crispy Chicken...\$3.50

Grilled Beef...\$4

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 creamy garlic dressing topped with Pancetta, Parmesan cheese & crisp herb Naan points.....Side...\$6 Meal.....\$11

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

Summer Berry Salad

Blend of tender and crisp greens topped with cherry tomatoes, oranges, red onion & fresh berries finished with Goat's cheese & Raspberry-Poppyseed dressing.....\$11

Soup of the Day

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

Cold Cucumber & Dill Soup

A refreshing soup prepared with yogurt served with crisp Naan points.....\$6

BURGERS

Your choice of **100% Beef, Grilled Chicken or Veggie Patty**

Served on a toasted kaiser with lettuce & tomato served with your choice of side

Barley Mow Signature

Sautéed onions, mushrooms, bacon, Cheddar, Swiss & Stella mustard sauce.....\$12

Traditional

Just lettuce, tomato, simplicity at its best.....\$10

English Blue

Stilton blue cheese, sautéed onions topped with Black & Tan onion rings.....\$12

Oh Canada

Canadian bacon, sautéed onions & Canadian Cheddar cheese.....\$11

Customize your burger!

Each item add .85 Cheddar, Swiss or Stilton blue cheese, Portobello mushroom or bacon

Each item add .50 Sautéed mushrooms, onions, olives, red onions, jalapenos or dill pickles

All of our Sandwiches, Wraps & Burgers served with your choice of:

*Fresh-cut fries *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

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

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.....\$12

Roast Beef au Jus

Tender beef is roasted & sliced in-house, topped with tomato, sautéed onions, horseradish Dijon mayo on a Ciabatta bun 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.....\$11

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.....\$11

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.....\$11

White Fish Tacos

Oven-baked soft flour tortillas are filled with Haddock simmered in a rich leek fondue sauce, green onions, ripe tomatoes & Tex-mex cheese.....\$12

PRESSED PANINI SANDWICHES

Our warm Panini sandwiches are all served on fresh Ciabatta rolls

Grilled Veggie Panini

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

Tuscan Panini

Grilled lean ham, spicy marinated antipasto & Goat's cheese.....\$11

Steak Panini

Grilled tender beef, sautéed onions & peppers, Cheddar cheese & Frite sauce.....\$12

All of our Sandwiches, Wraps & Burgers served with your choice of:

*Fresh-cut fries *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

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

APPETIZERS & MUNCHIES

New York-Style Pretzels

Two fresh-baked jumbo soft pretzels served with Old-fashioned Dijon mustard...\$6

Perogies

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

Smoked Salmon Plate

Thinly sliced smoked Atlantic salmon rosette served with dill cream cheese, red onion, capers, lemon wedges and toasted marble rye points.....\$14

Vegetarian Springrolls

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

Barley Mow Wings

One pound of our seasoned wings with Belgian frite sauce or blue cheese dip.....\$11

***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.....\$11

Chicken or Beef Nachos

Load up our nachos with your choice of spicy Mexican chicken or grilled fajita beef, jalapeno peppers & black olives.....\$14

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 Belgian-style frite sauce.....\$11

Chippers

Thin sliced potato crisps deep-fried & dusted with sea salt or Cajun spice.....\$6

Black & Tan Onion Rings

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

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

PUB FARE & ENTREES

The Barley Mow Signature Fish & Chips

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

Malaysian Chicken

A red hot chili, coriander, coconut milk curry with chicken breast, Shanghai noodles & oriental vegetables with Chinese pickles (Vegetarian option available).....\$14

Lamb Vindaloo

Indian-style curry of lamb, onions & potato slow cooked in a very spicy tomato sauce served on a bed of rice with garlic naan bread.....\$12

New York Steak

8oz New York "AAA" Strip loin served with your choice of any two of : Fries, rice, baby greens, Caesar salad, chippers, Black & Tan onion rings or veggies.....\$18

Steak Frite Pub Favourite

Tender marinated grilled beef sliced & served with fresh in-house cut shoestring fries & our homemade basil pesto mayo.....\$15

Quesadilla

Flour tortilla with Tex-Mex cheese, peppers, onions with sour cream & salsa.....\$9
Add grilled chicken.....\$3.50 or Grilled beef.....\$4 or Guacamole.....\$3

Fusili Antipasto

Spiral pasta tossed with Olive oil, Pancetta & spicy marinated vegetables served with garlic bread.....\$12 Add Grilled chicken breast.....\$3.50

Chicken Souvlaki

Mediterranean marinated grilled brochette on a bed of rice with Tzatziki sauce & our Summer Berry Salad.....\$14

Vegetarian Quiche of the Day

A baked flan prepared fresh with the chef's selection of seasonal vegetables & cheese served with your choice of any two sides.....\$12

Catch of the Day

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



