

~ ON TAP ~

DOMESTIC - \$5.00

BLUE LAGER  
BUDWEISER  
BUD LIGHT

PREMIUM - \$5.43

ALEXANDER KEITH'S PALE ALE  
ALEXANDER KEITH'S RED AMBER  
ALEXANDER KEITH'S LIGHT  
ALEXANDER KEITH'S WHITE  
BEAU'S LUG-TREAD LAGERED ALE  
CREEMORE SPRINGS PREMIUM LAGER  
WELLINGTON ARKELL BITTER

FROM AROUND THE WORLD - \$6.05

GUINNESS STOUT  
KILKENNY CREAM ALE  
BASS ALE  
BODDINGTONS CREAM ALE  
HOEGAARDEN  
SMITHWICKS IRISH RED  
STELLA ARTOIS  
STELLA LIGHT  
STRONGBOW CIDER  
HARP

~ WINE SELECTION ~

RED

	GLASS	BOTTLE	½ LITRE	LITRE
HOUSE - SANTA CAROLINA – CABERNET/SAUVIGNON – CHILE	\$5.86	-	\$13.75	\$25.45
TRAPICHE RESERVA - MALBEC – ARGENTINA	\$7.39	\$28.50		
LITTLE BOOMY – SHIRAZ – AUSTRALIA	\$7.39	\$28.50		
BARON PHILIPPE DE ROTHSCHILD – MERLOT - FRANCE	\$7.39	\$28.50		
ERRAZURIZ – SHIRAZ – CHILE	\$7.69	\$32.50		
CASA DEA - CD ROSSO -PRINCE EDWARD COUNTY-ONTARIO	\$7.69	\$32.50		
COUSINO MASCUL ANTIGUAS - CABERNET SAUVIGNON - CHILE	\$8.67	\$37.70		
FOLONARI - VALPOLICELLA RESERVA – ITALY	\$8.67	\$37.70		

WHITE

	GLASS	BOTTLE	½ LITRE	LITRE
HOUSE - SANTA CAROLINA – CHARDONNAY– CHILE	\$5.86	-	\$13.75	\$25.45
KITTLING RIDGE – WHITE ZINDANDEL - CANADA	\$5.86	\$22.75	\$13.75	
FOLONARI – SOAVE – ITALY	\$6.87	\$24.75		
ASTICA – SAUVIGNON BLANC/SEMILLON – CHILE	\$6.87	\$24.75		
COTES DU RHONE – LOUIS BERNARD - FRANCE	\$7.39	\$28.50		
ERRAZURIZ – SAUVIGNON BLANC – CHILE	\$7.39	\$28.50		
MACON VILLAGE GEORGE DEBEUF – CHARDONNAY - FRANCE	\$7.69	\$32.50		
FOLONARI – PINOT GRIGIO – ITALY	\$7.69	\$32.50		
CASA DEA – CHARDONNAY -PRINCE EDWARD COUNTY-ONTARIO	\$7.69	\$32.50		
CASA DEA - RIESLING -PRINCE EDWARD COUNTY-ONTARIO	\$8.67	\$37.70		

## ~ WHAT'S GOING ON ~

Come back and Visit the Barley Mow on any of the following days to take advantage of some great food specials and promotions.

---

### MONDAY

#### **ALL YOU CAN EAT WINGS!**

Visit the Barley Mow Monday nights for all you can eat wings for \$10.99\* starting at 8pm.  
\*With purchase of a beverage with every pound ordered

---

### TUESDAY

#### **TUESDAY NIGHT IS RIB NIGHT!**

Our Tender Juicy RIBS will now be served each tuesday along with other Rib specials and dinner specials.

#### **KIDS EAT FREE\* 5-8pm**

\*With the purchase of any entrée receive a kids meal for free.

---

### WEDNESDAY

#### **ALEXANDER KEITH'S DAY**

Get a mini pitcher (30oz) of your favourite **Alexander Keith's Draft Beer** for only **\$6.50** plus applicable taxes.

---

### THURSDAY

#### **THIRSTY THURSDAY!**

**\$4.50 PINTS ALL DAY** – Budweiser, Budweiser Light, Labatt Blue

#### **\$5 DOUBLES After 8pm**

Enjoy a double shot of the house Vodka, Rum, Dark Rum, Gin or Rye for only \$5 after 8pm

---

### FRIDAY

#### **LIVE ENTERTAINMENT**

Starting at 9pm we showcase some of the areas local talents.

---

### SATURDAY

#### **STEAK & WINE NIGHT**

Come join us on Saturdays for great steak specials while also enjoying any bottle of wine, from our wine list, for \$20.00\* plus applicable taxes.  
Great for birthday parties and anniversaries.

\*EXCLUDES THE HOUSE WINES.

#### **LIVE ENTERTAINMENT**

Starting at 9pm we showcase some of the areas acoustical talents.

---

### SUNDAY

#### **SUNDAY BRUNCH BUFFET - \$14.99**

Visit the Barley Mow between 10am and 2pm to enjoy a meal from our New Brunch Buffet. Items include made to order omelettes, salads, bacon and eggs, and many more of your favourite brunch items.

#### **Sunday \$3, \$4, \$5!**

Enjoy a Bottle of Domestic Beer for \$3.00 + tax, a Domestic Draft for \$4.00+tax or a Caesar with brunch or anytime after 11am for \$5.00 + tax.

## ~ SOUPS & SALADS ~

### FRENCH ONION SOUP - \$4.99

A traditional French onion soup topped with a crouton and Asiago cheese then baked golden brown

### SOUP OF THE DAY - \$5.99

Our freshly made soup of the day served with garlic bread. Ask your server what today's soup is.

**SALAD DRESSINGS: SOYA GINGER, BALSAMIC, BLUE CHEESE, POPPY SEED, ITALIAN, RASPBERRY VINAIGRETTE, PEAR AND BLUE CHEESE OR RANCH**  
**~ADD GRILLED CHICKEN, GRILLED BEEF, OR SOUVLAKI SKEWERS... \$2.99 ~**

### **BABY GREENS – SIDE...\$4.99 MEAL...\$8.99**

Spring mix topped with tomatoes, red onion and cucumbers.

### **CAESAR SALAD - Side...\$5.99 Meal...\$10.99**

Crisp romaine lettuce tossed in Homemade Caesar dressing topped with real bacon bits, Parmesan cheese & herb croutons.

### **GREEK SALAD - Side...\$5.99 Meal...\$10.99**

A bed of fresh romaine lettuce topped with tomatoes, cucumber, red onion, Kalamata olives, and crumbled Feta cheese accompanied with a side of our own Balsamic vinaigrette.

### **CARIBBEAN MANGO SALAD - \$11.99**

Mango, red Onion, cucumber, tomatoes, bell peppers, pine nuts & Goat cheese tossed in your choice of dressing and served on a bed of romaine lettuce

### **SPINACH COBB SALAD - \$10.99**

Spinach and mixed greens topped with Ham, red onion, Monterey jack cheese & hardboiled egg served with Poppy seed Vinaigrette.

### **STEAK SALAD - \$13.49**

A bed of romaine lettuce placed on a flavoured tortilla topped with red onion, Monterey jack cheese, tomato, cucumber and 4oz of thinly sliced Sirloin

## ~ CREATIVE APPETIZERS ~

### **BARLEY MOW TACO DIP - \$12.99**

Our twist on the traditional layered dip with a cream cheese, sour cream and salsa base, layered with lettuce, onions, tomato, jalapenos and Monterey jack cheese. Served with taco chips to dip and share.

### **MEDITERRANEAN PLATE - \$12.99**

Generous helpings of Hummus, Tzatziki and Kalamata olives served with a Greek salad and warm Naan bread.  
**Extra Naan bread.....\$0.99.**

### **SMOKED SALMON PLATTER- \$13.99**

Smoked Salmon accompanied with rye toast, red onion, capers, dill crusted cream cheese and mixed greens.

### **POTATO CAKES - \$6.49**

Our spin on the classic potato cake with cheese, bacon, and green onion fried golden brown. Served best with our spicy thai sauce, or any sauce you prefer.

### **ZUCCHINI – \$8.99**

A generous helping of fresh zucchini, breaded in house daily, served with Belgian frite sauce

### **MUSSELS - \$13.99**

Served steaming in your choice of Sweet & Spicy Red Thai or White Wine cream sauce.

### **PEROGIES – \$7.99**

Deep fried potato & Cheddar pastries topped with sautéed onions & bacon served with sour cream.

### **BRUSCHETTA – \$7.99**

Our freshly made bruschetta served with toasted dough medallions to share.

### **QUESADILLA - \$10.99**

A 12" flour tortilla Stuffed with cheese, tomatoes & green onions served with sour cream & salsa on the side.  
Add Grilled Chicken or Beef... \$2.99

## ~ SANDWICHES ~

### **BEEF DIP - \$11.99**

5oz of thinly sliced Ribeye served warm on a sourdough Panini  
with Au Jus and Heineken beer mustard sauce on the side.

### **CLASSIC RUEBEN - \$11.99**

Sliced Pastrami on toasted rye topped with sauerkraut, Swiss cheese & Heineken beer mustard.  
Served with a giant dill pickle on the side.

### **GRILLED STEAK SANDWICH - \$13.99**

6oz New York Striploin grilled to your liking. Served open faced atop a garlic brushed sourdough  
Panini and topped with sautéed mushrooms and onions.

### **GRILLED CHICKEN CLUB - \$11.99**

Grilled chicken breast topped with grilled bacon, Swiss cheese, lettuce & tomato.  
Served on a toasted Sourdough Panini.

## ~ GOURMET BURGERS ~

YOUR CHOICE OF 100% CANADIAN BEEF, GRILLED CHICKEN OR SOY VEGGIE PATTY  
ALL OUR BURGERS ARE SERVED ON A TOASTED KAISER WITH LETTUCE AND TOMATO

### **TRADITIONAL BURGER - \$9.49**

PLAIN & SIMPLE

### **BBQ BACON BURGER - \$10.49**

Bacon, Melted Cheddar & Smokey BBQ Sauce

### **TEX-MEX BURGER - \$10.49**

Chipotle mayo, guacamole & Cheddar cheese

### **PORTOBELLO BURGER - \$10.49**

Topped with a Portobello mushroom cap  
sautéed in a balsamic demi glaze & Swiss cheese

### **ROASTED PEPPER BURGER - \$10.49**

Roasted red peppers, chipotle mayo and Cheddar  
cheese.

### **BARLEY MOW SIGNATURE - \$10.99**

Sautéed onions, mushrooms, bacon, cheddar cheese and Swiss cheese topped with Heineken beer  
mustard sauce.

ALL OF OUR SANDWICHES WRAPS & BURGERS ARE SERVED WITH YOUR CHOICE OF:  
FRESH-CUT FRIES, GARLIC MASHED POTATOES, BABY GREENS, MIXED VEGETABLES OR RICE PILAF.

### **UPGRADE YOUR SIDE FOR \$1.99**

Substitute SWEET POTATO FRIES, GREEK SALAD, CAESAR SALAD, ONION RINGS or CHIPPERS  
for your regular side dish.

Extra side of dressing, sauces or dips - \$0.59 | Add a side of Gravy - \$1.99

## ~WRAPS~

### ~ALL SERVED IN A 12" FLOUR TORTILLA~

#### **EAST COAST WRAP - \$11.49**

Lightly breaded & fried haddock, red and green bell peppers, onion, Monterey jack cheese & tartar sauce baked to a golden brown and served warm.

#### **CHILLI-LIME CHICKEN & BLACK BEAN WRAP - \$11.49**

Grilled chicken, Jalapeno pepper & lime black bean mix, lettuce, tomato, sour cream, salsa & mixed cheeses.

#### **BEEF FAJITA WRAP - \$11.49**

Seasoned grilled beef, lettuce, tomato, sautéed bell peppers and onions, salsa, sour cream and a mix of Monterey jack and mozzarella cheeses.

#### **CRISPY CHICKEN WRAP - \$11.49**

Breaded chicken tenderloin, lettuce, tomato, Monterey jack cheese, bacon & our own Belgian Frite sauce

#### **BUFFALO CHICKEN WRAP - \$11.49**

Breaded chicken tenderloin, tossed in your favourite WING sauce, lettuce, tomato, Monterey jack cheese, bacon & Frite sauce.

(Suicide, Hot, Mild, BBQ, Honey Garlic, Spicy Thai)

#### **GRILLED CHICKEN WRAP - \$11.49**

Grilled chicken breast, lettuce, tomato, cucumber, Monterey jack cheese, spicy eggplant & Tzatziki.

#### **VEGETABLE GREEK WRAP - \$11.49**

Lettuce, tomato, black olives, Feta cheese, red onion, cucumber, Tzatziki & Hummus.

Add a skewer of Souvlaki to the wrap - \$2.99

## **WHY ARE THE FRIES SO GOOD ?**

At the Barley Mow Pubs all of our French Fries are cut fresh daily from Grade 1 Jumbo Canadian Potatoes.

ALL OF OUR SANDWICHES WRAPS & BURGERS ARE SERVED WITH YOUR CHOICE OF: FRESH-CUT FRIES, GARLIC MASHED POTATOES, BABY GREENS, MIXED VEGETABLES OR RICE PILAF.

#### **UPGRADE YOUR SIDE FOR \$1.99**

Substitute SWEET POTATO FRIES, GREEK SALAD, CAESAR SALAD, ONION RINGS or CHIPPERS for your regular side dish.

Extra side of dressing, sauces or dips - \$0.59 | Add a side of Gravy - \$1.99

## ~ TRADITIONAL PUB FARE ~

### **BARLEY MOW HADDOCK & CHIPS - \$13.99**

Fresh 7oz fillet, battered to order in our secret Guinness Beer batter  
Best served traditionally with fresh cut fries & homemade tartar sauce.

### **NEW ZEALAND BLUE COD & CHIPS - \$12.99**

Fresh 7oz fillet, battered to order in our secret Guinness Beer batter  
Best served traditionally with fresh cut fries & homemade tartar sauce.

### **PUB-STYLE CURRY - \$11.99**

Chicken breast & vegetables simmered in mild garlic & coconut milk curry. Served Over rice, with baby greens & warm Naan.

### **LIVER & ONIONS - \$12.99**

Baby beef liver sautéed in a rich Au Jus, topped with sautéed onions, bacon.  
Served with garlic mashed potatoes & seasonal vegetables.

### **BANGERS & MASH - \$12.49**

English-style sausage, garlic mashed potatoes with gravy & seasonal Vegetables.

### **TENDERLOIN & PORTOBELLO PIE - \$13.99**

An upscale pub favourite with beef tenderloin & Portobello mushrooms in a rich beer reduced gravy.  
Topped with puff pastry and served with seasonal vegetables and your choice of potato.

### **MALAYSIAN CHICKEN - \$12.99**

A red hot chilli garlic, coriander & coconut Milk curry with chicken breast, Shanghai Noodles, vegetables & Chinese pickles.

**IF YOU WISH TO SUBSTITUTE THE SUGGESTED SIDES  
YOU MAY CHOOSE ANY TWO OF THE FOLLOWING SIDES AT NO EXTRA CHARGE:**

FRESH-CUT FRIES, GARLIC MASHED POTATOES, LONG-GRAIN & WILD RICE PILAF, BABY GREENS, or  
SEASONAL VEGETABLES

Greek Salad, Caesar Salad, sweet potato fries or chippers add \$1.25  
Side of Gravy - \$1.99 ♦ Side of Mushrooms & Onions - \$1.75

## ~ THE MAIN EVENT ~

### **GREEK SOUVLAKI - \$12.99**

Mediterranean marinated grilled chicken skewers served on a bed of seasoned Rice Pilaf with our Greek salad & Tzatziki sauce.

### **CAJUN SPICED CATFISH - \$13.99**

7oz Fresh fillet spiced to perfection, baked, and served with Rice Pilaf and baby greens.

### **GRILLED SALMON - \$14.99**

Simple and delicious... Lightly glazed with lemon butter then grilled. Served with Rice Pilaf and seasonal vegetables.

### **10OZ NEW YORK STRIPLOIN - \$18.99**

The finest cut grilled to your specifications and seasoned to perfection.  
Served with mashed potatoes & seasonal vegetables.

### **GRILLED 10OZ NEW YORK PEPPERCORN STEAK - \$19.99**

Lightly crusted with crushed peppercorns and grilled to your specifications. Served with mashed potatoes and seasonal vegetables.

**IF YOU WISH TO SUBSTITUTE THE SUGGESTED SIDES  
YOU MAY CHOOSE ANY TWO OF THE FOLLOWING SIDES AT NO EXTRA CHARGE:**

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

Greek Salad, Caesar Salad, sweet potato fries or chippers add \$1.25  
Side of Gravy - \$1.99 ♦ Side of Mushrooms & Onions - \$1.75

## ~ DESSERTS ~

### **HOME MADE APPLE CRUMBLE - \$5.99**

A heaping serving of our home made apple crumble served with a scoop of vanilla ice cream.

### **PUDDING CHOMEUR - \$5.99**

Our in house version of the French Canadian favourite. A large serving of sweet bread pudding topped with a drizzle of cream and brown sugar syrup

### **DESSERT OF THE WEEK - \$5.99**

ASK YOUR SERVER FOR DETAILS.

THESE DELICIOUS FRESHLY MADE DESERTS ARE ONLY AVAILABLE WHILE SUPPLIES LAST.

A FRESH NEW DESERT OF THE WEEK IS MADE EACH THURSDAY.

## ~ MUNCHIES ~

### **BARLEY MOW WINGS - \$10.99**

One pound of seasoned wings tossed in the sauce of your choice served with our famous homemade Belgian-style Frite sauce.

BBQ ♦ Medium ♦ Hot ♦ Suicide ♦ Dusted ♦ Honey Garlic ♦ Spicy Thai

### **NACHOS - \$10.99**

In-house fried corn tortillas baked with cheese, salsa, diced tomatoes & green onions.  
Extra Cheese...\$2.99

### **SUPER MOW NACHOS - \$14.49**

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

### **CHICKEN FINGERS - \$10.49**

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

### **BUFFALO FINGERS - \$10.99**

Our regular 5 fingers tossed in a spicy hot pepper sauce, served with fresh-cut fries  
And Belgian-style Frite sauce.

### **ZUCCHINI - \$8.99**

A generous helping of fresh zucchini, breaded in house daily, served with Belgian frite sauce

### **CHEESY GARLIC BREAD - \$8.99**

3 Pieces of oven baked garlic bread topped with melted Monterey Jack & mozzarella cheeses & bacon.

### **SWEET POTATO FRIES, CHIPPERS OR ONION RINGS - \$7.99**

Choose from our Thinly sliced potato chippers deep-fried until golden and crisp, our shoestring cut sweet potato fries or Golden Onion Rings. Lightly seasoned and served with Frite Sauce.

### **PEQUENOS - \$8.40**

Philipino wheat paper rolls stuffed with spicy beef and veggies served w/ banana ketchup.

### **CALAMARI - \$9.99**

Deep fried calamari served on a bed of lettuce with a side of cocktail dipping sauce.

### **BARLEY MOW PLATTER - \$21.99**

Can't decide? Try a few of our favourites.

Cheesy garlic bread, perogies, wings, chicken fingers, zucchini sticks and chippers served with sour cream, medium sauce and Belgian Frite sauce on the side.

### **UPGRADE YOUR SIDE FOR \$1.99**

Substitute SWEET POTATO FRIES, GREEK SALAD, CAESAR SALAD, ONION RINGS or CHIPPERS  
for your regular side dish.

Extra side of dressing, sauces or dips - \$0.59 | Add a side of Gravy - \$1.99