

## ~ 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 ORIGINAL WINGS - \$13.99**

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

\* Mild \* Medium \* Hot \* Suicide \* Dusted \* Teriyaki\* Plain \*

### **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.