

The BARLEY MOW

(Est. 1995)



CANADA'S 150TH
BIRTHDAY
MENU EDITION

G A S T R O P U B

GASTROPUB:

A PUBLIC HOUSE THAT SPECIALIZES IN FRESH
HIGH QUALITY, HAND CRAFTED FOOD & BEER

Appetizers

EDAMAME \$8

SAUTEED EDAMAME BEANS/
CHILI GARLIC/ JAPANESE SAUCE/
BLACK SESAME SEEDS

VEGGY CAULIFLOWER BITES \$11

BATTERED CAULIFLOWER/ HOUSE
GARLIC RANCH DIP/TOSSED IN
CHOICE OF SAUCE - SAUCES: MILD,
MED, HOT, SUICIDE, 40 CREEK BBQ, THAI,
CAJUN OR BBQ DUSTED

PEROGIES \$12

SAUTEED POTATO & CHEESE
PASTRIES/ CRISP ONION STRAWS/
DOUBLE APPLE SMOKED BACON/
SOUR CREAM

ZUCCHINI STICKS \$12 *Everyone's Favorite*

HOUSE PANKO BREADED
ZUCCHINI SPEARS/ GARLIC RANCH

THE POUTINE \$12 *Staff Pick*

ENJOY A FRESH ROOT VEGETABLE
SALAD WITH BEEF VINAIGRETTE &
CHEESE CROUTONS

WINGS \$15

CHOICE OF SEASONED WINGS OR
BATTERED/ FRESH CUT FRIES/
GARLIC RANCH DIP

SAUCES: MILD, MED, HOT, SUICIDE, 40
CREEK BBQ, THAI, CAJUN OR BBQ DUSTED

POLLO CAPRESE \$17

FRESH MARINATED PAN
SEARED CHICKEN/ BOCCONCINI
CHEESE/ TOMATO/ SWEET
BASIL PESTO/ BALSAMIC
REDUCTION/ FRESH BASIL
LEAVES

LETTUCE WRAPS \$17

FENNEL & KOHLRABI SLAW/
AVOCADO/ PAN SEARED
MARINATED CHICKEN/
GREEN ONION/ THAI
PEANUT SAUCE

SHAREABLE

PLATES

FRYER BUCKET \$13

FRESH HOUSE CUT FRIES/
SWEET POTATO FRIES/ CRISP
CHIPS/ ONION RINGS/
GARLIC RANCH/ CHIPOTLE
MAYO/ HOME MADE TARTAR

Locally made

WONTON CRUNCH TRIO \$14 1/2

JALAPENO CREAM CHEESE/
CHICKEN BRUCHETTA &
CILANTRO PORK WONTONS/
SWEET & SPICY THAI/
BALSAMIC REDUCTION

STICKY FINGERS \$15

CHICKEN TENDERS/ FRESH CUT FRIES/
GARLIC RANCH/ TOSSED IN CHOICE
OF SAUCE - SAUCES: MILD, MED, HOT,
SUICIDE, 40 CREEK BBQ, THAI, CAJUN OR
BBQ DUSTED

COBB FUSION DIP \$16 *Kelsey's Creation*

CREAM CHEESE/ BLACK BEAN
SALSA/ GARLIC RANCH/ FRESH
GUACAMOLE/ SHREDDED CHEESE/
PEA TENDRILS/ DOUBLE APPLE
SMOKED BACON/ FETA CHEESE/
GREEN ONION/ WARM TORTILLA
CHIPS/ BALSAMIC REDUCTION

MOW-CHOS \$16

HOUSE FRIED TORTILLA/ FRESH
BLACK BEAN SALSA/ SHREDDED
CHEESE MIX/ BAJA CHEESE SAUCE/
SOUR CREAM/ GREEN ONIONS/
JALAPENO FLAKES/ GUACAMOLE
ADD PAN SEARED BEEF,
GRILLED OR BLACKENED
CHICKEN...\$5 EXTRA CHEESE...\$3


SMOKED SALMON PLATE \$18


HOUSE SMOKED ATLANTIC SALMON/
GRILLED POTATO SCALLION LOAF/
PICKLED BERMUDA ONIONS/ DILL
CREAM CHEESE/ FRIED CAPERS

CHARCUTERIE BOARD \$18

DRY CURED SALAMI/ HUNGARIAN
SALAMI/ GORGONZOLA CHEESE/
JALAPENO HAVARTI/ ASSORTED
OLIVES/ PEPPERONCINI/ GRILLED
POTATO SCALLION LOAF/
COBBLESTONE BEER MUSTARD

ALL OF OUR FOOD BEGINS WITH FRESH RAW
INGREDIENTS, CRAFTED FRESH DAILY BY OUR
CHEFS & THEIR TEAM

 = HOUSE SPECIALTY

 = HEALTHY CHOICE