

THE NARROWS

Music Bar & Restaurant

LAKE MINNETONKA AREA'S PREMIER MUSIC BAR

SMALL PLATES

CHICKEN LETTUCE WRAPS

Butter lettuce topped w/grilled thai chicken, cucumbers, carrots, cilantro, green onions & Szechuan sauce 7.5

CAPRESE BRUSCHETTA

Grilled ciabatta topped with fresh melted mozzarella, basil strips, sliced tomato & balsamic glaze 8

CHICKEN & MANGO QUESADILLA

Diced blackened chicken, mango salsa & pepper jack topped w/ cilantro & mango sauce 8

GLAZED PORK BELLY BITES

Cilantro & cucumber vinaigrette. Just enough to satisfy the craving! 8.5

HOUSE CHIPS

House made skin on chips served warm w/cilantro and blackened chicken avocado ranch dip 7

REUBEN MINIS

Four bite-size of a favorite to share! 7

SALTED GOUDA PRETZEL

2 pretzel twists warmed & served w/sides of creamy gouda cheese & dijon 7.5

ONION RINGS

Beer battered w/creamy bleu cheese side 6.5

LOBSTER QUESADILLA

Grilled tortilla w/lobster, pepper jack cheese & diced tomato. Topped w/cilantro & mango-habanero pineapple sauce 8

TRI-COLOR CHIPS & SALSA **GF**

Served w/our house made salsa 4.5 Add our guacamole 1.5

LOADED TOTS

Crispy tots topped w/cheese, bacon & green onion w/sriracha garlic mayo side 5.5

HONEY SMOKED SALMON CROSTINIS

Mango cream cheese & sriracha salt 9.5

COCONUT SHRIMP

Lightly fried w/sweet chili sauce side 8.5

SHRIMP SKEWERS **GF**

2 skewers, choice of:
• blackened w/mango salsa 9.5
• buffalo style w/creamy bleu cheese & celery 9.5

STEAK BITES

Grilled & blackened steak bites w/creamy horseradish side 11

HOUSE PIZZA

Thin crust, pomodoro sauce, mozzarella, choice of:
• pepperoni 8
• pepperoni & sausage 8.5
• house specialty 9.5

STARTERS

BIG ISLAND SLIDERS

Choice of:
• blackened fish w/shredded lettuce & creamy cilantro sauce 10.5
• creamy lobster mix w/shredded lettuce 11.5
• sliced brisket w/shredded lettuce & creamy horseradish 10.5

QUESO SPINACH DIP **GF**

Blend of hot pepper cheeses, fresh garlic, diced tomato, onion & jalapenos served hot w/our house made tri-color chips 10

NARROWS WINGS

Choice of:
• house seasoned & ranch side 10.5
• sweet chili grilled 10.5
• buffalo style & blue cheese side 10.5
• asian sesame 10.5

CAJUN WRAPS

House made w/black beans, corn, pepper jack cheese & cilantro. Tri-color chips, cajun mayo & salsa sides 9.5

SEARED AHI TUNA **GF**

Seared w/black & white sesame seeds, wasabi cream sauce, spring mix, soy & ginger 14

TACO TRIOS

3 flour tortillas w/choice of:
• sliced smoked brisket w/cilantro, diced tomato, shredded lettuce & cilantro lime sauce 10.5
• pork belly w/sliced cukes, cilantro, shredded lettuce & cucumber vinaigrette 11.5
• buffalo chicken w/ celery, green onion, shredded lettuce & creamy bleu cheese 10.5
• blackened fish w/lettuce/tomato & cilantro lime sauce 10.5

DOCK SIDE CHICKEN TENDERS

Choice of: BBQ side or tossed in buffalo sauce w/creamy bleu cheese & celery sides 9

NARROWS QUESADILLA

Grilled tortilla w/seasoned chicken breast & cheddar jack cheese. Salsa & sour cream sides 9.5

GRILLED ASPARAGUS & MOZZARELLA CAPRESE **GF**

Fresh mozzarella, grilled asparagus, grape tomatoes, mandarin oranges, fresh basil, balsamic glaze & olive oil 8.5

JJ'S GREEN BEANS

Szechuan style w/bacon pieces, green onions & sesame seeds 9

ROASTED CHILI NACHOS

Mild roasted diced green chilies, cheddar jack cheese, jalapeños, diced tomatoes & black olives. Guacamole, salsa & sour cream sides 9 add ground beef 2.5 / add chicken 4 / add brisket 5.5

Lunch Specials

Available Monday-Friday
11am-3pm

SLIDER

Choice of:
• sliced brisket w/grilled onions & creamy horseradish
• blackened white fish & creamy cilantro
• buffalo chicken & creamy bleu cheese

SANDWICH

Choice of:
• grilled cheese
• 1/2 Metro Deli sandwich: turkey, ham or corned beef w/ lettuce/tomato, red onion & mayo

CUP OF SOUP

• Soup of the Day
• Dirty pork stew / lobster bisque add 1.50

NARROWS SIDE SALAD

• Sweet & salty walnuts, grape tomatoes, house made croutons on romaine w/choice of dressing

CHOOSE
2 FOR \$9

SALADS

Includes grilled French garlic bread.

GRILLED CHICKEN & PEAR SALAD **GF**

Crisp spring mix & romaine, pears, herb grilled chicken, feta & maple salted walnuts tossed in poppy seed dressing 11.5

CHOP CHOP SALAD **GF**

Crisp greens w/diced herb grilled chicken, applewood bacon, bleu cheese crumbles, black olives, red onion & banana peppers tossed in balsamic ranch 12

KITCHEN COBB SALAD **GF**

Chopped romaine topped w/grilled chicken, applewood bacon, egg, avocado, green onion, tomato & bleu cheese crumbles 12

TACO SALAD

Home made taco shell filled w/seasoned ground beef, shredded lettuce, tomato, black olives, green onion, jalapeños & sour cream. Guac, salsa & red ranch sides 10.5 Sub chipotle chicken add 2

Dressing choices:

Blue Cheese, Thousand Island, Ranch, Italian, Raspberry Vinaigrette, Balsamic Vinaigrette, Avocado Ranch, French, Balsamic & Olive Oil, Honey Mustard, Poppy Seed, Balsamic Ranch, Caesar

Add to salads below

honey smoked salmon 6
blackened or grilled: chicken 4
shrimp skewers 6 / salmon 6 /
seared ahi tuna 6 / steak 6

AVOCADO TOMATO SALAD **GF**

Basil & spinach, feta, grape tomatoes & red onion tossed w/avocado ranch 9.5

FARMERS MARKET SALAD **GF**

Spinach & spring mix w/fresh mozzarella, asparagus, red & yellow peppers, sliced cucumber, grape tomatoes, sweet & salty walnuts & balsamic glaze 10

CLASSIC CAESAR SALAD

Romaine, parmesan & our home made croutons tossed in our creamy house Caesar dressing 8.5

RED BEET SALAD **GF**

Spring mix topped w/beets, bleu cheese crumbles, sweet & salty walnuts & balsamic glaze 10

LAKESHORE SALAD

Diced blackened chicken, spinach, butter lettuce, dried cherries, sugar snap peas, matchstick carrots, pumpkin seeds & croutons w/side of raspberry vinaigrette 12

Choice of:

House Fries / Kettle Chips / Cottage Cheese / Tater Tots / Coleslaw
Sub for \$2: Sweet Potato Fries / Onion Rings / Fresh Fruit

WRAPS

COCONUT SHRIMP WRAP

Spring mix, pineapple, mandarin oranges, grapes & mango-pineapple habanero sauce 12.5

BUFFALO CHICKEN WRAP

Spicy buffalo chicken breast, lettuce, tomato, creamy bleu cheese dressing & side of tri-color tortilla chips & salsa 10.5

BLACKENED FISH WRAP

Blackened & grilled white fish w/romaine, diced tomato & creamy ranch 12

CHICKEN CAESAR WRAP

Romaine, shredded parmesan, diced tomato, grilled chicken breast & house Caesar dressing 10.5

DESSERTS

ICE CREAM SUNDAE

Choice of ice cream topped with hot fudge:
Salted caramel 5.5
Vanilla bean 4.5

MINI DOUGHNUTS

w/cinnamon & sugar 5.5

ROCKSLIDE BROWNIE

Served warm w/salted caramel ice cream topped w/chocolate & whipped cream 7

CHEESECAKE OF THE DAY 5.5

WARNING: CONSUMPTION OF UNDERCOOKED MEAT, POULTRY, EGGS, OR SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESSES. ALERT YOUR SERVER IF YOU HAVE SPECIAL DIETARY REQUIREMENTS.

GF = GLUTEN FREE

BURGERS

Choice of: House Fries / Kettle Chips / Cottage Cheese / Tater Tots / Coleslaw

Sub for \$2: Sweet Potato Fries / Onion Rings / Fresh Fruit

SMOKY BLT BURGER

Smokehouse seasoning, applewood bacon, onion straws, lettuce/tomato & smoky mayo on a grilled pretzel bun 12

THE BUCKSNORT

Double stacked patties w/cheese, shredded lettuce, sweet pickles & secret sauce on a grilled plain bun 12

INSANITY BURGER

Crazy good! Smokehouse seasoned & topped w/brisket, onion straws, pepper jack cheese, lettuce/tomato & smoky mayo on a grilled plain bun 13.5

THE LOCAL

New local favorite! Blackened & topped w/cheddar, sliced avocado, jalapeño bacon, tomato, shredded lettuce, crispy onions & avocado ranch on a grilled pretzel bun 12.5

JOE'S BURGER

Smokehouse seasoned & topped w/pork belly, pepperjack, lettuce, red onion & jalapeno mayo on a grilled poppy seed bun 13.5

CHEESEBURGER "IN PARADISE"

American cheese, grilled red onions, lettuce/tomato, our 1000 island dressing on a grilled poppy seed bun. This one's messy! 11.5

BLACK & BLEU CHEESEBURGER

Blackened seasoning, sliced cheddar, crumbled blue cheese, lettuce/tomato & red onion on a grilled onion bun 12

CHIPOTLE BURGER

Chipotle peppers, jalapeño bacon, pepperjack cheese, lettuce & chipotle mayo on a grilled poppy seed bun 12

TURKEY BURGER

House made, grilled & topped w/cilantro, spring mix, sliced avocado, tomato & jalapeno mayo on a grilled plain bun 10.5

AVOCADO RANCH BACON CHEESEBURGER

Pepper jack cheese, guacamole, lettuce/tomato, jalapeño bacon, red onion & ranch on a grilled poppy seed bun 12

BLUES TRAVELER

Sautéed mushrooms, lettuce, swiss cheese & side of cajun mayo on a grilled poppy seed bun. The musicians favorite! 11

THE CLASSIC

1/3 lb grilled burger w/lettuce, tomato, red onion & choice of cheese on a grilled plain bun 10.5

ENTREES

LOBSTER TACOS

Lobster claw meat sautéed w/pepper cheese & spinach. Topped w/pineapple mango habanero sauce & side of fresh fruit. Now a classic! 15

FIRE BRAISED RIBS ^{GF}

Served w/choice of two: Narrows side salad, house fries, house made chips, garlic mashed potatoes, green beans or coleslaw. 1/2 Rack 16.5 Full rack 22.5

CHIPOTLE ENCHILADAS ^{GF}

Chipotle chicken, hot pepper cheese, 2 corn tortillas & green sauce. Served w/rice, beans, sour cream & guacamole 12.5

MAHI MAHI MANGO TACOS

3 soft tacos w/blackened mahi mahi, mango salsa, shredded lettuce & fresh fruit 13.5

BEER BATTERED FISH & CHIPS

A house favorite! Side of roasted jalapeño tartar & house fries 10.5

BLACKENED SALMON ^{GF}

Topped w/mango salsa & served w/grilled asparagus & garlic mashed potatoes 13.5

HOUSE FETTUCCINE ALFREDO

Creamy alfredo sauce w/diced jalapeños & parmesan. Served w/grilled ciabatta 10
Add honey smoked salmon 6 OR blackened or grilled: chicken 4 / shrimp skewers 6

NARROWS WALLEYE

Choose lightly fried or blackened. Served w/choice of two: Narrows side salad, garlic mashed potatoes, house fries, green beans or grilled asparagus 14

SANDWICHES

Choice of: House Fries / Kettle Chips / Cottage Cheese / Tater Tots / Coleslaw

Sub for \$2: Sweet Potato Fries / Onion Rings / Fresh Fruit

BLACKENED MAHI MAHI

Grilled & blackened, lettuce/tomato & cilantro lime sauce on a grilled hoagie 12.5

CHICKEN & WAFFLES

A favorite! Lightly breaded chicken breast & maple cream cheese spread between 2 belgian waffles. Side of maple syrup 11

AHI CLUB

Seared w/black & white sesame seed served on spring mix w/avocado, tomato, cucumbers & wasabi cream sauce on choice of grilled sourdough or multi-grain 14

CHICKEN CIABATTA

Blackened grilled chicken breast w/avocado ranch, fresh mozzarella, spring mix & tomato on grilled Ciabatta 12

THE CUBANO

Grilled hoagie w/Metro Deli sliced ham, pulled pork, swiss cheese, sweet pickles, mayo & dijon 12

BRISKET

Sliced brisket topped w/caramelized onions, lettuce & creamy horseradish on grilled Ciabatta 11.5

HOT HAM & CHEESE

Grilled & sliced Metro Deli ham, melted cheddar & Swiss, sautéed mushrooms on a grilled poppy seed bun 10.5

ULTIMATE GRILLED CHEESE

Grilled multi-grain w/cheddar, mozzarella, roasted red peppers, guacamole & applewood bacon 9.5

NARROWS CLASSIC CLUB

Triple-decker stacked high w/applewood bacon, Metro Deli ham & turkey, lettuce/tomato, mayo on choice of sourdough or multi-grain 11.5

NARROWS WALLEYE

Lightly fried, topped w/shredded lettuce & roasted jalapeño tartar on a grilled hoagie 14.5

DOUBLE DECKER SPICY PULLED PORK

Smoky pulled pork w/pepper jack cheese, caramelized onions, cilantro, refried beans, jalapenos & avocado on grilled ciabatta 12

SHORELINE CRISPY CHICKEN

Buttermilk dipped chicken breast, seasoned & lightly fried. Topped w/gorgonzola, smoky mayo, lettuce/tomato & red onion on a grilled pretzel bun 12 Kick it up w/jalapeño bacon! 2

THE GRINDER

Oven-roasted sub w/grilled Metro Deli ham, turkey & salami, peppers, onions, swiss & mozzarella on a grilled hoagie 11

SHADY ISLAND CHICKEN

Chicken breast dipped in buttermilk & lightly fried, our sweet pickle spicy slaw & sriracha garlic mayo on a grilled plain bun 12

LOBSTER BLT - Our signature Item!

Lobster claw meat tossed in our creamy seasoned sauce, lettuce/tomato & applewood bacon on grilled multi-grain 14 Kick it up w/jalapeño bacon! 2

BUFFALO CHICKEN

Lightly breaded & fried, tossed in buffalo sauce, topped w/cheddar & bleu cheese crumbles, lettuce/tomato on a grilled poppy seed bun 11

BOY SCOUT ISLAND BLT

A classic! Applewood bacon, lettuce/tomato & mayo on choice of sourdough or multi-grain 9.5 Kick it up w/jalapeño bacon or avocado 2 ea

NARROWS REUBEN

Spicy kraut, Swiss & pepper jack cheese on grilled marble rye. Side of home made 1000 island dressing
Served 2 ways: Original (Metro Deli corned beef) 11 or grilled white fish(Narrows style!) 12.5

BLACK & BLEU CHICKEN

Blackened chicken breast topped w/bleu cheese crumbles, avocado, tomato & avocado ranch. Side of creamy bleu cheese on a grilled onion bun 12

SOUPS

Cup/Bowl

NARROWS SOUP OF THE DAY

5 / 6.5

LOBSTER BISQUE

6 / 7.5

DIRTY PORK STEW ^{GF}

6 / 7.5

Chunks of pork simmered slowly with garlic, onions, tomatillos, tequila & beer. Topped w/sour cream, shredded cheese & green onions.

SIDES

NARROW'S SIDE SALAD 5

Sweet grape tomatoes, sweet & salty walnuts, garlic croutons

HOUSE COLESLAW 3

GRILLED ASPARAGUS 4

HOUSE FRIES Side 3/Basket 5

SWEET POTATO FRIES Side 4/Basket 6

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