

THE NARROWS

Music Bar & Restaurant

LAKE MINNETONKA AREA'S PREMIER MUSIC BAR

SMALL PLATES

LETTUCE WRAPS

- Szechuan Chicken: Grilled thai chicken, cucumbers, carrots, cilantro, green onions, Szechuan sauce 7.5
- Mahi Mahi: Blackened with mango salsa and avocado cream 11

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

REUBEN MINIS

Four bite-size of a favorite to share! 7

SALTED GOUDA PRETZEL

2 pretzel twists served warm, creamy gouda & dijon sides 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 **CF**

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

COCONUT SHRIMP

Lightly fried w/sweet chili sauce side 8.5

GRILLED SHRIMP

6 blackened shrimp on spring mix & mango salad 10

STEAK BITES

Grilled, blackened steak bites w/creamy horseradish 11 w/ gouda dip 13

HOUSE PIZZA

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

GRILLED ASPARAGUS & MOZZARELLA CAPRESE **CF**

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

SMOKED SALMON

w/grilled garlic bread strips mango cream cheese & sriracha salt 10

STARTERS

BIG ISLAND SLIDERS

- (3) Choice of:
• sliced brisket w/ shredded lettuce & creamy horseradish 11
• blackened fish w/ shredded lettuce & creamy cilantro sauce 10.5
• pulled pork w/ bbq & sweet pickles 10
• blackened salmon w/ lettuce & avocado ranch 13.5

BUFFALO BLEU CHICKEN DIP

Served in a cast iron crock w/ fresh skin on seasoned chips 12

NARROWS WINGS

- 10.5 Choice of:
• house seasoned, ranch side
• sweet chili grilled
• buffalo style, bleu cheese side
• asian sesame

CAJUN WRAPS

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

SEARED AHI TUNA **CF**

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 11
• 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/grilled chicken breast, cheddar jack cheese, salsa, sour cream sides 9.5

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

ENTREES

LOBSTER TACOS

A Classic! Sautéed lobster claw meat, pepperjack, spinach & pineapple mango habanero sauce. Fresh fruit side 15

CHIPOTLE ENCHILADAS **CF**

2 chipotle chicken enchiladas w/ hot pepper cheese wrapped in corn tortillas, topped w/ green sauce and served w/ rice, refried or black beans, sour cream, guacamole 12.5

BBQ GRILLED SHRIMP

6 grilled bbq shrimp, garlic mashed potatoes & seasoned, grilled asparagus 14

MAHI MAHI MANGO TACOS

3 soft tacos, blackened mahi, shredded lettuce, mango salsa. Fresh fruit & habanero mango sauce sides 14.5

NARROWS FISH & CHIPS

A favorite! Side of jalapeno tartar, house fries 10.5

BLACKENED SALMON **CF**

Mango salsa, grilled asparagus, garlic mashed potatoes 14.5

JALAPENO FETTUCCINE ALFREDO

Creamy alfredo, diced jalapenos, parmesan & grilled garlic ciabatta 10
Add blackened or grilled, chicken 4 or shrimp 6

NARROWS WALLEYE

Lightly pan fried or blackened. Choice of 2: Narrows side salad, side caesar salad, garlic mashed, fries, green beans, asparagus 16.5

JAMBALAYA

Chicken & smoked sausage simmered in a spicy cajun sauce. Topped w/ grilled shrimp & served over seasoned rice 15.5

LOBSTER PASTA

Lobster meat, grilled asparagus, spinach & fettuccini tossed in a creamy cheese alfredo sauce 14.5

CF = GLUTEN FRIENDLY

SALADS

Includes grilled French garlic bread.

GRILLED CHICKEN & PEAR **CF**

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

CHOP CHOP **CF**

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 **CF**

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

LAKESHORE

Diced blackened chicken, spinach, butter lettuce, dried cherries, grilled asparagus, matchstick carrots, pumpkin seeds, croutons w/side of raspberry vinaigrette 12

SALMON CAESAR

Our classic caesar topped with blackened salmon and chipotle aoli 15

TACO

House made flour taco shell filled w/ shredded lettuce & seasoned ground beef, topped with shredded cheddar jack, diced tomato, black olives, jalapenos, green onions & sour cream. Guac, salsa & red ranch sides 10.5
Sub chipotle chicken add 2

Add to salads below

blackened or grilled: chicken breast 4
shrimp 6 / salmon 6 / steak 6
seared ahi tuna 7

AVOCADO TOMATO **CF**

Spinach, feta, grape tomatoes, avocado, red onion tossed in avocado ranch and topped w/ basil and cilantro 10

FARMERS MARKET **CF**

Spinach, spring mix w/fresh mozzarella, asparagus, red & yellow peppers, sliced cucumber, grape tomatoes, sweet, salty walnuts & balsamic glaze 10.5

CLASSIC CAESAR

Romaine, parmesan, our home made croutons tossed in our creamy house Caesar dressing 9

RED BEET **CF**

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

SUPER 5 **CF**

The 5 super foods: Spinach, Romaine, dried cherries, smoked salmon, blueberries & raspberry ranch 13

Dressing choices:

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

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.

CHOICE OF:

Fries / Kettle Chips / Tater Tots / Cole slaw / Cottage Cheese / Sub for \$2 Skin-on House Chips / Sweet Potato Fries / Onion Rings / Fresh Fruit
Sub Side Salad for \$3

BURGERS**HOUSE**

2 patties, American & cheddar cheese & special sauce, plain bun 12

THE LAKE

Blackened, gouda, spring mix, avocado, tomato & crispy onions, balsamic ranch, grilled poppyseed bun 12.5

ROOSTER

Sriracha mayo, pepperjack & swiss, caramelized onions, country bacon, sweet pickles, grilled plain bun 13

SMOKY BLT

Smokehouse seasoning, jalapeno bacon, onion straws, lettuce & tomato, smoky mayo, grilled pretzel bun 12.5

THE BUCKSNORT

Double stacked patties w/cheese, shredded lettuce, sweet pickles, secret sauce, grilled plain bun 12.5

INSANITY

Crazy good! Smokehouse seasoned, topped w/brisket, onion straws, pepper jack cheese, lettuce & tomato, smoky mayo, 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, grilled pretzel bun 12.5

CHEESEBURGER "IN PARADISE"

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

BLACK & BLEU

Blackened seasoning, sliced cheddar, crumbled bleu cheese, lettuce & tomato, red onion, plain bun 12

TURKEY

Grilled, topped w/cilantro, spring mix, sliced avocado, tomato, avocado ranch, grilled plain bun 12

AVOCADO RANCH & BACON

Pepper jack cheese, avocado ranch, guacamole, lettuce, tomato, jalapeño bacon, red onion, ranch, grilled poppy seed bun 12.5

BLUES TRAVELER

Sautéed mushrooms, lettuce, swiss cheese, side of cajun mayo, grilled poppy seed bun. The musicians favorite! 12

THE CLASSIC

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

Gluten free bun available 1.00

SANDWICHES**BLACKENED MAHI MAHI**

Grilled, blackened, lettuce/tomato, cilantro lime sauce, grilled hoagie 13.5

CHICKEN & WAFFLES

A favorite! Lightly breaded chicken breast, belgian waffles, maple cream cheese spread. Side of maple syrup 12

AHI CLUB

Seared and stacked! Avocado, spring mix, tomato, cukes & wasabi cream sauce 15

CHICKEN CIABATTA

Blackened chicken breast, fresh mozz, spring mix, tomato, avocado ranch, grilled ciabatta 12

THE CUBANO

Grilled hoagie, Metro deli ham, pulled pork, swiss, b&b pickles, mayo & dijon 12

BRISKET

Sliced brisket, caramelized onions, lettuce, creamy horseradish, grilled Ciabatta 11.5

HOT HAM & CHEESE

Grilled Metro deli ham, sauteed mushrooms, cheddar & swiss, grilled poppyseed bun 10.5

ULTIMATE GRILLED CHEESE

Grilled multi-grain, cheddar & mozzarella, roasted red peppers, guac and smoked bacon 9.5

NARROWS CLASSIC CLUB

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

NARROWS WALLEYE

Lightly pan fried, shredded lettuce, roasted jalapeno tartar, grilled hoagie 14.5

DOUBLE DECKER SPICY PULLED PORK

Smoky pulled pork, pepper jack cheese, caramelized onions, cilantro, refried beans, jalapenos, avocado, grilled ciabatta 12.5

SHORELINE CRISPY CHICKEN

Buttermilk dipped chicken, smoky mayo, lettuce, tomato & red onion. Grilled pretzel bun 12.5 Kick it up w/ jalapeno bacon! 2

SHADY ISLAND CHICKEN

Buttermilk dipped chicken, lightly fried, our b&b pickle spicy slaw, sriracha garlic mayo, grilled plain bun 12

GOUDA CHICKEN SANDWICH

Blackened chicken breast, gouda, spinach, red onion, tomato, grilled poppyseed bun 13

LOBSTER BLT - Our signature item!

Lobster claw meat tossed in our creamy seasoned sauce, lettuce, tomato, smoked bacon, grilled multigrain 14 Kick it up w/ jalapeno bacon! 2

BUFFALO CHICKEN

Lightly breaded, tossed in our buffalo sauce, cheddar & bleu cheese crumbles, lettuce & tomato, grilled poppyseed bun 11.5

BOY SCOUT ISLAND BLT

A classic! Smoked bacon, lettuce, tomato & mayo. Choice of sourdough or multi grain 9.5 Kick it up w/ jalapeno bacon! 2

NARROWS REUBEN

Spicy kraut, swiss & pepper jack, grilled marble rye. Side of house made 1000 Island. Choose: Metro deli corned beef 11 Grilled white fish (Narrows style!) 12.5

WRAPS**COCONUT SHRIMP WRAP**

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

BUFFALO CHICKEN WRAP


Grilled chicken breast, buffalo sauce, lettuce, tomato & creamy blue cheese. Side of tri-color chips 10.5

BLACKENED FISH WRAP

Blackened white fish, romaine, diced tomato, & creamy ranch 12

CHICKEN CAESAR WRAP

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

SOUPS Cup/Bowl**NARROWS SOUP OF THE DAY****LOBSTER BISQUE****DIRTY PORK STEW** 

Diced pork simmered slowly with garlic, onions, tomatoes, tequila, beer. Topped w/sour cream, shredded cheese, green onions.

5 / 6.5

6 / 7.5

6 / 7.5

SIDES**NARROW'S SIDE SALAD** 5.5

Sweet grape tomatoes, sweet, salty walnuts, garlic croutons

CAESAR SIDE SALAD 5.5**HOUSE COLESLAW** 3**GRILLED ASPARAGUS** 4**HOUSE FRIES** Side 3/Basket 5**SWEET POTATO FRIES** Side 4/Basket 6**SKIN ON CHIPS** Side 4/Basket 6**GREEN BEANS** 4**GARLIC BREAD** (3) 3.5**Lunch Specials**

Available Monday-Friday 11am-3pm

SLIDER

Choice of:

- sliced brisket w/grilled onions, creamy horseradish
- pulled pork with bbq and sweet pickles
- buffalo chicken & creamy bleu cheese

HOUSE SIDE SALAD

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

CAESAR SALAD

Romaine, shredded parmesan & croutons. Tossed in Caesar dressing

SANDWICH

Choice of:

- grilled cheese on sourdough
- 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

**CHOOSE
2 FOR \$9**