

# 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
- Grilled BBQ Salmon: w/ grilled asparagus, green onion, cilantro & avocado cream 10.5

#### 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

#### 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

#### 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.

Choose:

- topped w/ mango salad & avocado cream
- tossed in buffalo sauce & topped w/ celery, green onion, bleu cheese crumbles & creamy bleu cheese 11

#### STEAK BITES

Choice cut 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 <sup>GF</sup>

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

#### SPINACH CON QUESO

A zesty blend of hot pepper cheeses, spinach, onion and garlic topped with grated parmesan & jalapenos served in a crock with house made tri-color chips 11.5

#### NARROWS WINGS

10.5 Choice of:

- house seasoned, ranch side
- sweet chili grilled
- buffalo style, bleu cheese side
- maple sriracha grilled

#### CAJUN WRAPS

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

#### SEARED AHI TUNA <sup>GF</sup>

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

#### 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

### SALADS

Includes grilled French garlic bread.

#### GRILLED CHICKEN & PEAR <sup>GF</sup>

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

#### CHOP CHOP <sup>GF</sup>

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 <sup>GF</sup>

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 aioli 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 7 seared ahi tuna 7

#### AVOCADO TOMATO <sup>GF</sup>

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

#### FARMERS MARKET <sup>GF</sup>

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 <sup>GF</sup>

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

#### SUPER 5 <sup>GF</sup>

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

<sup>GF</sup> = GLUTEN FRIENDLY

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.

### ENTREES

#### LOBSTER TACOS

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

#### CHIPOTLE ENCHILADAS <sup>GF</sup>

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

#### WALLEYE CAKES

House made walleye cakes w/ grilled asparagus & lemon 13.5

#### BBQ RIBS & BRISKET

1/2 rack firebraised ribs & 1/2lb smoked brisket, fries, coleslaw & cornbread muffin 16.5

#### 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 <sup>GF</sup>

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, asparagus 16.5

#### JAMBALAYA

Chicken & smoked sausage simmered in a spicy cajun sauce served over seasoned rice topped w/ grilled shrimp & a cornbread muffin 16.5

#### LOBSTER PASTA

Lobster meat, grilled asparagus, spinach & fettuccini tossed in a creamy cheese alfredo sauce topped w/ shredded parmesan & diced tomatoes 14.5

**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, grilled plain bun 12.5

**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 13

**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, grilled 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**

5 / 6.5

**LOBSTER BISQUE**

6 / 7.5

**DIRTY PORK STEW <sup>Gf</sup>**

6 / 7.5

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

**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**

**GARLIC BREAD (3) 3.5**

**CORNBREAD MUFFIN 3**

**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**