

THE NARROWS

Music Bar & Restaurant

LAKE MINNETONKA AREA'S PREMIER MUSIC BAR

SMALL PLATES

LETTUCE WRAPS

- Spicy thai: Grilled thai chicken, cucumbers, carrots, cilantro, green onions, Szechuan sauce 8
- Grilled Pork: Diced red pepper, crispy onion strings, cucumber and creamy sambal ranch 9

CAPRESE BRUSCHETTA

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

CHICKEN & MANGO QUESADILLA

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 & spicy mustard 7.5

LOBSTER QUESADILLA

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

WISCONSIN CHEESE CURDS

smokey bbq, spicy ketchup or sambal ranch 10

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

STEAK BITES

Choice cut blackened steak bites w/creamy horseradish 11 w/ gouda dip 13

GRILLED ASPARAGUS & MOZZARELLA CAPRESE ^{GF}

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

SMOKED SALMON

Grilled garlic ciabatta strips, mango cream cheese & sriracha salt 10

LOADED GUAC

House made guac, diced avocado, jalapeno bacon, pico de gallo & parmesan. Served w/ tri-color chips & salsa 9 | Add grilled shrimp 5

SALADS

Includes grilled garlic ciabatta.

GRILLED CHICKEN & PEAR ^{GF}

Crisp spring mix & romaine, pears, herb grilled chicken, feta & maple salted walnuts tossed in poppy seed dressing 12.5

CHOP CHOP ^{GF}

Crisp greens w/diced herb grilled chicken, maple-cured bacon, bleu cheese crumbles, black olives, red onion, banana peppers tossed in balsamic ranch 12.5

KITCHEN COBB ^{GF}

Chopped romaine topped w/ grilled chicken, maple-cured bacon, egg, avocado, green onion, tomato, bleu cheese crumbles 12.5

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 11 Sub chipotle chicken 2

Add to salads below

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

AVOCADO TOMATO ^{GF}

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

CLASSIC CAESAR

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

SUPER 5 ^{GF}

The 5 super foods: Spinach, Romaine, dried cherries, smoked salmon, blueberries & raspberry ranch 14.5 add house baked walnuts 1

THE LAKESIDE

Crisp greens, grilled chicken, fresh mozzarella, diced avocado, tomato, grilled asparagus, red onion, egg & pumpkin seeds 13.5

Dressing choices:

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

STARTERS

BIG ISLAND SLIDERS

Brioche buns (2 per order) w/ skin-on house chips:

- sliced brisket w/ shredded lettuce & creamy horseradish 11
- blackened salmon, creamy cilantro, lettuce & tomato 13
- beer-battered cod, spicy slaw, pico de gallo, avocado cream 10.5

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

FLATBREAD

- Pepperoni & parmesan 10
- Sausage, mushroom & scallion 12
- Four cheese margherita 11.5

LOBSTER FRIES

Seashore fries topped with lobster meat, queso fresco, melted cheddar jack & green onions 12

CAJUN WRAPS

House made w/ black beans, corn, pepperjack & cilantro. Tri-color chips, cajun mayo & salsa 10.5

SEARED AHI TUNA ^{GF}

Seared w/ black & white sesame seeds. Spring mix, wasabi cream, soy & ginger 14

DOCK SIDE CHICKEN TENDERS

Tossed in buffalo sauce w/ creamy bleu cheese or side of bbq. Celery side 9

NARROWS WINGS

10.5 Choice of:

- house seasoned & ranch
- buffalo style & creamy bleu cheese
- sweet chili grilled & ranch

NARROWS QUESADILLA

Grilled chicken & cheddar jack cheese, grilled tortilla, salsa & sour cream 10

ROASTED NACHOS

Tri-color chips, melted cheddar jack & queso fresco, jalapenos, diced tomato, black olives, Guac, salsa & sour cream 10 add ground beef 3/ add grilled chicken 4/ add smoked brisket 5.5

^{GF} = GLUTEN FRIENDLY

ENTREES

NARROWS WALLEYE

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

CAJUN CHICKEN PASTA

Creamy cajun alfredo tossed in fettucini, grilled chicken breast, sauteed peppers & onions w/ grilled garlic french bread 14

BBQ RIB BASKET

1/2 rack firebraised ribs, fries, slaw & jalapeno cornbread muffin 14.5

WALLEYE CAKES

House made walleye cakes w/ lemon pepper grilled asparagus, avocado crema & a lemon slice 13.5

CHIPOTLE ENCHILADAS ^{GF}

2 chipotle chicken enchiladas w/ hot pepper cheese, corn tortillas & green sauce. Seasoned rice, refried or black beans, sour cream & guacamole 12.5

BLACKENED SALMON ^{GF}

Mango salsa, grilled asparagus, garlic mashed potatoes 16

NARROWS FISH N' CHIPS

A favorite! Skin-on house chips or fries & side of jalapeno tartar 11

JAMBALAYA

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

SMOTHERED BURRITO

Carnitas or chicken Seasoned rice, shredded cheddar jack, black beans, queso fresco, mole sauce, peppers & onions, smothered w/ green sauce. Avocado cream, avocado & sour cream 15.5

TACOS

3 soft tacos each

BRISKET TACOS

Sliced smoked brisket w/ cilantro, diced tomato, shredded lettuce, cilantro lime sauce & tri-color chips & salsa 13.5

MAHI MAHI MANGO TACOS

Blackened mahi, shredded lettuce, mango salsa. Fresh fruit & habanero mango sauce sides 15

LOBSTER TACOS

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

BUFFALO CHICKEN TACOS

crispy buffalo chicken, shredded lettuce, creamy bleu cheese, celery, green onion & tri-color chips & salsa 12

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
Sub Fresh Fruit for \$3 or Sub Side Salad for \$3

BURGERS

HOUSE

2 patties, American & cheddar cheese & special sauce, grilled plain bun 12.5

ROOSTER

Sriracha mayo, pepperjack & swiss, caramelized onions, maple-cured bacon, sweet pickles, grilled plain bun 13

THE BUCKSNORT

Double stacked patties w/cheese, shredded lettuce, sweet pickles, secret sauce, grilled plain bun 14.5

THE LOCAL

New local favorite! Blackened, topped w/cheddar, sliced avocado, jalapeño bacon, tomato, shredded lettuce, crispy onions, avocado ranch, grilled pretzel bun 13.5

THE DOUBLE CHEESE

Wisconsin cheese curds, american cheese, lettuce, grilled garlic butter bun & side of sambal ranch 15.5

CHEESEBURGER "IN PARADISE"

American cheese, grilled red onions, lettuce & tomato, our 1000 island dressing, grilled poppy seed bun. This one's messy! 12.5

BLACK & BLEU

Blackened, cheddar & bleu cheese crumbles, lettuce, tomato, red onion, grilled plain bun 12.5

AVOCADO RANCH & BACON

Pepper jack cheese, avocado ranch, guacamole, lettuce, tomato, jalapeño bacon, red onion, ranch, grilled poppy seed bun 13

BLUES TRAVELER

Sautéed mushrooms, lettuce, swiss cheese, side of cajun mayo, grilled poppy seed bun. The musicians favorite! 12.5

THE CLASSIC

1/3 lb grilled burger w/lettuce, tomato, red onion, choice of cheese, grilled plain bun 11

THE IMPOSSIBLE™

Vegetarian patty, white cheddar & crispy onions, lettuce, grilled garlic butter bun & side of sambal ranch 13

Gluten free bun available 1.00

SANDWICHES

LOBSTER GRILLED CHEESE

Artisan sourdough, sauteed lobster, white cheddar, mozzarella, secret house sauce 14

CHICKEN & WAFFLES

A favorite! Lightly breaded chicken breast, belgian waffles, maple cream cheese spread. Side of maple syrup 12.5

AHI CLUB

Seared and stacked! Avocado, spring mix, tomato, cukes & wasabi cream sauce on 12 grain 15

CHICKEN CIABATTA

Blackened chicken breast, fresh mozz, spring mix, tomato, avocado ranch, grilled garlic ciabatta 13.5

THE CUBANO

Grilled hoagie, Metro deli black forest ham, pulled pork, swiss, b&b pickles, mayo & dijon 13

BRISKET

Sliced brisket, caramelized onions, lettuce, creamy horseradish, grilled garlic ciabatta 14

HOT HAM & CHEESE

Grilled Metro deli ham, sauteed mushrooms, cheddar & swiss, grilled poppyseed bun 11.5

ULTIMATE GRILLED CHEESE

Grilled 12 grain, cheddar & mozzarella, roasted red peppers, guac and maple-cured bacon 10.5

NARROWS CLASSIC CLUB

Triple-decker stacked high w/ maple-cured bacon, metro deli black forest ham & turkey, lettuce, tomato & mayo on choice of 12 grain or artisan sourdough 12.5

WALLEYE

Lightly pan fried, shredded lettuce, roasted jalapeno tartar, sourdough bread 14.5

DOUBLE DECKER SPICY PULLED PORK

Smoky pulled pork, pepper jack cheese, caramelized onions, cilantro, refried beans, jalapenos, avocado, grilled garlic ciabatta 13

SHADY ISLAND CHICKEN

Buttermilk dipped chicken, lightly fried, our b&b pickle spicy slaw, sriracha garlic mayo, grilled plain bun 13

WHITE CHEDDAR CHICKEN SANDWICH

Grilled chicken breast, white cheddar, spinach, sliced cucumbers & avocado ranch, grilled plain bun 13

LOBSTER BLT - *Our signature Item!*

Lobster claw meat tossed in our creamy seasoned sauce, lettuce, tomato, maple-cured bacon, grilled 12 grain 15.5
Kick it up w/ jalapeno bacon! 2

BUFFALO CHICKEN

Lightly breaded, tossed in our buffalo sauce, cheddar, bleu cheese, lettuce & tomato, grilled poppyseed bun & creamy blue cheese 12

BOY SCOUT ISLAND BLT

A classic! Maple-cured bacon, lettuce, tomato & mayo. Choice of 12 grain or artisan sourdough 10
Kick it up w/ jalapeno bacon! 2

NARROWS REUBEN

Spicy kraut, swiss & pepperjack, grilled marble rye, 1000 island 12

LEMON PEPPER CHICKEN

Seasoned chicken breast, black forest ham, swiss, maple-cured bacon, grilled poppyseed bun & side of honey mustard 14

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 3.5

ONION RINGS Basket 6

SOUPS

NARROWS SOUP OF THE DAY

CUP 5 / BOWL 6.5

LOBSTER BISQUE

CUP 6.5 / BOWL 8

DIRTY PORK STEW **GF**

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

CUP 6.5 / BOWL 8

WRAPS

COCONUT SHRIMP WRAP

Spring mix, pineapple, mandarin oranges, grapes, mango-pineapple habanero sauce 13

BUFFALO CHICKEN WRAP

Grilled chicken breast, buffalo sauce, lettuce, tomato & creamy blue cheese. Side of tri-color chips and salsa 12.5

CHICKEN CAESAR WRAP

Romaine, shredded parmesan, diced tomato, grilled chicken breast, house Caesar dressing 11.5

Lunch Specials

Available Monday-Friday 11am-3pm

SLIDER

Choice of:

- sliced brisket w/grilled onions, creamy horseradish
- beer battered cod & spicy slaw, pico & avocado cream
- 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
- 1/2 Veggie sandwich

CUP OF SOUP

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

CHOOSE
2 FOR \$9.5