

APPETIZERS

Coconut Shrimp

Jumbo butterflied shrimp, dipped in our own coconut batter and fried to perfection! Served with sweet chile sauce for dipping! 16

Cajun Wraps

Hand-wrapped egg rolls filled with black beans, pepper jack cheese, fresh cilantro & corn. Served with Cajun mayo & tortilla chips 8

JJ's Spicy Green Beans

Crisp & tasty Szechwan style green beans tossed with green onions and real bacon bits, topped with toasted sesame seeds 7.5

The Narrows Wings

You'll love our buffalo style or house seasoned flavors! Served with celery & creamy Bleu Cheese dressing 8.5

Spinach Con Queso Dip

A zesty blend made with hot pepper cheese, garlic, diced tomatoes, onions. Topped with jalapeños and served with fresh tortilla chips 7.5



Walleye Bites

1/2 lb. beer battered dipped pieces of walleye served with roasted jalapeno tartar sauce 9

Seared Ahi Tuna

Served with a Wasabi cream sauce, mirin soy, ginger & mixed greens 12

Cowboy Quesadilla

Lots of jack & pepper cheese, fried onions, seasoned ground beef & mild green chilies 9.5

Buttermilk Onion Rings

Served with creamy blue cheese 6.5

Roasted Chile Nachos

Fresh homemade chips topped with mild, peeled & roasted green chilies, black olives, jalapeños, melted cheddar & jack cheese. Served with homemade guacamole, salsa & sour cream 7 with beef 9.5 with chicken 10.5

The Narrows Quesadilla

Grilled flour tortilla with green onions, Jack & cheddar cheese. Served with our homemade salsa & sour cream with chicken 8.5 with lobster 11.5

The Narrows Steak Bites

Blackened steak bites served with creamy horseradish and sweet potato fries 13.5

Fresh Tortilla Chips & Salsa

Served with our homemade guacamole & sour cream 5.5 with melted cheese 6.5

Dock Side Chicken Tenders

Served with BBQ & hot mustard dipping sauce! 8.5

The Narrows Spicy Shrimp

Sauteed shrimp scampi, tossed in buffalo sauce. Served with celery & creamy Bleu Cheese dressing 10

WRAPS

Bayou Grouper Wrap

Seasoned, grilled grouper, romaine lettuce & tomato tossed in our creamy Ranch, then rolled in a fresh flour tortilla and grilled to a light golden brown. Served with fresh fruit 10.5

Buffalo Chicken Wrap

Spicy buffalo chicken breast, shredded romaine lettuce, tomato and Bleu Cheese dressing wrapped in a fresh tortilla. Served with our tortilla chips and salsa 9.5

Chicken Caesar Wrap

Sliced lemon pepper chicken breast, shredded parmesan, tomatoes and fresh romaine tossed with our house Caesar dressing and wrapped in a fresh tortilla. Served with kettle chips 9.5

Southern Fried Chicken Wrap

Our favorite salad served as a wrap, served with fresh fruit 9.5

Spicy Chicken Wrap

Grilled chicken, jalapeño bacon, chopped tomato, fresh romaine and creamy bleu, all wrapped in a grilled tortilla and served with sweet potato fries 10.5

Lobster Wrap

Juicy lobster claw meat in a creamy seasoned sauce, fresh spinach, hot pepper cheese, tomato and shredded lettuce rolled in a fresh flour tortilla and grilled to a light golden brown. Served with fresh fruit 12.5

No substitutions please

SALADS

Grilled Chicken Salad

Fresh romaine tossed with maple balsamic dressing, topped with grilled chicken, toasted pine nuts, home-made croutons & parmesan 10

The Narrows Salad

Spinach & romaine, crumbled bacon & Huntsman, chopped tomato, red onion, sliced cucumbers, mushrooms, egg & home-made croutons, served with a side of honey mustard 10

Blackened Salmon Caesar Salad

Served with a side of chipotle dressing 12.5

Southern Fried Chicken Salad

Strips of crisp fried chicken, romaine, shredded parmesan, red onion, strawberries, Mandarine oranges and grapes, tossed with Honey Mustard dressing 10.5

Caesar Salad

Fresh romaine tossed with our house Caesar dressing, homemade croutons, shredded parmesan, sliced egg & tomato 7.5 with grilled lemon pepper chicken 10 with grilled shrimp 14

Taco Salad

Shredded lettuce, seasoned ground beef, tomatoes, black olives, jalapeños, green onion, shredded cheese & sour cream. Served with our own guacamole, red ranch & salsa in a homemade tortilla shell 9

Big Jim's Insane Chef Salad

Strips of ham, turkey & salami on fresh romaine with sliced egg, tomatoes, cucumbers, mushrooms, onions and shredded cheese 9.5

FRESH FROM THE POT

The Narrows Saloon Signature Soups cup 4.95 bowl 6.25

Lobster Bisque

Chicken Enchilada

Corn Chowder

Topped with lump crab meat

Dirty Pork Stew cup 4.95 bowl 6.95

Chunks of pork simmered slowly with garlic onions, tomatillos, tequila & beer, topped with cheese, sour cream & green onion

Pecos River Red Chili cup 4.95 bowl 6.95

A classic all beef, no bean, Texas style chili topped with cheese, sour cream & green onion



The Narrows Saloon's name originated from being centrally located in the middle of Lake Minnetonka. We are named after the historic Narrows Channel, knowing our place would someday also be a historic site itself! We pride ourselves in original recipes and strive to continue to top our last sensational creation with something better yet! In addition, our live music featured 7 nights a week has received rave reviews as one of the best music venues in the Minneapolis and surrounding area. Thank you and enjoy!

SANDWICHES

All sandwiches include choice of kettle chips, steak fries, fresh fruit or creamy cole slaw

The Narrows Lobster BLT

Lobster claw meat in a creamy seasoned sauce, crisp bacon leaf lettuce and tomatoes on multigrain bread 12.5
Spice it up with jalapeño bacon 13.5

Pulled Pork Sandwich

Hand-pulled BBQ pork & sweet pickles on grilled multigrain bread. Served with southern style sweet potato fries 10.5

Lemon Pepper Chicken Sandwich

Seasoned chicken breast topped with ham, swiss & bacon on a toasted onion bun with a side of honey mustard 9.5

"Cold Turkey" Sandwich

You won't have to quit this one! Shaved turkey breast, leaf lettuce, tomato & onion with honey mustard, stacked on multi-grain 7

Corned Beef Reuben or Turkey Rachel

Stacked high with spicy kraut, swiss & hot pepper cheese with a side of Thousand Island dressing on marble rye 10

Grouper Reuben

A traditional Reuben for the fish lover! 10.5

Hot Ham & Cheese

Thinly sliced ham, melted cheddar & swiss cheese and fresh sautéed mushrooms on a toasted onion bun 9

Seared Ahi Club Sandwich

Served with mixed greens, sliced avocado & cucumbers with Wasabi cream sauce 13.5



Habanero Crusted Walleye Sandwich

Deep fried and topped with shredded lettuce & roasted jalapeño tartar sauce on a fresh hoagie bun 11.5

Buffalo Chicken Sandwich

Spicy chicken breast topped with Huntsman cheese (double Cheddar w/ Bleu Cheese) & shredded lettuce on a toasted onion bun 10

The Narrows "Original Sammy"

Layered pastrami, red onion, sliced cheddar, mayo and sweet pickle smothered with The Narrows "Original Sammy Sauce" served on multigrain bread and cut into quarters 8

The Grinder

Introduced to Minnesota from Pittsburgh, Pennsylvania!

Oven-roasted sub with ham, turkey, salami, peppers, onions, swiss & mozzarella on a fresh hoagie bun 9.5

The Narrows Shack Sandwich

Hand-pulled smoked pork on a toasted onion bun. Served with coleslaw, kettle chips and a side of BBQ sauce 10

Clubhouse Sandwich

Triple-decker stacked high with bacon, ham, turkey, leaf lettuce, tomato & mayo on multigrain bread 9.5

Boy Scout Island BLT

Five slices of thick cut bacon, four tomatoes and three pieces of leaf lettuce sandwiched between two slices of multigrain bread with mayo 8.5
Spice it up with jalapeno bacon 9.5

BURGERS

All burgers include choice of kettle chips, steak fries, fresh fruit or creamy cole slaw



The Bucksnot Burger

Double-stacked and topped with cheese, shredded lettuce, secret sauce & sweet pickles on a toasted sesame seed bun 9.5

The Cheese Burger "In Paradise"

Topped with American cheese, grilled onions, leaf lettuce and tomato, smothered with home-made Thousand Island dressing on a toasted onion bun. This one's messy! 10

Soprano Burger

Italian sausage & ground beef topped with roasted peppers, onions, shredded lettuce, marinara & mozzarella on a toasted onion bun 10

Green Chile Cheese Burger

Grilled and topped with bacon, fresh roasted mild green chilies, american cheese, tomato and shredded lettuce on a toasted onion bun. Served with a side of red ranch sauce 9.5

BLT Burger

Grilled and topped with chipotle mayo, leaf lettuce, tomato and lots of crispy bacon 10.5

Texas Melt For all our Texas Blues Bands!

Grilled and topped with hot pepper & jack cheese, sauteed red onion, leaf lettuce and homemade Ranch dressing on marble rye, grilled to perfection! 9.5

The Blues Traveler Our musicians favorite!

Seasoned and topped with sautéed mushrooms, leaf lettuce and swiss cheese served on a toasted onion bun. Served with a side of Cajun mayo 9.5

The Narrows Burger

Grilled and topped with cheese, shredded romaine, tomato and onion on a toasted onion bun 8.5

Cajun Blackened Bleu Cheese Burger

Blackened and topped with Huntsman cheese, shredded lettuce, tomato & red onion on a toasted onion bun. Served with a side of creamy Bleu Cheese dressing 10.5

ENTREES

The Narrows Original Lobster Tacos

Two flour tortillas filled with lobster claw meat, hot pepper cheese & fresh spinach, topped with pineapple mango Habanera salsa. Served with fresh fruit 13.5

Jambalaya

Classic New Orleans rice dish with Andouille sausage, chicken & grilled shrimp. Served with a cornbread muffin & honey butter 11.5

The Narrows Grilled Salmon

Served with a creamy dill sauce, grilled asparagus & mashed potato 13

Pasta Narrows

Grilled shrimp with fresh basil pesto on pasta, topped with parmesan 16

Shrimp Kabobs

Garlic butter or BBQ grilled, served with grilled asparagus and sweet potato fries 18

Jalapeno Fettuccini Alfredo

Our House Alfredo sauce, roasted jalapenos, hot pepper cheese and parmesan 10
with grilled lemon pepper chicken breast 13.5
with grilled shrimp 17



Blackened Walleye

Walleye filet sautéed with Chef Paul Prudhomme's Cajun spices. Served with garlic mashed potatoes, sauteed green beans and pineapple mango Habanera salsa 13.5

SIDES

2.95 each

Steak Fries
Coleslaw

Fresh Fruit
Kettle Chips

3.95 each

Grilled asparagus
House Salad
Sweet Potato Fries

SWEETS

The Narrows Chocolate Craving 5

Chocolate Sundae 4

Homemade Apple Crisp 4.5

Rootbeer Float 5.5

Topped with vanilla ice cream With bottle of IBC Rootbeer

TAKE HOME A TEE

THE NARROWS SALOON T-SHIRT 20

THE NARROWS SALOON SWEATSHIRT 45

THE NARROWS SALOON CAMPFIRE COFFEE MUG 6



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