



Appetizers

Pub Fare

Calamari	20
A classic, topped with fried red onion, and served with garlic yogurt	
Chicken Wings - GFO	21
Crispy fried wings tossed with your choice of sauce S & P, Hot, BBQ, Honey mustard	
Narrows Loaded Poutine - GF	17
Bacon bits, green onions, jalapeños, bell peppers, and cheese curds	
Guacamole Dip - GF/V	15
Topped with fire roasted tomato salsa, parmesan, cilantro and served with house made tortilla chips	
Sweet Chilli Ribs - GF	12
Half rack baby back ribs, fried and tossed in sweet chilli	
Scallop Bites	18
Panko coated scallop bites with lemon chipotle aioli	
Mushroom Caps - GFO	18
Button mushrooms stuffed with crab, shrimp, baked with cheese, served with garlic toast	
Miso Tuna Tataki - GF	22
Sesame seared Albacore tuna, with pickled slaw, ginger, and soya sauce	
Roasted Tomato Feta Bake - GF	18
Cherry tomatoes, feta, baked in the oven, served with tortilla chips	

Dungeness Crab with butter
Half or whole
Market Price

Soup & Chowder

Daily Soup	Cup 7	Bowl 13
Ask your server for todays flavour		
Clam Chowder	Cup 9	Bowl 17
Boston style made in house, with bacon		
Bowls are served with garlic toast		
Upgrade to a sourdough Bowl 6		

Pulled Pork Nachos - GF	27
House made tortilla chips topped with red onions, tomatoes, jalapeños, cheddar and mozzarella cheese, served with salsa, sour cream and guacamole	
Shrimp & Crab Melt	17
Garlic toast topped with shrimp and crab mix, cheese, arugula, tomatoes	
Narrows Quesadilla - V	18
Bell pepper, onions, jalapeños, mushrooms, corn and cheese, served with guacamole, salsa and sour cream	
Add Pulled Pork or Chicken	9
Battered Rockfish Tacos (2) - GFO	16
With lemon chipotle aioli, pickled onions and coleslaw	
Add 1 taco	6
Lingcod Tacos (2) - GFO	17
Arugula, pickled cabbage, fruit salsa and honey yogurt	
Add 1 taco	8
Pulled Pork Tacos (2) - GFO	16
Coleslaw, pickled jalapeños and caramelized onions	
Add 1 taco	7
Shellfish Pot - GFO	32
1.5 lbs of manilla clams and mussels, steamed in a white wine garlic sauce	
Add Half crab	Market price

Caesar Salad - GFO	22
A classic caesar with bacon bits, parmesan, and croutons	
Miso Salmon Salad - GF	28
Grilled Sockeye, artisan lettuce, pickled onions, fresh oranges, cherry tomatoes, cucumber, bell peppers, carrots, guacamole and miso ginger dressing	
Cranberry Pecan - GF/V	20
Dried cranberries, candied pecans, red onion, and feta cheese, tossed with Tuscan lettuce and honey yogurt	
Roasted Beet & Arugula - GF / V	19
With toasted almonds, cherry tomatoes, tossed in balsamic vinaigrette, topped with sunflower seeds and goat cheese	
Add to your salad	
Chicken, Prawns, Rockfish	9
Lingcod, Salmon, Seared Tuna	14

GFO - Gluten Free Option Available GF – Gluten Free V - Vegetarian

Please let your server know of any allergies or intolerances prior to ordering

Narrows Burgers & Wraps

Served with fries, soup, or garden salad
Sub yam fries, cajun fries, caesar salad, or chowder 4
Gluten free bun 4

Prime Rib Beef Burger 22

Served on a brioche bun with lettuce, tomato, red onion, and caramelized onion aioli

Add Bacon 3 Cheese 1

Grilled Chicken Club Burger 23

Served on a brioche bun with bacon, cheddar, lettuce, tomato, pickled red onion, and mayo

Narrows Loaded Beef Burger 27

Prime rib beef patty loaded with bacon, jalapeño jack cheese, sautéed mushrooms, onions, jalapeños, and caramelized onion aioli on a brioche bun

Southwestern Chicken Wrap 23

Grilled chicken, bacon, lettuce, Pico de Gallo, cheddar, corn chips, guacamole and mayo

Crispy Rockfish Wrap 20

Beer battered rockfish, wrapped in a tortilla, with lettuce, coleslaw, pickled cabbage and tartar sauce

Whiskey BBQ Salmon Burger 26

4oz grilled sockeye salmon fillet, arugula, tomato, caramelized onions, on a brioche bun

Beer Battered Lingcod Burger 22

Pickled onions, arugula, tomato, coleslaw, lemon chipotle aioli, on a brioche bun

Fish & Chips

Locally sourced fish, in a thin crispy beer batter
Served with fries, creamy coleslaw and tartar sauce
Sub yam fries, cajun fries, caesar salad, or chowder 4

1 pc 2pc

Rockfish (5oz pcs) 18 24

Lingcod (5oz pcs) 24 32

Pastas & Bowls

Seafood Fettuccini – GFO add 4 33

Clams, mussels, pink swimming scallops, and prawns, tossed in a rich roasted garlic cream sauce

Chicken Bacon Alfredo – GFO add 4 23

Chicken breast, bacon, mushrooms, in a rich cream sauce, with parmesan

Narrows Shellfish Bouillabaisse - GF 32

Clams, mussels, pink swimming scallops, and prawns, in a rich tomato crab sauce, served with rice and grilled rockfish

Miso Rice Bowl - GF/V 17

Seasoned warm rice, Tuscan lettuce, bell peppers, cucumber, avocado puree, pickled slaw and cherry tomatoes

Add Seared Tuna 14 Grilled Chicken 9

Dinner

Available after 5pm

Grilled Vegetable Risotto - GF/V 20

Seasonal vegetables served on a creamy herb risotto

Add Blackened Rockfish or Chicken 9

Whiskey BBQ Ribs & Chicken - GF 33

Half rack baby back ribs, two tender chicken thighs, with house made bbq sauce, garlic mashed potatoes, fresh seasonal vegetables

8oz Sirloin Steak - GF 43

AAA Canadian sirloin steak, brushed with garlic butter, served with mashed potatoes, fresh seasonal vegetables

Add Mushrooms, Onions 5 Prawns 9

Dungeness Crab Market Price

Fresh local crab picked from our tank, with rice, butter and seasonal vegetables

Peppered Albacore Tuna - GF 30

Seared, sliced, served over a fire roasted tomato sauce, topped with a fruit salsa, with rice, seasonal vegetables

Seafood Sourdough Bowl 29

Daily selection of seafood in a tarragon cream sauce, with seasonal vegetables

Grilled Sockeye Salmon - GF 38

6oz wild sockeye fillet, brushed with in-house barbeque sauce, served with sauteed mushrooms, jalapeños, onions, rice and seasonal vegetables

Lemon Caper Lingcod - GF 32

Seared Lingcod, served over a lemon caper cream sauce, with rice and seasonal vegetables

Desserts

Ask your server about our delicious selection of home-made desserts!

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