

GLUTEN WISE MENU SUGGESTIONS

If you have any questions in regards to these menu suggestions please do not hesitate to talk to our management. Because some of these items are being prepared differently for you they may take a little longer to prepare. If you have any other food allergies please be sure to talk to your server before ordering. This menu to the best of our knowledge is wheat free and our kitchen takes special care in your food preparation to avoid cross contamination.

Disclaimer: While we offer gluten-free menu options, we are not a gluten-free kitchen or brewery. Cross-contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens. Patrons are encouraged to their own satisfaction, to consider this information in light of their individual requirements and needs. More info @ www.gluten.com

Please inform your server of any allergies prior to ordering. Tax extra.

APPYS & SALADS

GF Curry Prawns

Grilled prawns tossed in our East Indian curry sauce. Served with a gluten free flatbread on the side.

13.49

GF Greek Salad

Tomatos, peppers, cucumbers, Kalamata olives and onions with Greek dressing and feta cheese. Served with gluten free flatbread and tzatziki sauce. 17.49

GF Glory Bowl

Quinoa, grated carrots, grated beets, chickpeas, feta and roasted almonds served over spinach with a dressing of your choice served on the side. Served with a gluten free bun. 17.49

Dressings ~ Cranberry, Creamy Chive, Greek, Oil & Vinegar

GF Barley Station Wings

Lightly breaded with rice flour so still gluten free! Franks hot sauce, Cajun Rub, Salt & Pepper, Panang Curry, Poblano Chili Lime or Naked. Baked not deep fried so takes a little longer. 11.99

GF Spinach & Wild Salmon Salad

Spinach, red onion, strawberries, feta cheese & pecans, cajun dusted wild salmon and a creamy chive dressing. Served with a gluten free bun. 18.49

Gluten Free Edamame Beans

Wok seared Edamame Beans tossed in sesame oil and garnished with a touch of fresh chili peppers and sea salt. 9.99

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The Barley Station donates .25 from every Quesadilla sold to the Shuswap Hospital Foundation.
To date we have donated over \$2,500.00 to this worthwhile cause.

HAND FOOD

We would be happy to discuss a side for you.



GF Beef Supreme

Tender, thinly sliced roast beef sautéed mushrooms, sautéed onions and melted Armstrong cheddar cheese layered on a gluten free bun. 16.49

Suggested Beer - Sam McGuire's Pale Ale

GF Grilled Chicken

Guacamole Sandwich

Grilled chicken marinated with herbs and topped with Armstrong Mediterranean cheese, guacamole and bacon.

Served on a gluten free flatbread. 15.49

Suggested Beer - Station House Blonde

GF Chicken Cordon Bleu Burger

Black Forest ham, Swiss cheese, lettuce, tomato, onion, and mayo make this chicken burger a taste sensation. Served on a gluten free bun. 17.49

Suggested Beer - Canoe Creek Pilsner

GF Souvlaki Chicken Sandwich

Marinated garlic chicken, peppers, kalamata olives, cucumbers, red onions and feta. Served in a gluten free flatbread with tzatziki on the side. 15.49



GF Steak Sandwich

A 6 oz. Certified Angus Beef steak charbroiled and served with a gluten free bun and mushrooms. 17.49

Suggested Beer - Bushwacker Brown Ale

GF Halibut Burger

Grilled Halibut, lettuce, tomato, red onion, pickle and tartar sauce. Served on a gluten free bun. 18.49

Suggested Beer - Talking Dog Wit

All of our chicken dishes are made with 100 % natural chicken

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MAINS

 GF Halibut with Lemon Dill
Fresh Halibut cut right here and baked in a delicious white wine & lemon dill sauce with shrimp on top. Served with vegetables and your choice of rice or potatoes.
22.99

Pairs nicely with Talking Dog Wit Beer

GF Panang Curry Chicken
Chicken, rice and vegetables tossed in a Panang curry sauce and served over butternut squash with gluten free flatbread. 17.49

GF Baby Back Pork Ribs
Tender pork ribs with choice of one of our gluten free sauces or Montreal Steak spice. Served with vegetables and your choice of rice or potatoes. 18.99

Suggested Beer - Bushwacker Brown Ale

GF Bratwurst
Local Windmill Meats Bratwurst, beer poached and served with garlic mashed potatoes and vegetables. 14.99

Suggested Beer - Sam McGuire's Pale Ale or try our Bushwacker Brown Ale

GF Mexican Chicken Rice Bowl
Cajun chicken, black beans, sautéed peppers & onions, roasted corn, guacamole with shredded cheese and feta on top. Served over basmati rice. Salsa and sour cream on the side. 15.99

Suggested Beer - Canoe Creek Pilsner



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