

GLUTEN-FREE MENU

Please inform your server if you are Celiac. Some items are cooked in our deep fryer, which is not a gluten-free fryer. If you prefer to have them baked please instruct your server (this will require extra cooking time). Please remember that we are a commercial kitchen, cross contamination may occur.



STARTERS

MALAYSIAN CURRY PRAWNS

Sautéed Prawns on top of our housemade Malaysian Red Curry Sauce, garnished with Arugula and Pickled Onions; served with a Gluten-Free Bun for dipping.

20

SPICED GRILLED PRAWNS & WATERMELON

Watermelon drizzled with Spicy Chili Oil; topped with Feta, Honey, Green Onions and Cajun Prawns.

14

THE WING STATION

Lightly breaded with Rice Flour so still Gluten-Free! Frank's Hot, Tongue Ripper Hot, Shuswap Rub, Salt and Pepper or Naked.

18

SPINACH & ARTICHOKE DIP

Housemade; Gluten-Free Sliced Baguette & Corn Chips.

22

WARM OLIVES AND HALLOUMI

Grilled Halloumi Cheese, Sundried Tomatoes, Warm Olives, Tzatziki with a Gluten-Free Baguette.

19

MEDITERRANEAN FLATBREAD

Pesto, Sundried Tomatoes, Olives, Spinach, Red Onions, Parmesan Cheese, Fresh Basil, Balsamic Drizzle; on a Cauliflower Crust.

23

SALADS + BOWLS

Dressings: Haskap Vinaigrette, Creamy Chive, Ranch, Blue Cheese or Greek

WILD SALMON SALAD

Spinach, Cucumber, Strawberries, Red Onions, Carrots, Feta Cheese, Candied Pecans and Wild Salmon dusted with Cajun.

25

SANTA FE CHICKEN SALAD

Mixed Greens, Feta Cheese, Tomatoes, Marinated Chicken, Corn Salsa, Black Beans, Guacamole.

24

HARRISA AND DUKKAH SALAD

Grilled Pineapple, Sundried Tomatoes, Beets, Ninja Radish, Red Onions, Pumpkin Seeds on Mixed Greens with housemade Harissa Dressing and Dukkah Sprinkle.

22

POWER BOWL

Arugula, Mixed Greens, Quinoa, Carrots, Beets, Cashews, Feta, Apples, Roasted Chickpeas.

23

GREEK CHICKEN RICE BOWL

Marinated Chicken, Mixed Greens, Cucumbers, Peppers, Sundried Tomatoes, Feta, Kalamata Olives, Tzatziki and Greek Dressing; served over Rice.

24

FROM THE GRILL

All Sandwiches and Burgers are served on Gluten-Free Bun or Baquette

STEAK SANDWICH

6 oz. Certified Angus Sirloin, charbroiled; side of Garlic Mushrooms and Crispy Arugula.

27

Add Prawns (\$7)

CHICKEN GUACAMOLE SANDWICH

Grilled Chicken topped with White Cheddar Cheese, Guacamole, Tomato, Mayo, Lettuce and Bacon.

25

MIKI'S BERBERE SPICED CHICKEN SANDWICH

Marinated Chicken Breast, White Cheddar, Red Onions, Arugula, Peppers, Garlic Mayo and Ethiopian Berbere Sauce.

25

BARLEY STATION BEEF BURGER

Beef Patty, Lettuce, Tomato, White Cheddar, Bacon, Onions and Garlic Mayo.

24

MUSHROOM SWISS BURGER

Beef Burger, Mushrooms, Red Onions, Garlic Mayo, Shredded Lettuce and Swiss Cheese.

24

HASKAP BISON BURGER

Haskap & Forty Creek BBQ Sauce, Red Onions, Maple Bacon, Garlic Mayo, Arugula, Tomato and White Cheddar.

27

MEDITERRANEAN CHICKEN BURGER

Marinated Chicken Breast, Pesto Mayo, Arugula, Apple, Halloumi Cheese and Red Onions.

26

MOROCCAN LAMB BURGER

Mediterranean Spiced Lamb, Feta Cheese, Olives, Tomato, Red Onions, Cucumber, Shredded Lettuce and Tzatziki.

26

HALIBUT BURGER

Poached in White Wine; Lettuce, Tomato, Pickled Red Onions and Lime Aioli.

26

SALMON BURGER

Cajun Salmon, housemade Tzatziki, Lettuce, Tomato, Red Onions.

26

BARLEY FAVOURITES

MALAYSIAN RED CURRY

Red Curry, Broccoli, Arugula, Pickled Onions; on Rice.

Halibut (\$34) Prawns (\$33) Chicken (\$29) Veggies (\$28)