

# Handle Bar & Grill

ESTABLISHED 1997

**"we ain't no chain"**

Washington Park  
305 S. Downing  
778-6761

*Please, No Personal Checks Accepted. Thank You!*



## STARTING LINE

<b>Josh's Artichoke Dip</b> Original <b>HB&amp;G</b> recipe, served warm in a edible bread bowl.	5.99	<b>"Big Jerk" Wings</b> A baker's dozen topped with one of our three signature sauces: Go-Fast, BBQ, Teriyaki.	6.99
<b>"Big Chain" Rings</b> Colossal hand breaded onion rings.	4.99	<b>Outrageous Nachos (Beans)</b> These are awesome with the traditional fixings. Add Beef or Chicken	5.99 6.99
<b>Clucks</b> Tender breaded chicken breast strips, with french fries.	5.99	<b>Sampler Platter</b> Test ride a sampling of our most popular appetizers (wings, rings, clucks, skins, and quesadilla.)	9.99
<b>"Road Rash" Skins</b> 1/2 dozen hand scooped potato skins topped with bacon, cheddar cheese, tomatoes, chives and sour cream.	5.99	<b>Quesadilla Del Dia, Chef's Daily Special</b>	5.99



## SALADS & SOUPS

All of our Salads, Soups, Chili and Gumbo are made with the freshest possible ingredients. These items are homemade on a daily basis.

<b>Just Caesar "The Classic"</b> Romaine with traditional dressing. Topped with Broiled Chicken, Steak, or Fresh Tuna.	5.99	<b>"Ichabods" Spinach Salad</b> Fresh Spinach tossed with bacon, tomatoes, mushrooms, water chestnuts, boiled egg, and shrimp. Choice of dressing.	7.99
<b>HB&amp;G Mixed Green Salad</b> Tomatoes, mushrooms, avocados, olives and red onions. Topped with Broiled Chicken, Steak, or Fresh Tuna.	7.99	<b>"Four Corners" Chili</b> A slightly fiery mixture of chicken and black beans in an edible bread bowl.	5.99
<b>Soup and Salad</b> Choice of Soup of the Moment, Chili or Gumbo, with green salad or caesar.	5.99	<b>"Bayou" Gumbo</b> A spicy stew creation with chicken and Andouille sausage in a bread bowl.	7.99
<b>HB&amp;G Green Chili</b> Our own with flour tortillas.	4.99	<b>Soup and Potato</b> Choice of cup of Soup, "Four Corners" Chili, Gumbo or Green Chili with your favorite style of potato.	5.99 4.99
<b>Soup of the Moment</b> A large bowl. Ask your server for our chef's special.	4.99	<b>Salad Dressings:</b> Bleu Cheese, Ranch, Balsamic Vinagarette, Caesar, Oil and Vinegar, Honey Spice, Fat Free Raspberry.	3.99

# BURGERS OR CHICKEN

Broiled to Perfection!

"Hand formed" one half pound Burger served on a poppy seed Kaiser roll or a marinated Chicken breast on a multi-grain bun. Served with your choice of fries or side salad. For an additional \$.79 you can substitute a side of "Big Chain" rings or a cup of "Four Corners" chili, Bayou Gumbo, or Green Chili instead of your fries.

<b>Mainframe</b> Broiled Burger or Chicken.	4.99	<b>El Grandé Montaña</b> Green Chili and Jalapeño Jack.	5.99
<b>Morgul Bismark</b> Cheddar, Pineapple and Teriyaki.	5.99	<b>Kokopelli</b> Sautéed Mushrooms & Swiss.	5.99
<b>Cactus Cup</b> Diced Chilies, Jalapeños, Jalapeño Jack Cheese and Salsa.	5.99	<b>AOV</b> Avocado, Sautéed Onions, Sautéed Veggies (peppers).	5.99
<b>Triple By-Pass</b> Choice of three cheeses: Swiss, Cheddar, American, Jalapeño Jack and Bleu.	5.99	<b>Tour of the Rockies</b> Cheddar Cheese and <b>HB&amp;G</b> BBQ Sauce.	5.99
<b>Red River Classic</b> Rubbed with a unique mixture of spices and herbs. Topped with choice of cheese.	5.99	<b>Pearl Izumi</b> Crisp Bacon & Cheddar Cheese.	5.99
		<b>Dakota Double</b> WARNING! This Thing is Hugel One full pound of fresh ground beef broiled. Double meat and double cheese.	8.99

**PILE ON THE EXTRA "GEARS"**  
add any one item for \$.69 each

Cheese (Swiss, Cheddar,  
Jalapeño Jack, American,  
Bleu)  
Guacamole  
Green Chili  
Black Olives  
Jalapeños  
Pineapple

Diced Chilies  
Avocado  
Sautéed Mushrooms  
Sautéed Onions  
Bacon  
Sautéed Peppers  
Jerk Seasoning



## STEAKS, CHICKEN & SEAFOOD

These items include a mixed green salad, choice of dressing, vegetable du jour & choice of potato (baked or sweet), or Wild Rice Pilaf.

<p><b>"Marley's" Jamaican Steak</b> 12.99 Marinated in a zesty mixture of Caribbean spices. Broiled to perfection.</p>	<p><b>HB&amp;G Tuna</b> 13.99 Delicately seasoned with Caribbean spices and grilled to order.</p>
<p><b>New York, New York</b> 12.99 12 oz. New York Strip broiled to perfection</p>	<p><b>Cedar Plank Blackened Salmon</b> 13.99 Fresh Salmon served on a cedar plank.</p>
<p><b>"Kingston" Rubbed Beef or Chicken</b> Rubbed with a signature mixture of Jerk Spices. 10 oz Sirloin 12.99 Boneless Breast 9.99</p>	<p><b>Skewered Shrimp</b> 13.99 Jumbo Shrimp brushed with <b>HB&amp;G</b> BBQ sauce. Broiled to perfection.</p>
<p><b>Wango - Mango Chicken</b> 9.99 Boneless breast "reved-up" with a Mango salsa.</p>	<p><b>Beer Battered Jumbo Shrimp</b> 13.99 Lightly beer battered and cooked 'til golden brown.</p>
<p><b>"Big Island" Chicken</b> 9.99 Boneless breast marinated in a honey mustard teriyaki sauce and topped with Island salsa.</p>	<p><b>Surf and Turf - HB&amp;G Style</b> 13.99 A six ounce sirloin complemented with your choice of: Tuna, Salmon or Shrimp.</p>
<p><b>Havana Pork Medallions</b> 13.99 Grilled Pork Tenderloin. Cooked to perfection.</p>	



# SANDWICHES

Served on your choice of fresh baked whole wheat, Parisian, Kaiser roll or multi grain bun. With fries or salad.

<b>B.L.T.</b> The old standby.	5.99	<b>HB&amp;G Philly Steak</b> Jerk marinated sirloin grilled to perfection topped with sautéed peppers and Swiss cheese.	6.99
<b>HB&amp;G Veggie Burger</b> A unique mixture of veggies and herbs, brushed with Teriyaki.	5.99	<b>HB&amp;G Rueben</b> Corned Beef, "Kraut" and Swiss Cheese.	6.99
<b>C.U. Buff</b> Lean ground buffalo with choice of cheese.	5.99	<b>"Big Kahuna" Chicken</b> A boneless breast marinated in a Honey Mustard Teriyaki sauce. Topped with Swiss cheese. Island spices on the side.	6.99
<b>"Deep Sea"</b> Jerk rubbed tuna.	7.99		
<b>Sirloin Steak Sandwich</b> 6 oz. broiled to order.	7.99		

Add Any of our "Gears" for \$.69 each



# OTHER STUFF

<b>"Fatties"</b> A large flour tortilla jammed with black beans, rice and tomatoes. Topped with <b>HB&amp;G</b> Green Chili and Jalapeno Jack Cheese with a side of sour cream and salsa. <b>Add Jerked Beef or Chicken</b>	5.99	<b>HB&amp;G Fish &amp; Chips</b> North Atlantic Cod lightly beer battered and cooked 'til golden brown, with fries.	6.99
	6.99		

## SIDE DISHES

Baked Potato	2.99	Vegetable Du Jour	1.99
Sweet Potato	2.99	"Four Corners" or Green Chili	1.99
<b>HB&amp;G</b> Fries	1.99	"Bayou" Gumbo	1.99
Side Salad	2.99	Soup of the moment	1.99

N.A. - A.C.  
Bar . Grill Menus





**FINISH LINE**

"What's Up Doc" Carrot Cake	3.99	Chocolate, Chocolate and Fudge	3.99
Homemade Carrot cake with cream cheese frosting.		Chocolate pudding cake served warm & topped with vanilla ice cream and hot fudge.	
Godiva Chocolate Liqueur Sundae	3.99	Hot Fudge Sundae (Grandé Style)	3.99
Vanilla ice cream smothered with Godiva Chocolate Liqueur.		Ice Cream topped with hot fudge and whipped cream. All atop a Brownie.	
Henry Weinhard's Root Beer Float	2.50	"Peak" Challenge (Healthy Decadence)	3.99
Creme Bruleé	3.99	A "Peak Bar" (way cool fuel) topped with vanilla ice cream and chocolate syrup.	
Traditional and Homemade.			
Bread Pudding	3.99		
Topped with a pecan bourbon sauce.			



**BEVERAGES**

Milk Shakes & Malts	2.95	Bottled H2O (20 oz sport bottle)	1.50
(Dolly Madison Ice Cream)		 Coca Cola Products and Iced Tea	1.25
Espresso	2.75	Coffee	1.25
( <b>HB&amp;G</b> Exclusive Blend)		<b>HB&amp;G</b> Blend 100% Sante Fe Plantation, Jinotega, Nicaragua	
Fresh Squeezed Juice	2.50	Hot Teas (Celestial Seasonings)	1.25
(Orange & Grapefruit)		Cappucino	3.25
Henry Weinhard's Root Beer	1.75		
			
Lemonade "Fresh Squeezed"	1.75		

"Please Ask for The HandleBar Squeezer Drink Menu"