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**

**Josh's Artichoke Dip**
Original **HB&G** recipe, served warm in a edible bread bowl. 

**"Big Chain" Rings**
Colossal hand breaded onion rings.

**Clucks**
Tender breaded chicken breast stripe, with french fries.

**"Road Rash" Skins**
1/2 dozen hand scooped potato skins topped with bacon, cheddar cheese, tomatoes, chives and sour cream.

**BIG JERK" Wings**
A baker's dozen topped with one of our three signature sauces: Go-Fast, BBQ, Teriyaki.

**Outrageous Nachos (Beare)**
These are awesome with the traditional fixings. **Add Beef or Chicken**

**Sampler Platter**
Test ride a sampling of our most popular appetizers (wings, rings, clucks, skins, and quesadilla.)

**Quesadilla Del Dia, Chef's Daily Special**

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**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.

**Just Caesar "The Classic"**
Romaine with traditional dressing. Topped with Broiled Chicken, Steak, or Fresh Tuna.

**HB&G Mixed Green Salad**
Tomatoes, mushrooms, avocados, olives and red onions. Topped with Broiled Chicken, Steak, or Fresh Tuna.

**Soup and Salad**
Choice of Soup of the Moment, Chili or Gumbo, with green salad or caesar.

**HB&G Green Chili**
Our own with flour tortillas.

**Soup of the Moment**
A large bowl. Ask your server for our chef's special.

**"Ichabode" Spinach Salad**
Fresh Spinach tossed with bacon, tomatoes, mushrooms, water chestnuts, boiled egg, and shrimp. Choice of dressing.

**Four Corinera" Chili**
A slightly fiery mixture of chicken and black beans in an edible bread bowl.

**"Bayou" Gumbo**
A spicy stew creation with chicken and Andouille sausage in a bread bowl.

**Soup and Potato**
Choice of cup of Soup, "Four Corinera" Chili, Gumbo or Green Chili with your favorite style of potato.

**Salad Dressings:**
Bleu Cheese, Ranch, Balsamic Vinagarette, Caesar, Oil and Vinegar, Honey Spice, Fat Free Raspberry.
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 $0.79 you can substitute a side of "Big Chief" rings or a cup of "Four Corners" chili, Bayou Gumbo, or Green Chili instead of your fries.

Mainframe
Broiled Burger or Chicken.

Morgul Bismark
Cheddar, Pineapple and Teriyaki.

Cactus Cup
Diced Chilies, Jalapeños, Jalapeño Jack Cheese and Salsa.

Triple By-Pass
Choice of three cheeses: Swiss, Cheddar, American, Jalapeño Jack and Bleu.

Red River Classic
Rubbed with a unique mixture of spices and herbs. Topped with choice of cheese.

El Grande Montaña
Green Chili and Jalapeño Jack.

Kokopelli
Sautéed Mushrooms & Swiss.

AOV
Avocado, Sautéed Onions, Sautéed Veggies (peppers).

Tour of the Rockies
Cheddar Cheese and BBQ Sauce.

Pearl Izumi
Crisp Bacon & Cheddar Cheese.

Dakota Double
WARNING! This Thing is Huge! One full pound of fresh ground beef broiled. Double meat and double cheese.

PILE ON THE EXTRA "GEARS"
add any one item for $0.69 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
These items include a mixed green salad, choice of dressing, vegetable du jour & choice of potato (baked or sweet), or Wild Rice Pilaf.

"Marley's" Jamaican Steak 12.99
Marinated in a zesty mixture of Caribbean spices.
Broiled to perfection.

New York, New York 12.99
12 oz. New York Strip
broiled to perfection

"Kingston" Rubbed Beef or Chicken 12.99
Rubbed with a signature mixture of Jerk Spices.
10 oz Sirloin
Boneless Breast 9.99

Wango - Mango Chicken 9.99
Boneless breast "reved-up" with a Mango salsa.

"Big Island" Chicken 9.99
Boneless breast marinated in a honey mustard teriyaki sauce and topped with Island salsa.

Havana Pork Medallions 13.99
Grilled Pork Tenderloin.
Cooked to perfection.

HB&G Tuna 13.99
Delicately seasoned with Caribbean spices and grilled to order.

Cedar Plank Blackened Salmon 13.99
Fresh Salmon served on a cedar plank.

Skewered Shrimp 13.99
Jumbo Shrimp brushed with HB&G BBQ sauce. Broiled to perfection.

Beer Battered Jumbo Shrimp 13.99
Lightly beer battered and cooked 'til golden brown.

Surf and Turf - HB&G Style 13.99
A six ounce sirloin complemented with your choice of: Tuna, Salmon or Shrimp.
SANDWICHES

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

B.L.T.
The old standby.

HB&G Veggie Burger
A unique mixture of veggies and herbs, brushed with Teriyaki.

C.U. Buff
Lean ground buffalo with choice of cheese.

"Deep Sea" Jerk rubbed tuna

Sirloin Steak Sandwich
6 oz. broiled to order.

5.99  HB&G Philly Steak
Jerk marinated sirloin grilled to perfection topped with sautéed peppers and Swiss cheese.

5.99  HB&G Rueben
Corned Beef, "Kraut" and Swiss Cheese.

6.99  "Big Kahuna" Chicken
A boneless breast marinated in a Honey Mustard Teriyaki sauce. Topped with Swiss cheese. Island spices on the side.

7.99

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

OTHER STUFF

"Fatties"
A large flour tortilla jammed with black beans, rice and tomatoes. Topped with HB&G Green Chili and Jalapeno Jack Cheese with a side of sour cream and salsa.

5.99  HB&G Fish & Chips
North Atlantic Cod lightly beer battered and cooked til golden brown, with fries.

6.99

Add Jerked Beef or Chicken

SIDE DISHES

Baked Potato
Sweet Potato
HB&G Fries
Side Salad

2.99  Vegetable Du Jour
2.99  "Four Corners" or Green Chili
1.99  "Bayou" Gumbo
2.99  Soup of the moment
FINISH LINE

"What's Up Doc" Carrot Cake
Homemade Carrot cake with cream cheese frosting.  3.99

Godiva Chocolate Liqueur Sundae
Vanilla ice cream smothered with Godiva Chocolate Liqueur.  3.99

Henry Weinhard's Root Beer Float
2.50

Creme Brulee
Traditional and Homemade.  3.99

Bread Pudding
Topped with a pecan bourbon sauce.  3.99

Chocolate, Chocolate and Fudge
Chocolate pudding cake served warm & topped with vanilla ice cream and hot fudge.  3.99

Hot Fudge Sundae (Grandé Style)
Ice Cream topped with hot fudge and whipped cream. All atop a Brownie.  3.99

"Peak" Challenge (Healthy Decadence)
A "Peak Bar" (way cool fuel) topped with vanilla ice cream and chocolate syrup.  3.99

BEVERAGES

Milk Shakes & Malts
(Dolly Madison Ice Cream)  2.95

Espresso
(HB&G Exclusive Blend)  2.75

Fresh Squeezed Juice
(Orange & Grapefruit)  2.50

Henry Weinhard's Root Beer  1.75

Lemonade "Fresh Squeezed"  1.75

Bottled H2O (20 oz sport bottle)  1.50

Coca Cola Products and Iced Tea  1.25

Coffee
HB&G Blend 100% Santa Fe Plantation, Jinotega, Nicaragua  1.25

Hot Teas (Celestial Seasonings)  1.25

Cappuccino  3.25

"Please Ask for The HandleBar Squeezer Drink Menu"