

Kaminski's **SPORTS LOUNGE** **BAR•B•QUE** **MENU**

Welcome to Kaminski's Bar-B-Que & Sports Lounge

Thanks to the US Navy, Stan and June Kaminski came to Poway in 1961 and they never left! In 1965 they bought an existing restaurant on Poway Road called 'The Totem Pole', where they offered grill your own steaks!

In 1972 the restaurant was remodeled and renamed 'The Poway Mine Co' The restaurant was truly a family affair, the kids, JR, Barbara, Debbie and Marsha, were all well versed in the art of dishwashing, busing, serving and cooking. The Mine Co offered ribs, steaks and spirits with lots of good times and memories.

In 1992 the restaurant once again went through a transition and became 'Kaminski Park Sports Bar and Grill'. They served North Carolina Pulled Pork, ribs and steaks until 2000 when Stan and June decided to retire. The business was sold but the Kaminskis retained the property.

In 2007 a terrible fire destroyed the building. Stan and June, along with daughter Marsha decided to rebuild. They combined their love and knowledge of BBQ to open Poway's first authentic BBQ house.

"We hope that our unique style of cooking and our Southern Hospitality will keep you coming back for more!"

NOW ENJOY!

Great Beginnings

Kaminski' Spiced Wings	Crisp, Tender Chicken Wings Tossed with Hot and Spicy Buffalo or Kaminski's BBQ Sauce. Served with Carrot and Celery Sticks with Ranch Dressing	\$7.99
Sliders - Any Trio	Served with French Fries	\$8.99
Angus Burger	Carolina Style Pulled Pork	Kaminski's Style Pulled Pork
Brisket	Pulled BBQ Chicken	
Add Cheese		\$0.79
Smokin Tacos - Any Trio	Topped with Cabbage & Our Spicy Chiptotle Sauce, Served with Tortilla Chips	\$8.99
Carolina Style Pulled Pork	Kaminski's Style Pulled Pork	<i>Yum!</i>
Pulled BBQ Chicken	Brisket	
Rib Tips	Slow Hickory Smoked Baby Back Rib Tips, Brushed with Kaminski's BBQ Sauce, Served with our Signature Cole Slaw and Ranch Beans	\$8.99
French Fries	Light, Fluffy and Full of Flavor	\$2.99
Garlic Fries	Tossed with our Homemade Herb Garlic Spice	\$3.49
Potato Chips	Our Housemade Potato Chips with Dipping Sauce	\$2.99
Sweet Potato Fries	Naturally Sweet, Tender and Crisp Served with Chipotle Sauce	\$3.99
Onion Rings	Sweetened Buttermilk Rings Fried to Crunchy Perfection, Served with Ranch Dressing	\$5.99
Sweet Fresh Corn on the Cob	\$1.99
Baked Potato	Piping hot with all the fixings	\$3.99
House Made Potato Skins	Shredded Jack and Cheddar Cheese Melted Over Crispy Potato Skins, Topped with Smoked Bacon Bits, Green Onions and Served with Sour Cream	\$7.99
Chips & Salsa	Our Fresh Fire Roasted Tomato Salsa Served with Warm Corn Tortilla Chips	\$3.99
Nachos	Crisp Corn Tortilla Chips or Our House Made Potato Chips Topped with Black Beans, Jack and Cheddar Cheeses, Diced Tomato's, Green Onions, Sliced Jalapeno Peppers, Cilantro, Sour Cream and Salsa	\$6.99
Add Chicken or Brisket		\$2.00
Hummus with Pita Chips	Served with Carrot and Celery Sticks	\$7.99
Chicken Tenders	Tossed with Kaminski's BBQ or Buffalo Sauce, Served with Carrot and Celery Sticks	\$7.99
1 Beef Bone with Slaw & Beans	\$5.99
Sampler BBQ Platter	Rib Tips, Brisket, Pulled Pork, Chicken, Beans, Slaw, French Fries and Texas Toast	\$19.99
Add Wings		\$3.99
Slam Dunk Sampler	Potato Skins, Wings, Chicken Tenders, Onion Rings & Garlic Fries	\$14.99
Grilled Rib Eye Skewer	Served with Mushroom Caps, Pearl Onions and Drizzled with Gorgonzola Cheese	\$12.99
Soup of the Day		
Cup		\$2.99
Bowl		\$4.99
Soup and Salad Combo	Bowl Soup of the Day and House or Ceasar Salad	\$7.99

Flatbread Pizzas

Flatbread Pizza	\$7.99
BBQ Chicken with Carmelized Onions and Cilantro	BBQ Pulled Pork
Hot Link/Peppers & Carmelized Onions	Chicken Ranch
Veggie Pizza (Seasonal Vegetables)	

Garden Fresh Salads

Accompanied by Texas Toast

House Specialty Salad Chilled Tossed Greens with Cucumber, Tomato, Shredded Carrots, Red Onions and Spiced Pecans. Tossed with our House Vinaigrette	\$5.99
Caesar Salad Crisp Chilled, Chopped Romaine Lettuce Tossed with Seasoned Crutons, Fresh Parmesan Cheese and our Garlicky Ceasar Dressing.....	\$6.49
Cobb Salad Chilled Tossed Greens with Rotisserie Chicken, Crumbled Bacon, Gorgonzola Cheese, Hard Boiled Egg, Cucumber Slices, Tomatoes, Shredded Carrots, Red Onions with Our House Vinaigrette	\$8.99
Spinach Salad Fresh Chilled Spinach with our Spicy Pecans, Tart Crisp Green Apples, Sprinkled with Gorgonzola Cheese and Tossed with Vinaigrette Dressing. Add Chopped Egg and Bacon Bits on Request	\$8.99
Kaminski's BBQ Chicken Salad Smoked Then Pulled Chicken Breast with Fresh Greens, Black Beans, Diced Tomatoes, Grilled Sweet Corn, Cucumbers, Red Onion, Topped with Cheddar Cheese Sprinkled with Cilantro and Tossed in our Tangy Ranch Dressing	\$10.99
Want to Make a Great Salad Even Better?	
Add Pulled Pork, Chopped Brisket, Pulled or Rotisserie Chicken	\$2.49
Add Salmon	\$2.99

Sandwiches & Burgers

Accompanied by One Small Side of Your Choice:

Green Salad, Cole Slaw, Ranch Beans, Potato Salad, Potato Chips, French Fries.

Substitute Mac & Cheese, Garlic or Sweet Potato Fries, Corn on the Cob for .99 cents extra. Additional Sides for \$1.49.

Add any of the following: Hickory Smoked Bacon, Cheddar Cheese, Jalapeno Cheese for .99 cents.

Carolina Pulled Pork Slow Smoked All Night with Authentic Carolina Vinegar Sauce Topped with our Signature Cole Slaw	\$8.99
Kaminski's Pulled Pork Slow Smoked All Night With Kaminski's BBQ Sauce Topped with our Signature Cole Slaw	\$8.99
Beef Brisket Slow Smoked until Tender, Thinly Sliced, Tossed with our Special Kaminski's BBQ Sauce..	\$8.99
Louisiana Hotlink Sausage Spicy Hot, Topped with Roasted Peppers and Onions on a Toasted Bun	\$8.99
Pulled Chicken With Kaminski's BBQ Sauce and Carmelized Onions	\$8.99
Homemade Chicken Salad Smoked Chicken, Crisp Celery and Red Onion, Cranberries and Almonds, Lettuce and Mayo on a Bun.....	\$8.99
Rotisserie Smoked Chicken With Lettuce, Tomato & Sweet Red Onion on a Bun with Chipotle Mayo	\$7.99
Rib Eye Steak Sandwich With Roasted Peppers & Onions and Gorgonzola Cheese on a Toasted Baguette	\$12.99
Beef & Cheddar Sandwich Slow Cooked Roast Beef, Thinly Sliced, Melted Cheddar Cheese on Toasted Sourdough, Served with Au Jus	\$10.99
Grilled Cheese On Sourdough Bread	\$7.99
Veggie Burger Flavorful Veggie Patty Served on a Toasted Bun with Lettuce, Tomato and Sweet Red Onion	\$7.99
1/3 lb Angus Beef Burger Topped with a Golden Crunchy Onion Ring, Vine Ripened Tomato, Lettuce & Sweet Red Onion with our Chipotle Mayo	\$8.99
Patty Melt Burger Cheddar Cheese on Sourdough Bread & Carmelized Onions	\$9.99
BBQ Bacon Burger Bacon, Gargonzola Cheese, 2 Onion Rings and BBQ Sauce	\$10.99
St. Louis Burger Topped with Kaminskis pulled pork, sliced pickles & cole slaw	\$11.99
Burger & Hot Link Sausage With Carmelized Onions & Peppers	\$12.99

Please Enjoy Our Slow Smoked Meats & Chicken!
The Pink Color Means It's Smoked To Perfection!

Classic BBQ Specialties

Accompanied by Texas Toast and Two Sides of Your Choice:
Green Salad, Cole Slaw, Ranch Beans, Potato Salad, Potato Chips, French Fries.
Substitute 2 Sides for a Baked Potato.

Substitute Mac & Cheese, Garlic or Sweet Potato Fries or Corn on the Cob for .99 cents extra.

Cattleman's Angus Delmonico Steak Seared and Herb Crusted, Grilled Tender \$21.99

Slow Cooked Prime Rib Seasoned with Herbs, Served with Au Jus and Creamy
Horseradish, Friday and Saturday only! \$21.99

Grilled Salmon Filet Fresh Salmon, Seasoned with our Jack Daniels Glaze \$16.99

Kaminski's Bone-in Pork Chops Thick and Juicy, Slow-cooked over Hickory Wood,
Finished on the Grill - 2 Chops \$17.99
Single Chop \$11.99

BBQ Platters

Slow Smoked with Hickory Wood, Lightly Brushed with Kaminski's BBQ Sauce!
Accompanied by Texas Toast and Two Sides of Your Choice:
Green Salad, Cole Slaw, Ranch Beans, Potato Salad, Potato Chips, French Fries.
Substitute 2 Sides for a Baked Potato.

Substitute Mac & Cheese, Garlic or Sweet Potato Fries, Corn on the Cob for .99 cents extra.

Iowa Baby Back Pork Ribs

Full Order \$23.99
1/2 Order \$15.99
1/4 Order \$11.99

Cowboy Size Beef Ribs

Full Order \$23.99
1/2 Order \$15.99
1 Bone \$6.99

Chicken BBQ or Rotisserie

Whole \$14.99
1/2 Order \$9.99
1/4 Order \$7.99

Texas Beef Brisket Hand Trimmed Hickory Smoked All Night, Thinly Sliced, Bursting
with Flavor \$14.99

Carolina Pulled Pork Hickory Smoked Tender with our Carolina Vinegar Sauce \$13.99

Kaminski's Pulled Pork Slow Smoked All Night, Topped with Kaminski's BBQ Sauce \$14.99

BBQ Combos

Accompanied by Texas Toast and Two Sides of Your Choice:
Green Salad, Cole Slaw, Ranch Beans, Potato Salad, Potato Chips, French Fries.
Substitute 2 Sides for a Baked Potato.

Substitute Mac & Cheese, Garlic or Sweet Potato Fries, Corn on the Cob for .99 cents extra.

Choose Any 2 Items Below: \$22.99

1/2 Baby Back Ribs 1/2 Rotisserie Chicken
1/2 BBQ Chicken Beef Brisket
Carolina Pulled Pork Kaminski's Pulled Pork
Louisiana Hotlink Sausage

1/4 Size Any Combo \$15.99

Little Piggy's Menu

12 and under only, please!

- Little Piggy's Menu** Includes French Fries & Fountain Drink \$5.99
 Kids Burger Chicken Tenders
 Cheeseburger Grilled Cheese Sandwich
 Chicken Leg Pulled Pork Sand
 Baby Back Ribs

Oink!

Sides

- Our Signature Sides** \$2.99
 Cole Slaw Ranch Beans
 Potato Salad Potato Chips
 French Fries Seasonal Veggie Plate
- Mac & Cheese \$3.99
 Sweet Fresh Corn on the Cob \$1.99
- Favorites** \$3.99
 Sweet Potato Fries with Chipotle Sauce
 Steaming Hot Baked Potato with the Works
 Golden Onion Rings with Ranch Dressing
 Add Sour Cream \$0.50

Dessert

- Home Baked Chocolate Chip Cookie** Freshly Baked out of the Oven, Rich and Delicious
 Cookie Topped with Vanilla Bean Ice Cream \$5.99
- Kaminski's Mud Pie** Our Homemade Large Slice of Mocha Ice Cream on a
 Cookie Crumb Crust with Chocolate Fudge Icing, Whipped Cream and Sprinkle
 of Oreo Cookie Chunks and Roasted Nuts \$5.99
- Fresh Baked Hot Apple Cobbler** Golden Flakey Crust, Baked by our Pastry Chef, Stuffed
 with Delicious Apples and Cinnamon, Served Hot with Vanilla Bean Ice Cream \$5.99
- Lava Cake** Hot Devils Food Cake with Hot Fudge Center & Ice Cream \$7.99
- Root Beer Float & Milk Shakes** \$5.99

Love it!

Beverages

- Fountain Beverages** \$2.59
 Soda Iced Tea
 Coffee Lemonade
- Bottled Water** \$1.99

Treat yourself to one of our
Specialty Drinks at our Full Deluxe Bar!

Parties of 6 or more 18% gratuity will be added. We reserve the right to refuse service.



Breakfast

Served Saturday and Sunday - 9AM to Noon

\$4.00 Mimosas
\$5.00 Bloody Mary

Pancakes or French Toast	\$6.95
Add blueberries	\$2.00
Bisquits & Gravy	\$6.95
Omlettes Include Breakfast Potatoes & Texas Toast Choose any 4 Ingredients: Tomatoes, Onions, Peppers, Mushrooms, Spinach, Jalapenos, Cheese, Ham, Bacon, Sausage, Texas Toast, Side of Salsa	\$10.95
Denver Omlette	\$9.95
Cheese Omlette	\$9.95
2 Eggs Any Style Bacon, Sausage or Ham & Breakfast Potatoes & Texas Toast	\$7.95
Add Rib Eye Steak	\$4.00
Poway Scramble Bowl Ham, Bacon or Sausage, Jack Cheese, Spinach, Pico de Gallo & Avocado Over Breakfast Potatoes & Texas Toast.....	\$9.95
Homerun Breakfast 2 Pancakes,2 Eggs, Ham, Bacon or Sausage	\$8.95
Touchdown Burrito Eggs, Sausage or Brisket, Pico de Gallo, Jack Cheese, Ranch Beans, Avocado, Breakfast Potatoes, Salsa Side	\$7.95
Huevos Rancheros Corn Tortillas, Jack Cheese, Over Easy Eggs, Salsa, Side Ranch Beans	\$7.95
Chilaquiles Tomatoes, Jalapenos, Cilantro, Red Onions, Corn Tortillas, Jack Cheese	\$5.95
Add Brisket, Chicken, Pork	\$3.00
Add Eggs	\$2.00
Breakfast Pizza Sausage, eggs, onions, tomatoes, peppers, cheese	\$8.95
Fresh Fruit	\$3.95
1 Egg	\$1.95
1 Pancake	\$2.95
Bacon, Sausage, Ham	\$3.95
Texas Toast	\$1.95
Breakfast Potato	\$2.95