

BARLEY MOW MENU

SERVED TUESDAY - SUNDAY 12.00pm-3.00pm WEDNESDAY - SATURDAY 6.00pm-8.15pm

MARINATED OLIVES

(CHILLI & ROSEMARY)

CRUSTY BREAD, OIL AND BALSAMIC ... £4.00

GARLIC & HERB BREAD ... £4.00

CHEF'S SOUP

CRUSTY BREAD ... £6.75

WHITEBAIT

BREADED FISH, TARTARE DIP, SALAD GARNISH ... £6.50

HALLOUMI

CHEESE STRIPS, TOMATO DIP, SALAD GARNISH ... £6.50

MUSHROOMS ON TOAST

PORTOBELLO MUSHROOM SLICES, SOUR DOUGH TOAST,

MUSTARD SAUCE ... £7.50

ADD CHAR GRILLED STEAK ... £5.00

ROASTED PEPPER SALAD

RED PEPPERS, AVOCADO, BEETROOT, SALAD VEGETABLES, TOASTED PINE NUTS,

RASPBERRY DRESSING ... £7.50

ADD GRILLED CHICKEN TO YOUR SALAD ... £4.00

ADD GRILLED GOAT'S CHEESE TO YOUR SALAD ... £3.00

CAMEMBERT BOARD

STUDED WITH GARLIC AND ROSEMARY. BLACKBERRY CHUTNEY

BREAD FOR DIPPING ... £10.00

FISH BOARD

SMOKED MACKEREL PATE, SMOKED SALMON, CALAMARI,

COATED PRAWNS, CHILLI MAYO. £15.50

ANTIPASTO BOARD

MEDITERRANEAN MIX OF SMOKED MEATS, CHEESE, VEGETABLES,

FRESHLY BAKED BREAD, PICKLES AND DIPS ... £15.50

SWEET POTATO AND CHICK PEA CURRY

SPICY GOAN DISH, RICE, POPPADUM ... £14.50

FISH AND CHIPS

BEER BATTERED COD, CHIPS, PEAS, TARTARE SAUCE ... £14.75

BAKED SEA BASS

CHORIZO. RED PEPPER, BEAN RISOTTO ... £16.00

8OZ RUMP STEAK 28 DAY AGED LOCALLY FARMED

CHOICE OF POTATOES, ONION RINGS, TOMATOES, MUSHROOM, ... £20.00

ADD GARLIC BUTTER ... £2.50 PEPPERCORN SAUCE ... £3.50

CHICKEN BURGER

60Z HERBY BREADED BREAST, BRIE, CARAMELISED RED ONION,
MAYO, CHILLI JAM

LETTUCE, FRESH TOMATO, IN A BRIOCHE BUN, FRIES...£14.00

BEEF BURGER

60Z BEEF PATTIE, TOMATO RELISH, HORSERADISH MAYO, GHERKIN,
LETTUCE, FRESH TOMATO, ONION, IN A BRIOCHE BUN, FRIES... £14.00

PLANT BURGER

“MOVING MOUNTAINS” 100% PLANT - 0% COW, BUT JUST LIKE IT..!

4 OZ PATTIE, (MIX OF MUSHROOMS, BEETROOT AND GRAINS.) TOMATO RELISH,
MAYO, LETTUCE, FRESH TOMATO, ONION, IN A BRIOCHE BUN, FRIES...£13.00

ADD... SMOKED BACON £1.50 ... CRUMBLY MATURE CHEDDAR £1.50 ...

CREAMY BLUE VEINED CHEESE ... £1.50 VEGAN CHEESE ... £1.50

AVOCADO... £1.50

SIDE ORDERS

FRENCH FRIES ... £3.50 CHIPS ... £3.75 CHEESE CHIPS ... £4.50

ONION RINGS ... £4.00 BOWL OF SEASONAL VEGETABLES... £3.50

BOWL OF MIXED SALAD... £3.50

WITH OUR HOUSE ‘HONEY AND GRAIN MUSTARD DRESSING’

SERVED AT LUNCH TIME ONLY

BAQUETTES

TUNA MAYO ... £7.50

CHEDDAR AND CHUTNEY ... £8.00

RED PEPPER AND AVOCADO ... £7.50

BACON, BRIE AND CRANBERRY ... £8.50

SOUP AND BAQUETTE

ADD A BOWL OF TODAY'S SOUP TO ½ OF A FILLED BAQUETTE ... £9.50

SMALLER PORTIONS ARE AVAILABLE ON SOME OF OUR DISHES
PLEASE TELL US OF ANY FOOD INTOLERANCES OR ALLERGIES AS SOME OF OUR DISHES CAN BE
ADAPTED TO SUIT SPECIFIC DIETARY NEEDS. E.G. COELIAC.
WE WOULD BE HAPPY TO CHECK YOUR MENU CHOICES WITH OUR CHEFS.
PLEASE LET US KNOW IF YOU MAKE FOOD GROUP CHOICES.