

## **BARLEY MOW MENU**

SERVED WEDNESDAY - SATURDAY 12-3 6-8.30 SUNDAY 12-3

### **MARINATED OLIVES**

BREAD, OIL AND BALSAMIC ... £4.00

**GARLIC & HERB BREAD ... £4.00**

### **HALLOUMI STICKS**

DUSTED CHEESE STRAWS, TOMATO DIP, SALAD GARNISH ... £6.50

### **WHITEBAIT**

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

### **GREEK PLATTER**

CHICKEN SKEWERS, FALAFEL, HALLOUMI STRIPS, GREEK SALAD,

TZATZIKI, FLAT BREAD ... £10.50

### **FISH BOARD**

CALAMARI STRIPS, SMOKED SALMON, SMOKED MACKEREL PATE,

JAPANESE BUBBLE BATTERED PRAWNS, CROUTES, DIPS ... £11.50

### **WATERCRESS SALAD**

BEETROOT, AVOCADO, SALAD VEGETABLES, WALNUT

PEAR, HOUSE DRESSING ... £7.50

### **CAESAR SALAD**

ROMAINE LEAVES, PARMESAN SHAVINGS, BREAD CROUTONS, CAESAR DRESSING ... £7.50..

### **ROASTED BUTTERNUT SALAD**

CHICK PEA, POMEGRANATE, SALAD VEGETABLES, TOASTED PINE NUTS,

RASPBERRY DRESSING ... £7.50

**ADD CHAR GRILLED CHICKEN TO YOUR SALAD ... £4.00**

### **CRAB SALAD**

FRESH CRAB, CREVETTE, TRADITIONAL SALAD, BOILED EGG, POTATO SALAD,

BREAD, MAYO ... £15.95

### **SWEET POTATO AND CHICK PEA CURRY**

SPICY GOAN DISH, RICE, POPPADUM ... £13.50

### **HAM, EGG AND CHIPS**

HAND CARVED ENGLISH HAM ... £14.50

### **FISH AND CHIPS**

BEER BATTERED COD, CHIPS, PEAS, TARTARE SAUCE ... £14.50

### **KING PRAWN LINGUINE**

GARLIC, CHIVE AND WHITE WINE ... £14.50

### **BEEF BURGER**

6oz BEEF PATTIE, TOMATO RELISH, MAYONNAISE, GHERKIN,  
LETTUCE, FRESH TOMATO, ONION, IN A BRIOCHE BUN, FRIES ... **£14.00**

### **CHICKEN BURGER**

BREADED BREAST, GARLIC & BASIL MAYO, LETTUCE  
FRESH TOMATO, ONION, CHILLI JAM, 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.) RELISH, MAYO,  
LETTUCE, FRESH TOMATO, ONION, IN A BRIOCHE BUN, FRIES ... **£12.00**  
ADD... SMOKED BACON **£1** ... CRUMBLY MATURE CHEDDAR **£1** ...  
CREAMY BLUE VEINED CHEESE **£1** .... VEGAN CHEESE **£1** AVOCADO ... **£1**  
8OZ RIBEYE STEAK 28 DAY AGED LOCALLY FARMED  
CHOICE OF POTATOES, PORTOBELLO MUSHROOM, TOMATOES ... **£20.00**  
ADD GARLIC BUTTER ... **£2.00** STILTON BUTTER ... **£2.00**  
PEPPERCORN SAUCE ... **£3.00**

### **SIDE ORDERS**

FRENCH FRIES ... **£3.00** CHIPS ... **£3.50** CHEESE CHIPS ... **£4.00**  
DIRTY FRIES ... **£5.00** BACON, CHEDDAR, SPRING ONION, MUSTARD SAUCE, BBQ SAUCE  
DIRTY FRIES .... **£5.00** VEGAN CHEESE, RED PEPPER, JALAPENOS, SPRING ONION, BBQ SAUCE  
BOWL OF MIXED SALAD ... **£3.50**  
WITH OUR HOUSE HONEY AND GRAIN MUSTARD DRESSING

### **SERVED AT LUNCH TIME ONLY**

#### **MOWER'S MUNCH**

PLOUGHMANS PLATTER OF CHEESE AND MEAT, BREAD AND PICKLES ... **£11.00**  
TOASTED SOUR DOUGH SANDWICH  
ROASTED RED PEPPER, AVOCADO, BASIL AND GARLIC MAYO ... **£7.00**  
BACON, BRIE AND CRANBERRY ... **£8.00**  
FOCCACIA FLAT BREAD SANDWICH  
LAMB KOFTA, ROASTED CHERRY TOMATO, CARAMALIZED RED ONION,  
YOGURT AND MINT SAUCE.. **£9.00**  
CHICKEN, CHEESE, BACON, SWEET CHILLI SAUCE ... **£9.00**

SMALLER PORTIONS ARE AVAILABLE ON SOME OF OUR DISHES  
WHERE POSSIBLE, OUR DISHES TODAY ARE MADE IN OUR KITCHEN, BY OUR CHEFS, TO THEIR OWN RECIPES.  
PLEASE TELL US OF ANY FOOD INTOLERANCES OR ALLERGIES AS SOME OF OUR DISHES CAN BE ADAPTED TO SUIT  
SPECIFIC DIET 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.