

BARLEY MOW MENU

SERVED MONDAY & TUESDAY LUNCH 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

HAM, EGG AND CHIPS

HAND CARVED ENGLISH HAM ... £14.50

FISH AND CHIPS

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

SCAMPI & CHIPS

WHOLETAIL: PEAS, TARTARE SAUCE ... £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

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

SIDE ORDERS

FRENCH FRIES ... £3.00 CHIPS ... £3.50 CHEESE CHIPS ... £4.00

BOWL OF MIXED SALAD ... £3.50

WITH OUR HOUSE HONEY AND GRAIN MUSTARD DRESSING

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.