

BARLEY MOW MENU

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

MARINATED OLIVES

(CHILLI & ROSEMARY)

CRUSTY BREAD, OIL AND BALSAMIC ... £4.00

GARLIC & HERB BREAD ... £4.00

CHEF'S SOUP

CRUSTY BREAD ... £6.75

MOZZARELLA STICKS

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

WHITEBAIT

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

MUSHROOMS ON TOAST

PORTOBELLO MUSHROOM SLICES, SOUR DOUGH TOAST, MUSTARD SAUCE ... £7.50

ADD CHAR GRILLED STEAK ... £5.00

GREEK PLATTER

CHICKEN SKEWERS, FALAFEL, HALLOUMI STRIPS, GREEK SALAD,

TZATZIKI, FLAT BREAD £11.50

FISH BOARD

CALAMARI, SMOKED SALMON, SMOKED MACKEREL PATE,

BATTERED PRAWNS, CROUTES, DIPS... £12.50

CAESAR SALAD

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

ROASTED PEPPER SALAD

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

RASPBERRY DRESSING ... £7.50

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

SPINACH AND RICOTTA TORTELLONI

GARLIC, CHIVE, CREAM AND WHITE WINE... £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

8OZ RUMP STEAK 28 DAY AGED LOCALLY FARMED

CHOICE OF POTATOES, PORTOBELLO PEVENSEY MUSHROOM, ... £20.00

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



BEEF BURGER

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

CHICKEN BURGER

6oz BREADED BREAD, CURRY MAYO, LETTUCE
FRESH TOMATO, ONION, MANGO CHUTNEY, 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...**£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**
DIRTY FRIES ... **£5.50** BACON, CHEDDAR, SPRING ONION, MUSTARD SAUCE, BBQ SAUCE
DIRTY FRIES... **£5.50** 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

TOASTED SOUR DOUGH SANDWICH

ROASTED RED PEPPER, AVOCADO, BASIL AND GARLIC MAYO ... **£7.00**
CHEDDAR AND CHUTNEY ... **£7.50**

BAGUETTES

TUNA MAYO ... **£7.50**
BACON, BRIE AND CRANBERRY ... **£8.50**
HAM AND MUSTARD MAYO ... **£8.50**

SOUP AND BAGUETTE

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

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 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.

