



THE



BARLEY MOW

Bar & Kitchen

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To Start

Homemade Soup of the Day (V) £5.00
Served with Toasted Ciabatta

Baked Mini Camembert (V) £6.00
Infused with Garlic & Rosemary with a side of Crunchy Veg & Toasted Ciabatta

Chicken Strips £6.00
With a sprig of Salad & a French Dressing

Chicken Wings £6.00
With Slaw & a choice of BBQ, Piri Piri or Blue Cheese Dip

Bruschetta (V) £5.00
Grilled Ciabatta with Heirloom Tomato, Halloumi Cheese & Fresh Basil Pesto

Garlic King Prawns £6.00
Glazed with Sweet Chilli on a griddled Ciabatta

Sharing Platters

Charcuterie Board £12.00
Mixed Olives, Cured Meats, Mini Camembert, Hummus, Chutney, Salad & Breads

Platter Please £12.00
BBQ Wings, Garlic Ciabatta, Chicken Strips, Coleslaw, Fries, Scampi & Onion Rings

Sides

All Sides £2.50
Chips / Skinny Fries / Onion Rings
Garlic Ciabatta / Mixed Salad
Coleslaw / Olives

Hot Drinks

Please ask your server about our of selection of Tea, Coffee & Hot Drinks.

Please inform us of any food allergies or special dietary requirements and we will be happy to accommodate you.

Pub Classics

Sausage, Mash & Gravy £10.00
Cumberland Twirl on Colcannon Mash with Crispy Onions

Lasagne £10.00
Served with a Mixed Leaf Salad & Toasted Garlic Ciabatta

Macaroni Cheese (V) £10.00
With Dressed Salad & Toasted Garlic Ciabatta

Hunters Chicken £11.00
Butterfly Chicken Breast topped with Bacon, Cheese, BBQ Sauce, served with Gourmet Chips, House Slaw & Salad.

Hand Battered Cod £13.00
With Gourmet Chips & Pea Puree

Chicken Fajitas £10.00
Sliced Chargrilled Chicken Breast with Mixed Peppers & Onions on a sizzling skillet with Tortilla Sour Cream & Salsa.

Pie of the Day £12.00
Served with Seasonal Veg, Mash & Gravy

Salmon Linguine £14.00
With Broccoli, Green Beans, topped with Parmesan & Rocket
Vegetarian option available

Scampi £9.00
With Gourmet Chips, Tartare Sauce & Pea Puree



Sunday Roasts

Please ask your server about our of selection of Sunday Roasts.

From the Grill

Gammon Steak £12.00
Eggs sunny-side-up with Gourmet Chips, Grilled Tomato & Mushroom

10 oz Sirloin Steak £16.00
With Gourmet Chips, Mushroom, Tomato
Peppercorn / Blue Cheese / Diane Sauce £1.50

Beef Burger £11.00
With Lettuce, Tomato, Onion, & Gherkin, topped with Burger Relish, served with Skinny Fries & House Slaw

Chicken Fillet Burger £11.00
With Lettuce, Tomato & Onion, served with Skinny Fries & House Slaw

Southern Fried Chicken Burger £11.00
With Lettuce, Red Onion & Mayo, served with Skinny Fries & House Slaw

Mexican Bean Burger (V) £11.00
With Salad, Hummus & a side of Skinny Fries & House Slaw

Double up on your Burger £3.00

Extra Toppings £1.00
Bacon / Cheese / Tomato
Mushroom / Avocado / Egg

Sandwiches, Wraps & Ciabattas

All served with your choice of Gourmet or Skinny Fries & a Sprig of Salad

All Sandwiches/Wraps/Ciabattas £8.00

Ham, Cheese, Tomato & Lettuce

Tuna Melt, Lettuce

Falafel, Humous & Roasted Red Pepper

Southern Fried Chicken, Lettuce & Mayo

Steak, Onion Puree, Rocket & Tomato

Hunters Chicken, Bacon, BBQ Sauce, Cheese & Lettuce

Stonebaked Pizzas

Our range of Thin & Crispy Pizzas, made the traditional way using fresh, authentic Italian ingredients.

Rustic Classic (V) £9.00 12" £6.00 8"
Rustic combination of tangy Barrel & Stone Tomato Sauce & Creamy Fior di Latte Mozzarella.

Simply Salami £11.00 12" £7.00 8"
Delicious cured Italian Napoli Salami with Tangy Barrel & Stone Tomato Sauce & Fior di Latte Mozzarella.

The Works £12.50 12" £8.00 8"
Smoked Speck Ham, cured Italian Napoli Salami, Fennel Sausage, Barrel & Stone Tomato Sauce & Fior di Latte Mozzarella.

Sweet & Tangy £11.00 12" £7.00 8"
Tangy Goat's Cheese, Sweet Peppadew Peppers, Pesto & Barrel & Stone Tomato Sauce.

Nice & Spicy £11.00 12" £7.00 8"
Spicy Calabrian Nduja Sausage laced with Chilli spread over the Pizza Base, topped with Barrel & Stone Tomato Sauce, Fior di Latte Mozzarella, Sweet Peppadew Peppers, Fiery Salami & Chilli Peppers.

The Spaniard £11.50 12" £7.50 8"
Navarra Chorizo seasoned with Smoked Paprika, Herbs & Garlic, Pecorino Sheep's Cheese, Barrel & Stone Tomato Sauce, Fillet Peppers, Grana Padano Parmesan & sprinkles of Oregano.

Rock the Parma £12.00 12" £8.00 8"
Barrel & Stone Tomato Sauce, Fior Di Latte Mozzarella, Wild Rocket, Parmigiano Reggiano & 18 month Dry Cured Parma Ham full of intense & sweet flavours, topped with a dash of Balsamic Glaze.



Desserts

Please ask your server about our of selection of Desserts.