

# THE BARLEY MOW

*Reserve a table, sofa area or our upstairs bar!  
Whether avoiding the rush at lunch time  
or planning a party,  
come and talk to us - we're always pleased to help.*

*V = This dish is vegetarian, but please note that  
we do not operate a dedicated vegetarian kitchen area.*

*Our menu descriptions do not contain all ingredients,  
so please ask your server (before ordering),  
if you have any particular allergy or requirements.*

*We cannot guarantee that all of our dishes are 100% free from nuts or their derivatives.*

*All menu items are subject to availability. All weights are approximate uncooked.*

## MENU

## Baguettes or Bloomer Bread

*All served with salad garnish & chips.*

Double Sausage or Vegetarian Sausage & Fried Onion	£5.25 (V)
Cheddar Cheese, Red Onion & Pickle	£4.95 (V)
Prawn & Avocado Mayonnaise	£5.25
Classic BLT	£5.50
Tuna with Tomato & Lime Salsa	£5.25
Grilled Steak, Hot Mustard & Onions	£6.50 (V)
Barley Mow Club Sandwich	£6.95

*Mature Cheddar cheese, tomato & mayonnaise, hot chicken breast & bacon.*

## Burgers

GRILLED BEEF BURGER	£7.75
<i>Grilled beef burger served on a toasted ciabatta roll, with mixed leaves, tomato, red onion, mayonnaise &amp; chips.</i>	
PIRI-PIRI CHICKEN BURGER	£7.55
<i>Grilled chicken breast, topped with spicy piri-piri mayonnaise served on a toasted ciabatta roll, with mixed leaves, tomato, red onion &amp; chips.</i>	
VEGETARIAN BURGER	£7.45 (V)
<i>Served on a toasted ciabatta roll, with mixed leaves, tomato, red onion, mayonnaise &amp; chips.</i>	
<i>Add extra toppings</i>	£1.00 each
<i>Cheese, Mushroom, Bacon, Onion Rings, Fried Egg.</i>	

## Platters

VEGETARIAN	£12.95 (V)
<i>Potato wedges, flat bread, marinated olives, chilli jalapeños with hummos &amp; tomato salsa.</i>	
MEAT FEAST	£12.95
<i>Piri chicken skewers, chorizo sausage, garlic bread, lamb koftas, potato skins with salsa &amp; garlic mayonnaise.</i>	
NACHOS MELT	£5.50 (V)
<i>Smoked cheese &amp; sweet peppers, topped with guacamole, tomato salsa &amp; sour cream.</i>	
Add spicy chicken	£2.25
Add spicy beef	£2.55

## Main Meals

CUMBERLAND SAUSAGES or VEGETARIAN SAUSAGES	£7.85
<i>Served with creamy mash, peas &amp; a rich red wine &amp; onion gravy.</i>	
HOME-MADE CHEDDAR CHEESE, TOMATO & PEPPER TART	£6.95 (V)
<i>Served with a rocket &amp; watercress salad.</i>	
SALMON & PRAWN ALFREDO	£7.75
<i>Fresh penne pasta with salmon &amp; prawns, pesto, rocket, sun dried tomatoes &amp; cream sauce, with a garlic ciabatta.</i>	
DEEP FRIED SCAMPI	£7.50
<i>Served with tartare sauce, salad garnish &amp; chips.</i>	
SWEET POTATO, CHICKPEA & SPINACH CURRY	£7.25 (V)
<i>Sweet potato, fried &amp; tossed in a rich curry sauce with chickpeas &amp; spinach. Served with basmati rice, mango chutney &amp; poppadums.</i>	
MARINATED PORK STEAK	£7.95
<i>Topped with stilton cheese. Served with a saute of potatoes, cherry tomato &amp; spinach.</i>	
BEER BATTERED FISH AND CHIPS	£7.50
<i>Cod fillet coated in a homemade beer batter. Served with tartare sauce, chips &amp; salad.</i>	
STUFFED CHICKEN BREAST	£7.95
<i>With asparagus, parma ham &amp; smoked cheese. Served with new potatoes &amp; ribboned courgettes.</i>	

## Sides (V)

Spiral Fries	£2.35
with cheese	£2.95
Onion Rings	£2.25
Bowl of Marinated Olives	£2.45
Bowl of Chips	£2.35
with cheese	£2.95
Garlic Baguette	£2.25
with cheese	£2.85
Mixed Seasonal Salad	£1.95
Baguette & Butter	£1.95