

The **BARLEY MOW**

Welcome to The Barley Mow and we invite you to view our:
"Bill of Fare"

1. Starters
2. Lunch Bar meals and Snacks (12-2.30 only)
3. Meat Choices
4. Old Favourites
5. Fish and Poultry Dishes
6. Vegetarian and Salad Choices
7. Sunday Lunch
8. Wine List

Restaurant Opening Times

Monday- Saturday	12-2.30pm	6-9pm (Closed Tuesday Lunch)
Sunday	12-2.30pm	5.30-7.30pm

All our food is freshly prepared, During busy periods you may have to wait, we therefore ask you to be patient and we sincerely hope you find it worthwhile

Although our menu choice is extensive if it is possible we will cook things to request, this is dependent on having the ingredients available and does not interrupt the flow at busy times and inconvenience other clients.

Starter Selection

- Soup of the Day** £3.25
Ask waiter for details, hearty stock and market fresh vegetables served with crusty bread
- Jumbo Prawns Marie Rose** £4.45
Large prawns coated in our own tangy sauce served with wholegrain brown bread and dressed salad garnish
- Greek Salad** £3.25
Lettuce, tomato, cucumber, feta cheese and pitted green olives, dressed in extra virgin olive oil
- Mexican Natcho's** £3.95
Ideal for 2 people to share, corn chips covered in tomato onion and chilli sauce, topped with melted cheese and served with a sour cream dip
- Garlic Bread** £2.25
Hot herb and garlic 12 inch baguette
- Black Pudding Fritter** £3.95
Scottish Black Pudding, coated in crisp batter and drizzled with raspberry coulis for infusion of flavour
- Our Own Smooth Pate** £3.95
Delicate chicken livers blended fresh herbs, brandy and cream, drizzled with red fruit coulis and served with toast
- Creamy Garlic Mushrooms** £3.95
Mushrooms sautéed in olive oil, coated in a rich cream and white wine sauce
- Crispy Dressed Salad** £3.25
Oak leaf lettuce, tomato, cucumber, red onion, olives, potato salad, coleslaw and crispy croutons drizzled with balsamic vinegar and olive dressing
- Indian Vegetable Pakora** £3.95
Chick pea batter stuffed with onion and pepper pieces flavoured with Indian spices and served with a cooling mint and yogurt dip
- French Bread** £1.95
Served with butter or balsamic vinegar and olive oil
- Bowl of Olives** £1.25
Pitted green olives coated in oil

Lunchtime Snacks 12-2.30pm only

Mega Club Sandwich

£4.95

Thick wholemeal bread stuffed with the filling of your choice and served with salad garnish and deep fried potato cubes

Sandwich Fillings:

- Strong cheddar with onion or Branston pickle
- Home cooked Ham with Tomato and English Mustard
- Bacon Lettuce & Tomato
- Prawn Marie-Rose
- Brie and Cranberry
- Barley Pate & Raspberry Sauce

Filled Baked Potatoes

£4.95

Filling of your choice and accompanied with fresh dressed salad and a crunchy ramekin of coleslaw, choose from the following:

- Bacon and Beans
- Provincail and Cheese
- Cheese on its own
- Chicken Curry
- Prawn Marie Rose

Combo Dip

£4.95

Scampi pieces, breaded mushrooms, Indian pakora and potato wedges on a salad bed with a mayo dip.

Bar Lunches and Snacks 12-2.30pm only

Steak and Guinness Pie

£6.95

Tender chunks of beef braised in the Dublin nectar giving it rich gravy then topped with puff pastry and served with peas, buttered new potatoes or chips.

Bangers 'n Mash

£6.95

Thick local pork and leek sausages on a bed of creamy mashed potatoes and coated with red wine and onion gravy.

Pork Steak and Apple and Cider Sauce

£6.95

Tender loin of pork chargrilled then coated in a creamy Cider sauce and served with peas, new potatoes or chips

Homemade Beefburger

£6.95

100% prime beef chargrilled then coated in mild chilli gravy and cooled with a dollop of soured cream and served with peas, new potatoes or chips

Barley Mega Burger

£6.95

Famous for you five a day healthy options our own burger in a bun with lettuce, tomato, cucumber, onion, pineapple as well as cheese chilli relish and mayo served with coleslaw and fries (Veggie option also available)

Honey Glazed Ham and Eggs

£6.95

Home cooked ham topped with two free range fried eggs and served with peas, grilled tomato and fries

Lasagne Italianne

£6.95

Rich bolognaise sauce layered with pasta sheets and cream sauce topped with melted cheese and served with salad garnish

Fresh Battered Haddock Goujons

£6.95

Served on a bed of salad and a bowl of chips

Steak Choices and Serious Meat

Fillet of Beef

8oz £14.95

The tenderest steak of all, but the most expensive cut, we will cook to your liking, but due to the leanness of the meat overcooking toughens this steak. Best for those who don't mind a little red in the meat.

Sirloin Steak

12oz £12.95

The loin of Beef, so delighted King Henry VIII that he knighted the meat and it has since been known as "Sirloin". The meat is flavoured by a strip of fat encasing it, we will cook to your liking, but overcooking tends to give this cut a very dry taste.

Rib Eye Steak

12oz £12.95

This cut of beef is well marbled with fat, during the cooking this fat melts and flavours the meat, to enjoy the best flavour it is best cooked slowly to medium, or sealed quickly in hot oil if you prefer a rarer meat.

Rump Steak

10oz £10.95

Can sometimes be a bit more textured than other cuts of beef, but has a full meat flavour, versatile in that it behaves well no matter how its cooked.

Horseshoe Gammon Steak

12/14oz £9.95

Smoky and best well cooked to release all the flavour, served on its own or with pineapple and egg
All steaks are served with grilled tomato, peas, battered onion rings and button mushrooms,
chipped or new potatoes
Or market fresh salad

Barley Surf and Turf

Add butterfly king prawns and scampi to any steak

£2.95

Sauces:

Peppercorn and Cognac

All sauces

£2.25

White Wine Cream and Mushroom

Provincial (tomato garlic and red wine)

Creamy Garlic

Double Size Your Steak:

16 oz Fillet £24.95

20oz Sirloin £21.95,

24oz Rib Eye £21.95

24oz Rump, £19.95

Old Favourites

Lasagne

£7.95

Pasta layers stuffed with meaty bolognaise sauce topped with creamy cheese and toasted on the top, served with salad garnish, chipped or new potatoes

Chicken Balti Curry

£8.95

Chunks of chicken breast, onions and red peppers in a medium spicy curry sauce served with rice, salad garnish and naan bread (can be made hotter if you request)

Home Cured Ham

£7.95

Freshly cut and served with eggs or parsley sauce accompanied with grilled tomato, onion rings, and mushrooms, chips or new potatoes

Beef and Ale Pie

£7.95

Tender chunks of the finest meat in a rich ale flavoured gravy, topped with flakey pastry and served with grilled tomato, mushrooms, onion rings chipped or new potatoes

Shank of Lamb

£10.95

Part shoulder, part foreleg slowly braised on the bone until tender in a mint and rosemary flavoured juice, then served on a bed of creamy mashed potato.

Children's Menu

All child meals

£3.95

All of the above items (except Shank of Lamb) can be provided as a child's portion for children under 12 years we also make exceptions for senior citizens with smaller appetites.

Additional Children' Dishes

Sausages

Cheeseburger

Chicken Bites

Fish Fingers

All served with chips, peas, tomato sauce or mayo

Fish Dishes

Fresh Irish Sea Mussels

£9.95

Steamed in dry white wine, onions and garlic and finished with fresh cream. Served with crusty French bread and fries

Fresh Scottish Salmon

£10.95

Chargrilled and served plain or with parsley butter, mushrooms, peas and a crispy side salad chipped or new potatoes, or a full salad

Surf the Salmon with butterfly king prawns and scampi

£2.95

Market Fresh Haddock

£9.95

Plain grilled with lemon butter

Grilled and coated in Cheese sauce and toasted Parmesan

Coated in crispy beer batter

Breaded Whole-tail Scampi

£7.95

Coated in breadcrumbs and deep fried, served with mushrooms, peas and crispy side salad, chipped or new potatoes or with a full salad

Seafood dish of the day

Available as per market availability Ask you waiter for details

Poultry Dishes

Provicail Chicken

£9.95

Breast of chicken topped with our tomato, pepper, garlic and red

Wine sauce finished with toasted cheese, served with grilled tomato, mushrooms and onion rings

Spicy Cajun Chicken Breast

£9.95

American style spice coated and chargrilled, coated in melted butter and served with grilled tomato, onion rings button mushrooms garden peas, chipped or new potatoes

Breast of Aylesbury Duck

£11.95

Grilled in its own juices and coated with our tangy orange and lemon sauce and served with button mushrooms, peas chipped or new potatoes

Vegetarian Choices

Chilli Cheese and Rice

£7.95

Mixed beans and peppers with chillied (as hot as you like) thick tomato sauce topped with melted cheese and served with a dressed side salad, basmati rice and fries

Mushroom Stroganoff

£8.95

Button mushrooms, red pepper and red onion, coated in a cream sauce flavoured with white wine, lemon and garlic, served with crispy side salad and basmati rice

Nut Cutlet Provincail

£8.95

Nutburger coated in provincail sauce, topped with melted cheese and served with grilled tomato, button mushrooms, onion rings, peas, chipped or new potatoes

Barley Mega Veggie Burger

£7.95

Bun, burger, lettuce, tomato, pineapple fritters, battered onion rings, relish, mayo, cheese, presented in a tower with coleslaw, peas, grilled tomato and fries
(contains nuts)

Salads

Full crispy fresh salads accompanied with the following and served with buttered new potatoes or fries

Home Cooked ham and Pineapple

£8.95

Drawn and Gallia Melon

£9.95

Cheddar, Stilton or Brie Ploughman's

£7.95

Chicken and Smokey Bacon

£9.95

Sunday Lunch Menu

Wholesome Fresh Soup

Made with market fresh vegetables and served with crusty bread

Our Own Glamorgan Smooth Pate

Flavoured with Brandy and Cream, accompanied with Toast

Prawn and Pineapple Cocktail

Served with wholemeal bread and butter

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Thick Sliced Roasted Topside of Beef

Coated in our rich gravy and served with Yorkie and Horseradish

Crown of Turkey Roasted

Bacon wraps, fresh herb stuffing and cranberry sauce

Saddle of Welsh Lamb

Coated in rich gravy, served with Yorkie and mint sauce.

Home Cooked Smokey Ham

Coated in hot Cheese sauce and served with a yorkie

Sunday Specials On the Board

Including Vegetarian and Fish dishes

All dishes served with oven roast potatoes, mashed potatoes and
a terrine of market fresh vegetables

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Selection of Hot and Cold Desserts from the Board

Starters	£3.50
All Main Meals	£7.95
Desserts	£3.50

