



BARLEY MOW

Starters

HOMEMADE SOUP OF THE DAY (GFA) 7.50
Served with warm fresh bread from our local bakery

CHICKEN WINGS 8.95
Coated in your choice of BBQ or Buffalo hot sauce. Served with sour cream & chive sauce

CLASSIC PRAWN COCKTAIL (GFA) 9.50
Iceberg lettuce, homemade marie-rose sauce and cherry tomatoes, served with fresh brown bread from our local bakery

BEETROOT FALAFEL (VG) (GF) 7.50
Homemade beetroot falafel, served with homemade hummus, and pitta bread

BAO BUNS 8.95
Served with Asian slaw. Choose from:
Pulled BBQ pork
Crispy chicken, siracha mayo & pickled red onion

HALLOUMI FRIES (GFA) 7.50
Hand coated in Buffalo hot sauce and Panko breadcrumbs, served with chilli jam and salad

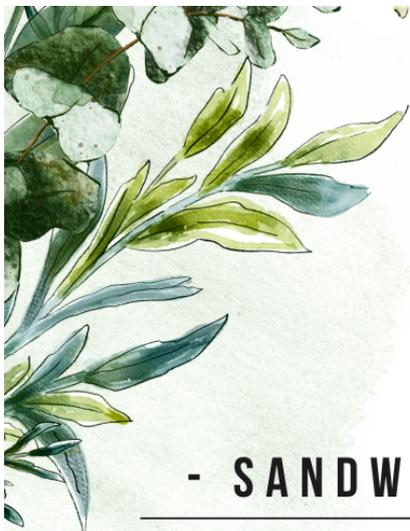
GARLIC CIABATTA 4.50

CHEESY GARLIC CIABATTA 6.00

To Share

BAKED CAMEMBERT (GFA) 15.00
Garlic infused with crusty bread and caramelised onion chutney





Lunch

SERVED 12-5

- SANDWICHES -

BACON, LETTUCE AND TOMATO
HAM, COASTAL CHEDDAR & RED ONION CHUTNEY
PRAWN COCKTAIL
CORONATION CHICKEN
AVOCADO, HUMMUS, TOMATO & CHILLI JAM (VG)

All served on your choice of **13.50**
fresh brown or white bloomer
from our local bakery, with
salad and fries

- JACKETS (GF) -

CHEESE AND BEANS 12.50
CHILLI CON CARNE 13.00
PRAWN COCKTAIL 13.95
CORONATION CHICKEN 13.00
3 BEAN CHILLI (VG) 13.00

Buttered jacket potato served with
dressed salad

- PLOUGHMANS -

CHOOSE FROM COASTAL **17.00**
CHEDDAR OR HAM

Served with salad, homemade
coleslaw, apple, pickled onion,
pickle, cornichons & warm fresh
crusty bread from our local bakery

- ON THE SIDE / ADDITIONS -

CHIPS / FRIES	4.00	COASTAL CHEDDAR	1.50
CHEESY CHIPS/ FRIES	5.50	HALLOUMI	1.50
BEANS	1.50	BLUE CHEESE SAUCE	3.50
ONION RINGS	4.00	PEPPERCORN SAUCE	3.50
SIDE SALAD	4.00	BACON	1.50
BREAD & BUTTER	2.50	FLAT MUSHROOM	1.50
HOMEMADE COLESLAW	2.50	EGG	1.50
CREAMY MASH	4.00	BBQ PULLED PORK	4.00
CRUSHED NEW POTATOES	4.00		
SEASONAL VEGETABLES	4.00		





Classics / Mains

SMALL / STANDARD

BARLEY MOW STEAK AND ALE PIE

Homemade steak & ale pie served with chips, seasonal veg and gravy

17.95 / 18.95

HAM, EGG AND CHIPS

Served with homemade piccalilli

17.95

SAUSAGE AND MASH

Cumberland sausages served with mash, onion gravy & peas

17.00

CHESTNUT, MUSHROOM & THYME PIE (VG)

Homemade, served with mash, seasonal veg & gravy

16.95/ 17.95

KATSU CURRY (GFA)

your choice of chicken or aubergine (VG), coated in panko breadcrumbs served with jasmine sticky rice

CHICKEN 18.50

AUBERGINE 17.50

FISH AND CHIPS

Beer battered catch of the day, served with minted crushed peas, chips & homemade tartare

16.96 / 17.95

Grill

- STEAKS -

80Z SIRLOIN STEAK (GF)

27.00

Served with grilled tomato, flat mushroom, chunky chips and salad

100Z PORK LOIN STEAK

19.50

Served with crushed garlic new potatoes, mushroom & garlic sauce and seasonal veg

- LOADED FRIES -

CHILLI CHEESE FRIES

14.00

Jalapeños, spring onions & chillies, melted Coastal cheddar with a mustard drizzle

3 BEAN CHILLI FRIES (VG)

14.00

Jalapeños, spring onions & chillies, with a mustard drizzle

BBQ PULLED PORK

14.00

Jalapeños, pickled red onion

- BURGERS -

DOUBLE BEEF BURGER

18.95

2 x 4oz homemade beef patties, American cheese, bacon, lettuce, tomato, homemade burger sauce & pickled cucumber in a toasted sesame seeded bun served with fries and homemade coleslaw

CHICKEN BURGER

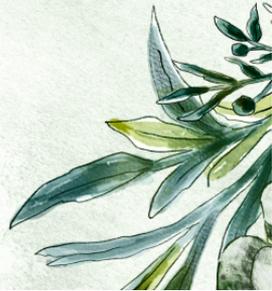
18.00

Panko breaded chicken breast, American cheese, bacon, sriracha mayo, pickled cucumber, lettuce, tomato and garlic mayo in a toasted sesame seeded bun served with fries & homemade coleslaw

FALAFEL BURGER (VG)

17.50

Homemade falafel & hummus, lettuce, tomato, and chilli jam in a toasted bun served with fries





Dessert Menu

Homemade double chocolate brownie 8.00
Served with chocolate sauce and your choice of ice-cream or cream

Homemade sticky toffee pudding 8.00
Served with custard, cream or ice-cream

Homemade Cheesecake of the day 8.00
Please see our specials board or ask a member of staff, served with cream or ice-cream

Homemade Apple Crumble 7.00
Served with cream, custard or ice-cream

Affogato 7.00
A big scoop of vanilla ice-cream, served with a hot espresso shot

MARSHFIELD ICE-CREAM

2 scoops of your choice: 5.00

Chocolate
Strawberry
Vanilla
Mint Choc Chip
Salted Caramel
Rum & Raisin
Honey & Ginger
Raspberry Sorbet
Mango Sorbet

FULL CIRCLE COFFEE CO.

Blend Name
116 Degrees

Origins
Sumatra, Brazil, Columbia, Honduras

Tasting Notes
Rich and complex with a bright orange-like acidity and marzipan sweetness on the finish

Roast: Medium-Dark

COFFEE

Americano	3.50
Latte	4.00
Cappuccino	4.00
Flat White	4.00
Mocha	4.50
Hot Chocolate	4.50
Caramel Syrup Shot	1.00
Vanilla Syrup Shot	1.00
Cinnamon Roll Syrup Shot	1.00

POT OF TEA

PG TIPS	3.50
Raspberry & Pomegranate	3.75
Herbal Fresh Mint	3.75
Green	3.75
Green with Lemon	3.75
Zingy Lemon & Ginger	3.75
Earl Grey	3.75
Decaf	3.50

*0 Degrees Central American Decaf Coffee Also Available
A medium bodied espresso with notes of milk chocolate & caramel*

