

BARLEY MOW

Starters

HOMEMADE SOUP OF THE DAY (GFA) Served with warm fresh bread from our local bakery	8.00
CHICKEN WINGS Coated in your choice of BBQ or Buffalo hot sauce. Served with sour cream & chive sauce	9.95
CLASSIC PRAWN COCKTAIL (GFA) Iceberg lettuce, homemade marie-rose sauce and cherry tomatoes, served with fresh bread from our local bakery	9.50
HOMEMADE FALAFEL (VG) (GF) Homemade falafel, served with homemade houmous, and pitta bread	8.00
BAO BUNS Served with Asian slaw. Choose from: Pulled BBQ pork Crispy chicken, Sriracha mayo & pickled red onion	9.95
HALLOUMI FRIES (GFA) Hand coated in Buffalo hot sauce and Panko breadcrumbs, served with chilli jam and salad	7.50
GARLIC CIABATTA	4.50
CHEESY GARLIC CIABATTA	6.00





Lunch

SERVED 12-5

- SANDWICHES (GFA) / BAGUETTES -

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

BACON, LETTUCE AND TOMATO

HAM, COASTAL CHEDDAR & RED ONION CHUTNEY

PRAWN COCKTAIL

CORONATION CHICKEN

AVOCADO, HOUMOUS, TOMATO & CHILLI JAM (VG)

- JACKETS (GF) -

Buttered jacket potato served with
dressed salad

CHEESE AND BEANS 12.50

CHILLI CON CARNE 13.00

PRAWN COCKTAIL 13.95

CORONATION CHICKEN 13.00

3 BEAN CHILLI (VG) 13.00

- 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	4.50
CRUSHED NEW POTATOES	4.00	1 X 4OZ BEEF PATTY	4.00
SEASONAL VEGETABLES	4.00	CHILLI CON CARNE	4.00
		3 BEAN CHILLI (VG)	4.00





Classics / Mains

SMALL / STANDARD

BARLEY MOW STEAK AND ALE PIE

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

18.95 / 19.95

HAM, EGG AND CHIPS

Served with homemade piccalilli

17.95

SAUSAGE AND MASH

Cumberland sausages served with mash, onion gravy & peas

17.50

CHESTNUT, MUSHROOM & THYME PIE (VG)

Homemade, served with chips, seasonal veg & gravy

17.95/ 18.95

KATSU CURRY (GFA)

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

CHICKEN 18.50
AUBERGINE 17.50

FISH AND CHIPS

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

17.95 / 18.95

SLOW ROASTED PORK BELLY

Roasted in a wholegrain mustard glaze and served with creamy carrot mash, charred hispi cabbage, finished with a red wine jus

19.95

WHOLETAIL SCAMPI

Served with chips, garden peas and homemade tartare sauce

17.95

8OZ SIRLOIN STEAK (GFA)

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

27.00

- BURGERS -

DOUBLE BEEF BURGER (GFA) 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 (GFA) 18.95

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) (GFA) 18.50

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

- 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



Dessert Menu

Homemade double chocolate brownie 8.50

Served with chocolate sauce and your choice of vanilla ice-cream or cream

Homemade sticky toffee pudding 8.00

Served with custard, cream or vanilla ice-cream

Homemade Cheesecake of the day 8.50

Please see our specials board or ask a member of staff, served with cream or vanilla ice-cream

Homemade Apple Crumble 7.50

Served with cream, custard or vanilla 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*