

Gluten free menu

Please inform staff you are choosing off the gluten free menu to ensure the chefs are aware
(df) equates to dairy free options

Starters

Homemade soup of the day served with a roll	(df)	£4.95
Homemade duck and Cointreau pate served with red onion chutney and toasted gluten free bread		£5.95
Pan fried garlic mushrooms in olive oil with coriander served with gluten free bread	(df)	£5.95
Fanned melon garnished with forest fruits and served with a fruit coulis	(df)	£4.95
Pan fried tiger prawns in a chilli, lime and coriander butter		£6.95
Sticky pork belly bites slow roasted pork belly bites coated in a sweet chilli, honey and soy sauce marinade served with spring onion and fresh red chilli		£6.25
Smoked haddock and pea risotto topped with a poached egg and parmesan shavings		£6.95

Main courses

Salmon fillet marinated with fresh lemon and thyme served with parmentier potatoes and a crème fraiche, walnut and horseradish sauce with either fresh vegetables or side salad		£14.95
Sticky pork belly kebabs slow roasted pork belly kebabs coated in a sweet chilli, honey and soy sauce marinade served on a bed of vegetable stir-fried noodles		£15.95
Chipotle sweet potato and black bean stew sweet potato, butternut squash and black beans slowly cooked in a tomato and chipotle chilli sauce served with either fresh vegetables or salad		£12.95
Chicken breast stuffed with feta cheese green pesto and spinach, wrapped in bacon with parmentier potatoes, fine green beans and carrot and swede mash served on a balsamic reduction		£15.95
Lamb shank marinated in garlic and rosemary served with sage and thyme coated mini roast potatoes, fine green beans, braised red cabbage and a redcurrant jus		£16.95
Vegetable rigatoni pasta in a red roasted red pepper and tomato served with salad	(df)	£11.95
The barns fish pie chunks of salmon, smoked haddock and tiger prawns in a creamy crème fraiche, parsley and dill sauce, with a caper, cheddar and potato rosti topping served with a choice of either chips, parmentier or new potatoes and salad or vegetables		£14.95

Asian Garlic Tofu £12.95
tofu in a hoi-sin, soya sauce, garlic and ginger marinade, stir-fried
with broccoli, spring onions and sesame seeds served with boiled rice

Fish of the day
check with the waiting staff for more details

From the char-grill

Surf 'n' Turf £19.95
8oz Rump steak cooked to your liking with pan-fried tiger prawns in a chilli,
lime and coriander butter served with grilled tomato and mushrooms

The Barns chicken stack £14.95
cajun chicken fillet, piri-piri chicken fillet and jerk chicken fillet
served with sweet potato fries, homemade coleslaw and salad

8oz sirloin steak £18.95
served with grilled tomato and mushrooms (df)

14oz gammon steak £14.95
served with pineapple, egg, grilled tomato, mushrooms

Side orders

Home-made chips	£2.95
Home-made cheesy chips	£3.75
Sweet potato fries	£3.75
Sautéed mushrooms	£3.25

Desserts

Chocolate and orange torte served with sorbet (df) £5.95

Gluten free bread and butter pudding with custard £5.95

Cheese and gluten free crackers £6.95

Baked apple with soya custard (df) £5.50

please note this dish must be ordered at the time of your mains due to cooking time

Homemade fruit crumble with soya custard (df) £5.50

please note this dish must be ordered at the time of your mains due to cooking time

Meringue nests filled with fruit and whipped cream £4.95