

# ALLERGY MENU FOR DF, GF & NF

## Sunday Menu

### Two Course Minimum

2 course roast menu £32.95

3 course roast menu £40.95

(Beef & Lamb £3.00 Supplement)

2 course classic / salad / vegan menu £28.85

3 course classic / salad / vegan menu £36.95

## Starters

### Soup of The Day

*Served with chefs garnish & fresh baked local artisan bread*

*(Bread delivered daily by Fellow's of Ardingly)*

**(GF with GF bread), (NF, DF – Pls CHECK ALL as changes daily)**

### Teriyaki Pork Belly

*Slow cooked teriyaki marinated pork belly with tempura tenderstem broccoli, pak choi, oven roasted cashew nuts & sesame seeds*

**(GF Ingredients- however Fryer may contain traces of gluten), (NF no cashew nuts) DF**

### Baked Camembert (v)

*Individual camembert drizzled with honey & served with red onion marmalade & freshly baked toasted ciabatta*

**(GF with GF bread), NF**

### Traditional Sussex Smokie

*A dish dating back to the 1800's. Smoked haddock, salmon & buttered leeks, cooked in a mornay sauce with a Sussex aged cheddar & parmesan crust, served with toasted artisan bread*

**NF**

### Sussex Coast Salt & Pepper Squid

*Served with lemon dressed rocket, fresh chilli, spring onion a fresh lime wedge & a chilli, lime & coriander mayonnaise*

*(Caught & delivered from Brighton & Newhaven Markets)*

**(GF Ingredients- however Fryer may contain traces of gluten), NF**

### Oak Smoked Salmon & Prawn Cocktail

*Locally sourced prawns & salmon which has been smoked over oak logs served with iceberg lettuce, pickled cucumbers, lemon & dill jelly, avocado mousse, marie rose sauce & rye bread*

*(Freshly delivered from Brighton & Newhaven fish markets)*

**(GF with GF bread), (DF – no avocado mousse), NF**

### Confit of Oriental Crispy Duck Salad

*Slow cooked confit duck served on a salad of spring onions, baby gem lettuce, cucumber & red peppers, tossed in a hoisin & plum sauce, topped with toasted sesame seeds*

**NF, DF**

If you have a food allergy/intolerance or special dietary requirement, please speak to a member of staff about the ingredients in your food when placing your food order. Thank you.

# Sunday Roasts

## **Roast Sirloin of Sussex Beef**

*A 28 day aged sirloin served with a Yorkshire pudding  
& a rich gravy*

*(From Blakes of Brighton)*

*(GF-no yorkshire/cauliflower cheese)*

*(DF-no yorkshire/cauliflower cheese/swede)*

**NF**

## **Roast Loin of Sussex Pork**

*With a Yorkshire pudding, pork, sage & onion stuffing,  
crackling & rich gravy*

*(From Field Place Farm, Bolney)*

*(GF-no yorkshire/cauliflower cheese/stuffing)*

*(DF-no yorkshire/cauliflower cheese/swede)*

**NF**

## **Roast Leg of Sussex Lamb**

*Served with a Yorkshire pudding, pork, sage & onion stuffing  
& a rich gravy*

*(From Prinkle Farm, Heathfield)*

*(GF-no yorkshire/cauliflower cheese/stuffing)*

*(DF-no yorkshire/cauliflower cheese/swede/puree)*

**NF**

## **Sussex Free Range Half Roast Chicken**

*Served with a Yorkshire pudding, pork, sage & onion stuffing  
& a rich gravy*

*(From Blakes of Brighton)*

*(GF-no yorkshire/cauliflower cheese/stuffing)*

*(DF-no yorkshire/cauliflower cheese/swede)*

**NF**

## **Roasted Squash & Chestnut Mushroom Nut Loaf (v)**

*Served with roasted new potatoes, sweet potato puree, Yorkshire pudding  
& vegetarian gravy*

**DF- No Yorkshire Pudding**

## **Pan Fried Sea Bass**

*With crayfish & dill crushed new potatoes, a shellfish bisque,  
wild garlic & parsley oil & a side of vegetables*

*(Freshly delivered from Brighton & Newhaven fish markets)*

**NF, (DF-No cauliflower cheese/swede), (GF- no cauliflower cheese)**

## **Extra crackling & gravy available for all roasts**

**All roasts are served with:**

**rosemary roast potatoes, sweet potato, apple  
or cauliflower puree, a honey roasted parsnip & carrot  
& side dishes of cauliflower cheese  
& seasonal market vegetables**

(A discretionary 10% service charge will be added to tables of 8 or more)

We do not knowingly serve GM food. Our kitchen is in contact with nuts, shellfish  
& Gluten.



# Oak Barn Classics

## **Sussex Ale Battered Cod & Chips**

*Fresh cod fillet in Harvey's beer batter, served with hand cut chips, tartare sauce & mushy garden peas (served on side)*  
*(Freshly delivered from Brighton & Newhaven fish markets)*

**NF, DF**

## **Baked Macaroni Cheese (v)**

*Macaroni in a béchamel sauce topped with sliced tomatoes and a Sussex aged cheddar & smoked Applewood crust & served with a rocket, parmesan & balsamic side salad & garlic bread*

**NF**

## **Oak Barn Beef Burger**

*8oz prime beef burger served in a brioche bun with tomato, gherkins, red onion, mustard mayo & lettuce. Served with hand cut chips & a smoked tomato & chilli sauce (served on the side)*

**(GF – with new potatoes instead of chips & with a GF bun)**  
**(Fryer for chips may contain gluten) (DF- with a GF bun) NF**

### **Finish with a topping:**

**Sussex aged cheddar NF, GF / Brighton blue NF, GF**  
**/ smoked bacon NF, DF, GF £1.95p each.**  
**Double up your burger £8.95**

## **Traditional Sussex Smokie**

*Smoked haddock, salmon & buttered leeks, cooked in a mornay sauce with a Sussex aged cheddar & parmesan crust served with fresh baked local artisan bread & a mixed garden salad*

**NF**

## **Confit of Oriental Crispy Duck**

*Slow cooked confit duck served on a salad of spring onions, baby gem lettuce, cucumber & red peppers, tossed in a hoi sin & plum sauce topped with toasted sesame seeds*

**NF, DF**

## **Oak Smoked Salmon & Prawn Salad**

*Locally sourced prawns & salmon which has been smoked over oak logs served with iceberg lettuce, pickled cucumber, lemon & dill jelly, avocado mousse, radish, spring onion, cherry tomato, peppers, soft boiled egg, marie rose sauce & rye bread*

**(GF with GF bread), (DF – no avocado mousse), NF**



# Vegan Menu



## Starters

### **Breaded Halloumi (ve)**

*Made from coconut oil instead of cheese & served in a chilli & herb panko breadcrumb with tomato, rocket, onion & caper salad & a sweet chilli sauce*

**NF, DF**

## Mains

### **Roasted Cauliflower Steak (ve)**

*With a spiced date puree, sauteed new potatoes, roasted cherry tomatoes, golden tofu, sultana dressing & toasted cashew nuts*

**GF, DF**

### **Thai Green Vegetable Curry (ve)**

*A fragrant thai curry made in coconut milk with a mix of vegetables, served with steamed coconut infused rice & spiced potato & onion puff*

**(GF- No spiced potato & onion puff), NF, DF**

## Desserts

### **Bennetts Farm Sorbet (3 Scoops)**

*raspberry / lemon / blackcurrant*

**NF, DF, GF**

**All staff share the gratuities kindly given**

A discretionary 10% service charge will be added to tables of 8 or more,

£2 p/p cakeage charge may be added

# Desserts

## **Salted Caramel Sticky Toffee Pudding**

*Traditional sticky toffee pudding served with a rich toffee sauce, topped with diced fudge & white chocolate ice cream*

**NF**

## **Baked Apple & Calvados Tart**

*Sweet pastry encasing baked apples in a Calvados set custard, served with mixed berries, raspberry gel & vanilla ice cream*

**NF**

## **Autumn Eton Mess**

*Raspberry infused meringue, fresh chantilly cream and crushed blackberries, served with lemon curd, poached pear, glazed figs & stem ginger ice cream*

**NF, GF**

## **Treacle Sponge**

*Sponge soaked in treacle, served with your choice of either custard or vanilla ice cream*

**NF**

## **White Chocolate & Blackberry Cheesecake**

*Served on a ginger base, with white chocolate soil, blackberry gel & blackcurrant sorbet*

**NF**

## **Salted Caramel Sticky Toffee & Honeycomb Ice Cream Sundae**

*Warm sticky toffee pieces & crushed honeycomb, served with vanilla & honeycomb ice cream, drizzled with toffee sauce & topped with chantilly cream*

**NF**

## **Spiced Poached Pear**

*Served with a honey granola crumb, citrus mascarpone, chocolate ganache & candied orange*

## **Farmhouse Dairy Ice Cream (3 Scoops)**

*vanilla / chocolate / honeycomb  
salted caramel / strawberry / white chocolate  
with ginger crumble served on the side*

**(GF – no ginger crumble on side) NF**

## **Bennetts Farm Sorbet (3 Scoops)**

*raspberry / lemon / blackcurrant  
with ginger crumble served on the side*

**(GF – no ginger crumble on side), (DF – no ginger crumble on side), NF**

## Coffee from £3.05

**Americano / Machiatto**

**Cappuccino / Latte / Espresso / Flat White / Mocha**

## Tea from £3.05

**English tea & a selection of herbal teas**

## Liqueur Coffees from £8.25

**Irish (Jameson Whiskey) / Calypso (Tia Maria)**

**Seville (Cointreau) / Baileys Coffee**

**All staff share the gratuities kindly given**

