

ALLERGY MENU FOR DF, GF & NF

**Please ask a member of staff for our allergy table
for other allergies**

If you have a food allergy/intolerance, please speak to a member of staff about the ingredients in your food when placing your food order. Thank you.
GF- GLUTEN FREE, DF – DAIRY FREE, NF – NUT FREE

Starters / Light Bites

Soup of The Day

*Served with chefs garnish & fresh baked local artisan bread
(Bread delivered daily by Fellows of Ardingly) £7.75*

(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 £8.75*

**(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 £10.95*

(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 £10.25*

NF

Sussex Coast Salt & Pepper Squid

*Served with lemon dressed rocket, fresh chilli, spring onion
a fresh lime wedge & a chilli, lime & coriander mayonnaise £11.95*

(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 & fresh rye bread £10.25*

(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 £9.25*

NF, DF

Vegan 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 £7.95*

NF, DF

At The Oak Barn we pride ourselves on our quality English fayre with a modern twist. Our chefs create and change the menus to compliment the season and use local farmers & fresh fish from Newhaven to ensure the freshness and quality of all our ingredients.

Main Course

Newhaven Catch of The Day

A fresh fish served whole with a grilled half lemon, chefs sauce of the day & your choice of either seasonal vegetables or mixed salad & hand cut chips or buttered new potatoes (Market Price)

(Landed off the Sussex Coast)

(GF Ingredients – with new potatoes instead of chips as Fryer for chips may contain traces of gluten)

(DF – with plain new potatoes & plain vegetables)

(NF-check sauce)

STAFF TO CHECK SAUCE FOR ALL ALLERGENS

Duo of Sussex Lamb

Pan fried rump of lamb & a pulled braised leg of lamb wellington, with cauliflower puree, parmesan potato terrine, rosemary jus & a side of seasonal vegetables £24.45

(From Blakes meats, Hollingdean)

NF

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 £21.45

NF

Duo of Sussex Pork

Honey glazed pork belly & a pulled pork croquette, served with bubble & squeak, sautéed broccoli, bacon crumb, shallot rings filled with apple puree, red wine jus & a side of seasonal vegetables £21.95

(GF – no croquette), (DF – with plain potatoes, vegetables), NF

Lemon Miso Glazed Cod

With parmentier potatoes, celeriac cubes, charred sweet corn, a garlic tiger prawn, lemon, miso & pomegranate dressing & a side of seasonal vegetables £21.95

(Freshly delivered from Brighton and Newhaven fish markets)

GF, NF

Beef, Guinness & Mushroom Suet Pudding

Tender steak & mushrooms slowly cooked in a Guinness infused gravy & steamed in a light suet pastry, with creamy mashed potato, sweet potato puree, rosemary jus & a side of seasonal vegetables £20.45

(From Woodhouse Butchers, Haywards Heath)

NF, (DF – with plain new potatoes instead of mash & plain vegetables)

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.

Vegan Roasted Cauliflower Steak (ve)

With a spiced date puree, sauteed new potatoes, roasted cherry tomatoes, golden tofu, sultana dressing & toasted cashew nuts £16.45

GF, DF

Vegan 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 £16.95

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

From the Grill

28 Day Aged 8oz

Sussex Rib Eye Steak

Rib eye is marbled with tiny bits of fat, which melt during the cooking process leaving a rich juicy flavour to the steak £30.95

(Angus Cross from Prinkle Farm, Heathfield)

(GF Ingredients – with new potatoes instead of chips as Fryer for chips may contain traces of gluten) (DF – with plain new potatoes & cooked in oil), NF

28 Day Aged 8oz

Sussex Sirloin Steak

Just above the tenderloin is where you will find the sirloin. It is tender and lean making it a healthier option £29.95

(Angus Cross from Prinkle Farm, Heathfield)

(GF Ingredients – with new potatoes instead of chips as Fryer for chips may contain traces of gluten) (DF – with plain new potatoes & cooked in oil), NF

Both of the above are cooked to your liking & served with vine tomatoes, sautéed mushrooms, sautéed onions, watercress & your choice of either hand cut chips or buttered new potatoes

Add a sauce on the side £2.95

Creamy peppercorn **NF, GF** / *garlic butter* **NF, GF**

Chargrilled Buttermilk Chicken Skewers

Free range chicken cubes, red pepper & courgette marinated in buttermilk & cajun spices, served with sweet potato fries, grilled flatbread, dressed mixed garden salad & garlic aioli £19.45

(GF – with new potatoes instead of sweet potato fries as Fryer for chips may contain traces of gluten & no flatbread GF bread Instead), NF

Salads

Add a handful of hand cut chips £2.70 / **Add a handful of sweet potato fries** £2.90 **(Fryer for fries may contain gluten) NF, DF**

/ Add a handful of buttered new potatoes £2.80 **(DF-plain potatoes) NF, GF**

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 £17.45

NF, DF

Oak Smoked Salmon & Prawn Salad

Locally sourced prawns & salmon which has been smoked over oak logs served with iceberg lettuce, pickled cucumber, peppers, lemon & dill jelly, avocado mousse, radish, spring onion, cherry tomato, soft boiled egg, marie rose sauce & fresh rye bread £18.95

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

Classics

Local 10oz Gammon Steak

Served with two free range fried eggs, chargrilled pineapple, vine tomatoes & hand cut chips £17.45

(From Field Place Farm, Bolney)

(GF Ingredients – with new potatoes instead of chips as Fryer for chips may contain traces of gluten) **NF**, **(DF** – with plain new potatoes)

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) £17.95

(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 £15.95

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) £16.95

(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

All our food is local, fresh & cooked to order

For this reason your patience is greatly appreciated during busy periods

Sides

Hand Cut Chips £4.95 / **Sweet Potato Fries** £5.25

(Fryer for chips may contain traces of gluten), NF, DF

Breaded Halloumi Fries *Served with rocket &*

sweet chilli mayonnaise £7.95 **NF**

Buttered Seasonal Vegetables £4.30 **(DF-plain vegetables) NF, GF**

Seasonal Mixed Salad £4.75 **GF, NF, DF**

Garlic Bread £5.45 **NF**

Buttered New Potatoes £4.45 **(DF-plain potatoes) NF, GF**

(Light Bites & Sandwiches are NOT available Fri & Sat evenings)

At The Oak Barn, we receive a delivery every morning of freshly baked loaves and traditional bloomer, from our local bakers "Fellows" of Ardingly

Light Bites

Grilled Asparagus **NF**

Cooked in garlic butter & served with a crispy egg, chorizo dressing, herb oil & parmesan £9.45

Shredded Sweet Chilli Chicken Bao Buns **NF**

Served with a honey, sesame & sweet chilli dipping sauce £9.25

Chefs Choice Of The Day Fishcakes **DF**

Served with lemon & dill gel & tartar sauce £8.95

Breaded Halloumi Fries (v) **NF**

Served with rocket & sweet chilli mayonnaise £7.95

Tempura Vegetables (v) **NF, DF**

Tender stem broccoli, red pepper & courgette on a chilli, honey, lime & crisp baby gem salad £7.45

Fresh Garlic Ciabatta Bread £5.45 **NF**

Portion Hand Cut Chips £4.95 / Portion Sweet Potato Fries £5.25

*(Fryer for chips may contain traces of gluten), **NF, DF***

Jacket Potatoes

Choose your fillings below. All served with a fresh mixed salad garnish.

Atlantic Tuna & Mayonnaise £10.95 / Sussex Mature Cheddar £10.95

Free Range Chicken & Bacon £10.95 **ALL NF, GF (DF-No butter or Cheddar)**

Sandwiches

All served with a fresh salad garnish, fillings below are available on

White / Granary / Toasted / GF Sliced Bread Available

White Baguette / Toasted Ciabatta (both options-£1 extra)

Atlantic Prawn, Marie Rose

& Iceberg Lettuce £9.75 **(GF- Change to GF Bread), (DF – no butter on bread)**

Free Range Chicken, Smoked

Bacon, Avocado & Mayonnaise £9.75

(GF- Change to GF Bread), (DF – no butter on bread), NF

Smoked Bacon, Sussex Brie

& Cranberry £9.95 **(GF- Change to GF Bread), NF**

Speciality Sandwiches

Lemon Zested Fresh Cod Fish Finger Sandwich

Fresh cod fillets coated with lemon zested breadcrumbs, served on bloomer bread with lemon & dill mayo, lemon dressed rocket & tartare sauce (on the side) with a side salad garnish £12.45

NF, (DF – no butter on bread)

Atlantic Tuna Melt

*Tuna flakes mixed with mayonnaise. Served open on toasted ciabatta, topped with spring onion, sweetcorn and melted Sussex aged cheddar with a side salad garnish £10.45 **NF***

Add a handful of Hand Cut Chips £2.70 or Sweet Potato Fries £2.90 or Buttered New Potatoes £2.90

Add a handful of Hand Cut Chips £2.70 or Sweet Potato Fries £2.90

Desserts

Salted Caramel Sticky Toffee Pudding

Traditional sticky toffee pudding served with a rich toffee sauce, topped with diced fudge & white chocolate ice cream £8.75 **NF**

Apple Tarte Tatin

Confit & caramelised Braeburn apples set in sweet pastry & served with toffee sauce & vanilla ice cream £8.95 **NF**

Winter Pavlova

Meringue served with Chantilly cream, cranberries, orange, pistachios with a cranberry & pomegranate sauce £8.75
(NF-No Pistachios) GF

Treacle Sponge

Sponge soaked in treacle, served with your choice of either custard or vanilla ice cream £8.75 **NF**

Chocolate & Orange Cheesecake

Served on a chocolate biscuit base with candied orange & white chocolate ice cream £8.95 **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 £8.75 **NF**

Honey & Pistachio Crème Brulee

Served with pistachio & white chocolate cookie £8.45

Vegan Chocolate Brownie (ve) *NF, GF, DF*

Served with vanilla bean ice cream & fresh berries £9.45

Farmhouse Dairy Ice Cream (3 Scoops)

*vanilla / chocolate / honeycomb
salted caramel / strawberry / white chocolate
with ginger crumble served on the side* £7.75
(GF – no ginger crumble on side) NF

Bennetts Farm Sorbet (3 Scoops)

*raspberry / lemon / blackcurrant
with ginger crumble served on the side* £7.75
(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 £8.45

**Irish (Jameson Whiskey) / Calypso (Tia Maria)
Seville (Cointreau) / Baileys Coffee**