

ALLERGY MENU FOR DF, GF, NF & GARLIC FREE

*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 GARLIC FREE

Starters / Light Bites

Soup of The Day DF, NF

*Served with chefs garnish & fresh baked local artisan bread
(Bread delivered daily by Fellows of Ardingly) £7.95*

GF - change bread, Check All As Changes

BBQ Pork Belly Burnt Ends DF, NF,

*With bacon mayonnaise, sesame & hot honey dressed broccoli,
& bacon crumb £8.95*

Not GF, Not Garlic Free

Baked Camembert (v) NF, Garlic Free

*Individual camembert drizzled with honey & served with red onion
marmalade & freshly baked toasted ciabatta £10.95*

GF - change bread, Not DF

Traditional Sussex Smokie NF, Garlic Free

*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*

Not GF, Not DF

Sussex Coast Salt & Pepper Squid NF, Garlic Free

*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 (Fryer may contain traces of Gluten), Not DF

Oak Smoked Salmon & Prawn Cocktail NF

*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 - change bread, DF - no avocado mousse, Garlic Free - when plain prawn available

Confit of Oriental Crispy Duck Salad DF, NF

*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 £9.95*

Not GF, Not Garlic Free

Vegan Mozzarella & Red Pepper Arancini (ve) DF, NF

Served with a smoked tomato relish & lemon dressed rocket £8.45

Not GF, Not Garlic Free

(All meals below are available in the Bar, Restaurant & Outside.)
(Light Bites are NOT available Friday & Saturday evenings)

Light Bites

Breaded Whitebait *DF, NF, Garlic Free, Not GF*

With tartare sauce & a lemon wedge £7.95

Chicken Satay *GF, DF, Not NF, Not Garlic Free*

Topped with fresh chillies, spring onions & spiced peanut brittle £8.45

Tiger Prawns *GF – change bread, NF, Not DF, Not Garlic Free*

Fresh prawns grilled, with a garlic & herb butter & artisan baguette £9.95

Breaded Halloumi Fries (v) *Not GF, Not DF, NF, Garlic Free*

Served on a bed of rocket & sweet chilli mayonnaise £8.15

Chef's Choice Of The Day Fishcakes *NF, Check All As Changes*

Served with lemon & dill gel & tartare sauce £9.25

Sides

Hand Cut Chips £5.25 / **Sweet Potato Fries** £5.55

NF, DF, GF (Fryer may contain traces of Gluten)

Seasonal Vegetables *NF, GF* £4.75

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

Fresh Garlic Ciabatta Bread *NF* £5.95

Bread Basket *NF, DF* £4.95

Buttered New Potatoes *NF, GF* £4.45

Halloumi Fries *NF* £8.15

The Cheese Man
Portslade

Cheese

Fellows Bakery
Ardingly

Bread

Dark Star Brewery
Partridge Green

Local Ale

TG Fruits
Brighton

Fruit & Vegetables

MCB Seafood
Newhaven

Fish & shellfish

SK Hutchings
Partridge Green

Steaks

We pride ourselves on serving local & sustainable produce. Here are a few of our local suppliers.



Hennings Wines
Pulborough

Wine

Roasted Coffee
Henfield

Coffee

Adams
Worthing

Fruit & Vegetables

Blakes Meats
Hollingdean

Meat & Poultry

Harvey's Brewery
Lewes

Local Ale

Woodhouse Butchery
Haywards Heath

Meat & Poultry

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 - with new potatoes (Fryer may contain traces of Gluten)

DF – with plain new potatoes & plain vegetables & no butter

NF - check sauce

Garlic Free – CHECK ALL as changes daily

STAFF TO CHECK SAUCE FOR ALL ALLERGENS

Trio Of Sussex Lamb **NF**

Lamb cutlet, pulled braised leg of lamb wellington & mini shepherds pie served with cauliflower puree, mini fondant potatoes, rosemary jus & a side of vegetables £24.45

(From Blakes Meats, Hollingdean)

GF - without wellington, **Not DF**, **Not Garlic Free**

Traditional Sussex Smokie **NF, **Garlic Free****

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 £21.95

Not GF, **Not DF**

Duo of Sussex Pork **NF**

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 £22.45

GF - no croquette, **DF** – with plain potatoes & vegetables, **Not Garlic Free**

Pan Fried Sea Bass **GF, **NF****

With buttered new potatoes, crayfish velouté, garlic tiger prawn & a side of vegetables £22.45

(Freshly delivered from Brighton and Newhaven fish markets)

DF - plain prawn if available & no velouté & **Garlic Free** - no prawn & veloute

Beef, Guinness & Mushroom Suet Pudding **NF**

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 £20.95

(From Woodhouse Butchers, Haywards Heath)

DF - with plain new potatoes & plain vegetables, **Not GF**, **Not Garlic Free**

Please always inform your server of any allergies or intolerances before ordering. Not all ingredients are listed on the menu and we can not guarantee the total absence of allergens.

Detailed information on the 14 legal allergens is available by request.

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

All staff share the gratuities kindly given

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

Vegan A'la Carte

Vegan Roasted Cauliflower Steak (ve) GF, DF

With a spiced date puree, sauteed new potatoes, roasted cherry tomatoes, golden tofu, sultana dressing & toasted cashew nuts £16.75

Not NF, Not Garlic Free

Miso & Chickpea Burger (ve) NF, DF

Topped with pulled aubergine, smoked tomato relish, Asian slaw & sweet potato fries £17.25

Not GF, Not Garlic Free

From the Grill

28 Day Aged 8oz

Sussex Rib Eye Steak NF

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 with new potatoes (Fryer may contain traces of Gluten)

DF – with plain new potatoes & cooked in oil, Garlic Free – plain steak

28 Day Aged 8oz

Sussex Sirloin Steak NF

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 with new potatoes (Fryer may contain traces of Gluten)

DF – with plain new potatoes & cooked in oil, Garlic Free – plain steak

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 NF

Free range chicken cubes, red pepper & courgette marinated in buttermilk, coconut, honey & sweet chilli, served with sweet potato fries, grilled flatbread, dressed mixed garden salad & garlic aioli £19.95

Not GF, Not DF, Not Garlic Free

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Classics

Local 10oz Gammon Steak *NF, Garlic Free*

Served with two free range fried eggs, chargrilled pineapple, vine tomatoes & hand cut chips £17.95

(From Field Place Farm, Bolney)

GF - with new potatoes (Fryer may contain traces of Gluten)

DF - with plain new potatoes

Sussex Ale Battered Cod & Chips *NF, DF, Garlic Free*

Fresh cod fillet in Harvey's beer batter, served with hand cut chips, tartare sauce & mushy garden peas (served on side) £18.25

(Freshly delivered from Brighton & Newhaven fish markets)

Not GF

Baked Macaroni Cheese (v) *NF*

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 £16.25

Not GF, Not DF, Not Garlic Free – plain bread

Oak Barn Beef Burger *NF, Garlic Free*

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) £17.25

GF - with new potatoes (Fryer may contain traces of Gluten) & GF bun

DF - with GF bun

Finish with a topping:

Sussex Aged Cheddar £1.95 *NF, GF* / *Brighton Blue* £1.95 *NF, GF*

Smoked Bacon £1.95 *NF, DF, GF*

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

Salads

Add a handful of:

Hand Cut chips *NF, DF* £2.90 / *Sweet Potato Fries* *NF, DF* £3.10

GF - Fryer may contain traces of Gluten

Buttered New Potatoes £2.90 *NF, GF*

DF - plain potatoes

Confit of Oriental Crispy Duck *DF, NF*

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 £17.95

Not GF, Not Garlic Free

Oak Smoked Salmon & Prawn Salad *NF*

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 £19.45

GF - change bread, DF - no avocado mousse, Garlic Free - when plain prawn available

*(Jackets & Sandwiches are **NOT** available Friday & Saturday 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

Jacket Potatoes

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

Atlantic Tuna & Mayonnaise *NF, GF, DF - no butter* £11.15

Sussex Mature Cheddar *NF, GF, Not DF* £11.15

Free Range Chicken & Bacon *NF, GF, DF - no butter* £11.15

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 *NF* £10.15

GF - GF Bread

DF - no butter

Not Garlic Free

Free Range Chicken, Smoked Bacon,

Avocado & Mayonnaise *NF, Garlic Free* £10.15

GF - change bread, DF - no butter

Smoked Bacon, Sussex Brie

& Cranberry *NF, Garlic Free* £10.15

GF - change bread, Not DF

Speciality Sandwiches

Lemon Zested Fresh Cod Fish Finger Sandwich *NF, Garlic Free*

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 £12.95

Not GF, DF - no butter

Atlantic Tuna Melt *NF, Garlic Free*

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 £10.95

Not GF, DF

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Add a
handful of
Hand Cut
Chips
£2.90
or
Sweet
Potato
Fries
£3.10

Desserts

***Salted Caramel Sticky Toffee Pudding* NF**

Traditional sticky toffee pudding served with a rich toffee sauce, topped with diced fudge & white chocolate ice cream £8.95

Not GF, Not DF

***Pear, Apple & Cranberry Crumble* NF**

Served with your choice of vanilla ice cream or custard £8.95

Not GF, Not DF

***Confit Pear Tarte Tatin* NF**

With toffee sauce & white chocolate ice cream £8.75

Not GF, Not DF

***Chocolate & Orange Roulade* NF**

With chocolate soil, citrus gel & chocolate ice cream £8.95

Not GF, Not DF

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

Warm sticky toffee pieces & crushed honeycomb, served with vanilla & honeycomb ice cream, drizzled with toffee sauce & with chantilly cream £8.95

Not GF, Not DF

***Steamed Treacle Sponge* NF**

With blackberry gel, treacle sauce & your choice of vanilla ice cream or custard £9.25

Not GF, Not DF

***White Chocolate & Passionfruit Cheesecake* NF**

On a ginger biscuit base with passionfruit sorbet & citrus gel £8.95

Not GF, Not DF

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

Served with vanilla bean ice cream & fresh berries £9.45

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

vanilla / chocolate / honeycomb
salted caramel / strawberry / white chocolate
with ginger crumble served on the side £8.05

GF - no ginger crumble, Not DF

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

raspberry / lemon / blackcurrant / passionfruit
with ginger crumble served on the side £8.05

GF - no ginger crumble, DF - no ginger crumble

Coffee from £3.15

Americano / Macchiato

Cappuccino / Latte / Espresso / Flat White / Mocha

Tea from £3.15

English Tea & Herbal Tea Selection

Liqueur Coffees from £8.95

Irish (Jameson Whiskey) / Calypso (Tia Maria)

Seville (Cointreau) / Baileys Coffee

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