

**ALLERGY MENU FOR DF, GF, NF &  
GARLIC FREE**

## **Sunday Menu**

**2 course roast menu £34.95**

**3 course roast menu £42.95**

*(Beef & Lamb £3.00 Supplement)*

**2 course classic / salad / vegan menu £29.95**

**3 course classic / salad / vegan menu £37.95**

### **Starters**

#### **Soup of The Day DF, NF**

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

**GF - change bread, Check All As Changes**

#### **Baked Camembert (v) NF, Garlic Free**

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

**GF - change bread, 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  
(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 & rye bread*

*(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*

**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 cannot 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)*

# Sunday Roasts

## **Roast Sirloin of Sussex Beef *NF***

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

*(From Woodhouse Butchers, Haywards Heath)*

*GF - no Yorkshire/cauliflower cheese*

*DF - no Yorkshire/cauliflower cheese/swede*

*Garlic Free – with new potatoes/alternative gravy*

## **Roast Loin of Sussex Pork *NF***

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

*(From Woodhouse Butchers, Haywards Heath)*

*GF - no Yorkshire/cauliflower cheese/stuffing*

*DF - no Yorkshire/cauliflower cheese/swede*

*Garlic Free – with new potatoes/alternative gravy/no stuffing*

## **Roast Leg of Sussex Lamb *NF***

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

*(From Woodhouse Butchers, Haywards Heath)*

*GF - no Yorkshire/cauliflower cheese/stuffing*

*DF - no Yorkshire/cauliflower cheese/swede/puree*

*Garlic Free – with new potatoes/alternative gravy/no stuffing*

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

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

*(From Woodhouse Butchers, Haywards Heath)*

*GF - no Yorkshire/cauliflower cheese/stuffing*

*DF - no Yorkshire/cauliflower cheese/swede*

*Garlic Free – with new potatoes/alternative gravy/no stuffing*

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

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

*DF - no Yorkshire, Not GF, Not NF, Not Garlic Free*

## **Pan Fried Sea Bass *NF***

*With herb velouté, buttered new potatoes, garlic tiger prawn  
& a side vegetables*

*(Freshly delivered from Brighton & Newhaven Fish Markets)*

*GF - no cauliflower cheese, Not DF, Not Garlic Free*

## Extra crackling & gravy available for all roasts

*All roasts are served with:*

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

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# Oak Barn Classics

## **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)  
(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  
**Not GF, Not DF, Garlic Free - no garlic 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)  
**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

## **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  
**Not GF, Not DF**

# Salads

## **Confit of Oriental Crispy Duck** *NF, DF*

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  
**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, lemon & dill jelly, avocado mousse, radish, spring onion, cherry tomato, peppers, soft boiled egg, marie rose sauce & rye bread  
**GF - change bread, DF - no avocado mousse, Garlic Free - when plain prawn available**

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# Vegan Menu



## Starters

### *Vegan Mozzarella & Red Pepper*

*Arancini (ve) **DF, NF***

*Served with a smoked tomato relish & lemon dressed rocket*

*Not GF, Not Garlic Free*

## Mains

### *Roasted Squash & Chestnut Mushroom*

*Nut Loaf (ve) **DF***

*Served with roasted new potatoes, sweet potato puree, gravy & a panache of mixed vegetables*

*Not GF, Not NF, Not Garlic Free*

### *Miso & Chickpea Burger (ve) **NF, DF***

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

*Not GF, Not Garlic Free*

## Desserts

### *Bennetts Farm Sorbet (3 Scoops) **NF, DF, GF***

*raspberry / lemon / blackcurrant*

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

*Served with vanilla bean ice cream & fresh berries*

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## 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*

*Not GF, Not DF*

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

*Served with your choice of vanilla ice cream or custard*

*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 & topped with chantilly cream*

*Not GF, Not DF*

## ***Steamed Treacle Sponge*** *NF*

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

*Not GF, Not DF*

## ***Chocolate & Orange Roulade*** *NF*

*With chocolate soil, citrus gel & chocolate ice cream*

*Not GF, Not DF*

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

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

*GF - no ginger crumble, Not DF*

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

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

*GF - no ginger crumble, DF - no ginger crumble*

### ***Coffee*** from £3.15

*Americano / Machiatto*

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

### ***Tea*** from £3.15

*English tea & a selection of herbal teas*

### ***Liqueur Coffees*** from £8.95

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

*Seville (Cointreau) / Baileys Coffee*

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