

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

## Sunday Menu

2 course roast menu £36.45

3 course roast menu £44.45

(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/no stuffing*

## **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 a clam velouté, buttered new potatoes, garlic tiger prawn  
& a side vegetables*

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

*DF - no cauliflower cheese/swede/veloute, GF - no cauliflower cheese, Garlic Free – no  
prawn/veloute*

## **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*

*All staff share the gratuities kindly given*

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

# 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** £2.45 *NF, GF* / **Brighton Blue** £2.45 *NF, GF*

**Smoked Bacon** £2.45 *NF, DF, GF*

**Double up your burger** £9.45

## **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 hoi sin & 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, 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)

# Vegan Menu

## Starters

### **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 DF, Not Garlic Free*

### **Cauliflower & Sweet Potato**

#### **Coconut Curry (ve) *DF***

*Served with coconut rice, vegetable samosa, toasted almonds & a poppadom*

*GF - without samosa, NF - without almonds, 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*

*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)*

# 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*

## **Strawberry Cheesecake** *NF*

Topped with chocolate ganache & served with white chocolate ice cream

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

*Not GF, Not DF*

## **Glazed Apricot Tart** *NF*

Sweet pastry filled with crème patisserie, topped with poached & glazed apricots & raspberry sorbet

*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 £3.25

*Americano / Machiatto*

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

## Tea from £3.25

*English tea & a selection of herbal teas*

## Liqueur Coffees from £9.45

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

*Seville (Cointreau) / Baileys Coffee*

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)*