

# **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**

*Served with chefs garnish & fresh baked local artisan bread  
(Bread delivered daily by Fellows of Ardingly) £8.45*

*GF - change bread, Check All As Changes*

### **BBQ Pork Belly Burnt Ends** **DF, NF**

*With bacon mayonnaise, sesame & hot honey dressed broccoli,  
& bacon crumb £9.45*

*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 £11.45*

*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 £10.95*

*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 £10.95*

*(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 £10.95*

*Not GF, Not Garlic Free*

### **Mozzarella & Red Pepper Arancini (ve)** **DF, NF**

*Served with a smoked tomato relish & lemon dressed rocket £9.25*

*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*

*With tartare sauce & a lemon wedge £8.45*

*Not GF*

### **Chicken Satay** *GF, DF*

*Topped with fresh chillies, spring onions & spiced peanut brittle £8.95*

*Not NF, Not Garlic Free*

### **Tiger Prawns** *NF*

*Fresh prawns grilled, with a garlic & herb butter*

*& artisan baguette £10.45*

*GF – change bread, Not DF, Not Garlic Free*

### **Breaded Halloumi Fries (v)** *NF*

*Served on a bed of rocket & sweet chilli mayonnaise £8.95*

*Not GF, Not DF, Not Garlic Free*

### **Chef's Choice Of The Day Fishcakes**

*Served with lemon & dill gel & tartare sauce £9.95*

*Check All As Changes*

## Sides

### **Hand Cut Chips** £5.75 / **Sweet Potato Fries** £6.25 *NF, DF*

*GF (Fryer may contain traces of Gluten)*

### **Seasonal Vegetables** *NF, GF* £5.25

### **Seasonal Mixed Salad** *NF, GF, DF* £5.25

### **Fresh Garlic Ciabatta Bread** *NF* £7.25

### **Bread Basket** *NF, DF* £5.45

### **Buttered New Potatoes** *NF, GF* £5.45

### **Halloumi Fries** *NF* £8.95

**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*

*NF - check sauce*

*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 £25.45*

*(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 £22.95*

*Not GF, Not DF*

### **Duo of Sussex Pork** *NF*

*Crispy pork belly & a pulled pork, blue cheese & leek croquette, served with a creamy celeriac & leek potato gratin, salsa verde, red wine jus & a side of seasonal vegetables £23.45*

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

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

*With a lemon & clam risotto, crayfish dressing  
& a side of vegetables £23.45*

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

*Not DF, Not Garlic Free*

### **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 £21.95*

*(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 £18.25  
*Not NF, Not Garlic Free*

### **Cauliflower & Sweet Potato**

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

Served with coconut rice, vegetable samosa, toasted almonds  
& a poppadom £18.95  
*GF - without samosa, NF- without almonds, 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 & plain steak, Garlic Free – plain steak, no onion or mushroom*

### **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 & plain steak, Garlic Free – plain steak, no onion or mushroom*

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 £3.45**

*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 £20.95  
*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 £18.95

(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) £18.95

(Freshly delivered from Brighton & Newhaven fish markets)

*Not GF*

### **Baked Macaroni Cheese (v)** *NF, Garlic Free*

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 £17.95

*Not GF, Not DF*

### **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) £17.95

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

*DF - with DF 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

**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* £3.25 / **Sweet Potato Fries** *NF, DF* £3.55

*GF - Fryer may contain traces of Gluten*

**Buttered New Potatoes** £3.25 *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 £18.95

*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 £19.95

*GF - change bread, DF - no avocado mousse, Garlic Free - when plain prawns 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* £11.95

**Sussex Mature Cheddar** *NF, GF, Not DF* £11.95

**Free Range Chicken & Bacon** *NF, GF, DF - no butter* £11.95

## **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* £10.95

*GF - GF Bread*

*DF - no butter*

*Not Garlic Free*

**Free Range Chicken, Smoked Bacon,**

**Avocado & Mayonnaise** *NF, Garlic Free* £10.95

*GF - change bread, DF - no butter*

**Smoked Bacon, Sussex Brie**

**& Cranberry** *NF, Garlic Free* £10.95

*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* £13.95

*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* £11.95

*Not GF, Not DF*

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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 £9.45

*Not GF, Not DF*

### **Vanilla Pannacotta** *NF*

With poached rhubarb, blood orange jelly

& vanilla shortbread biscuit £9.25

*GF - without shortbread, Not DF*

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

Sweet pastry filled with crème patisserie, topped with poached & glazed apricots & raspberry sorbet £8.95

*Not GF, Not DF*

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

With strawberry gel, treacle sauce & your choice of vanilla ice cream or custard £9.45

*Not GF, Not DF*

### **Caramelised White Chocolate Mousse**

With chocolate soil & a chocolate & pistachio tuille £9.25

*GF - without tuille, NF - without tuille, 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 £9.45

*Not GF, Not DF*

### **Strawberry Cheesecake** *NF*

Topped with chocolate ganache &

served with white chocolate ice cream £9.25

*Not GF, Not DF*

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

Served with vanilla bean ice cream & fresh berries £9.75

### **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 £3.25

*Americano / Machiatto*

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

### Tea from £3.25

*English Tea & Herbal Tea Selection*

### Liqueur Coffees from £9.75

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

*Seville (Cointreau) / Baileys Coffee*

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