

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

Glazed Pork Belly *DF*

*Succulent bites of slow-cooked pork belly coated in a rich Chinese-style
sticky glaze, paired with stir-fried pak choi, toasted cashews
& fragrant coconut rice £9.45*

Not GF, Not Garlic Free, NF – No cashew nuts

Baked Camembert (v) *NF, Garlic Free*

*Whole, oven baked individual camembert drizzled with golden honey & served
with red onion marmalade & warm 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*

*Crispy fried squid tossed in sea salt & cracked black pepper, served with lemon
dressed rocket, fresh chilli, spring onion & a chilli, lime & coriander
mayonnaise £11.95*

(Freshly 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 £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*

*Risotto balls filled with creamy mozzarella & roasted red peppers served with
a smoky 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*

Golden whitebait served with zesty tartare sauce
& a fresh lemon wedge £8.45
Not GF

Chicken Satay *GF, DF*

Marinated chicken topped with fresh chillies, spring onions & spiced
peanut brittle £8.95
Not NF, Not Garlic Free

Grilled Tiger Prawns *NF*

Fresh prawns grilled with a garlic & herb butter
& served with fresh artisan baguette £10.45
GF – change bread, Not DF, Not Garlic Free

Half Pint Of Prawns *NF, DF*

Locally sourced prawns served with marie rose sauce & granary bread £8.95
GF – change bread, Garlic Free – No marie rose sauce

Chef's Choice Of The Day Fishcakes

Served with lemon & dill gel & classic 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

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 white crab meat salad, herb oil, sauteed new potatoes, tomato salsa & 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 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 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. Cooked to your liking & served with vine tomatoes, sautéed mushrooms, sautéed onions, watercress & your choice of either hand cut chips or buttered new potatoes £30.95
(From SK Hutchings, Partridge Green) (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

Sirloin is found just above the tenderloin, it is tender and lean making it a healthier option. Cooked to your liking & served with vine tomatoes, sautéed mushrooms, sautéed onions, watercress & your choice of either hand cut chips or buttered new potatoes £29.95
(From SK Hutchings, Partridge Green)
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

Add a sauce on the side £3.45

Creamy peppercorn NF, GF / garlic butter NF, GF

Chargrilled Buttermilk Chicken Skewers NF

Cubes of free-range chicken, red pepper & courgette marinated in garlic butter & served with sweet potato fries, grilled flatbread, dressed mixed garden salad & a roasted celeriac hummus £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 & clotted cream ice cream £9.45

Not GF, Not DF

Banoffee Pie *NF*

On a biscuit base, topped with chocolate shards, caramelised banana, chocolate soil, served with honeycomb ice cream £9.25

Not GF, Not DF

Eton Mess *GF, NF*

Raspberry infused meringue, chantilly cream, mixed berries, strawberry ice cream & berry gel £8.95

Not DF

Baked Peach & Clotted Cream Sponge

With clotted cream ice cream, chocolate soil & mixed berries £9.45

Not GF, Not DF, Not NF

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

Lemon Meringue Cheesecake *NF*

With baby meringues, lemon gel, candied lemon & raspberry sorbet £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

Oak Barn Cheese Plate

Selection of our favourite cheese's with candied walnuts, artisan & water biscuits, quince jelly, grapes & onion marmalade

2 Cheese's £10.95 / 4 Cheese's £15.95

Cockburns Fine Ruby Port £6.55

GF - change crackers, NF - no candied walnuts, Not DF

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