

# **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*

### **Tandoori Pork Belly NF**

*Succulent bites of slow-cooked pork belly marinated in tandoori spices served with a coriander yoghurt, onion salad & coriander & mint oil £9.45*

*DF – no yoghurt, Not GF, Not Garlic free*

### **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*

### **Crispy Cauliflower Bites (ve) NF, DF**

*Served with a coriander & mint oil, curried mayonnaise & pickled radish £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*

### **Pork Croquettes** *NF*

Served with a miso apple puree & garlic mayonnaise £8.95  
*Not GF, Not DF or 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*

### **Lamb Kofta** *NF, GF*

Served with a coriander & coconut yoghurt £8.95  
*DF- No Yoghurt, Not Garlic Free*

### **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*

### **Duo Of Sussex Lamb** *NF*

*Pan fried lamb rump & a steamed braised lamb filled suet pudding served with parsnip puree, port braised shallot, celeriac & potato gratin, rosemary jus & a side of vegetables £25.45*

*(From Woodhouse Butchers, Haywards Heath)*

*GF, extra rump no suet and new pots*

*DF – no puree and plain pots*

*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 glazed pork fillet with miso apple puree, crispy hashbrown, carrot puree, rich jus & a side of seasonal vegetables £23.45*

*(From Woodhouse Butchers, Haywards Heath)*

*DF- carrot no puree, GF -new potatoes, NOT GARLIC FREE*

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

*With parmentier potatoes, pea & scallop veloute, crispy capers & a side of vegetables £23.45*

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

*Garlic free and DF no sauce*

### **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, carrot puree, rosemary jus & a side of seasonal vegetables £21.95*

*(From Woodhouse Butchers, Haywards Heath)*

*DF – NO PUREE 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*

### **Roasted Celeriac 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 Chicken Skewers NF**

*Cubes of free range chicken, red pepper & courgette marinated in a mild harissa paste & 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 & clotted cream ice cream £9.45

*Not GF, Not DF*

### **Orange Tart** *NF*

Served in a chocolate tart case with candied orange & chocolate ice cream £9.25

*Not GF, Not DF*

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

Served with treacle sauce & either vanilla ice cream or custard £9.45

*Not GF, Not DF*

### **Apple Tart Tatin** *NF*

Served with toffee sauce & clotted cream ice cream £9.15

*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 £9.45

*Not GF, Not DF*

### **Mocha Cheesecake** *NF*

Topped with chocolate ganache & served with chocolate soil & salted caramel 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*

### **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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