

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

*Whole, oven baked individual camembert drizzled with golden honey & served
with red onion marmalade & warm toasted ciabatta £11.45*

GF – change bread, Not DF, Garlic Free- No Marmalade

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

*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

MCB Seafood
Newhaven

SK Hutchings
Partridge Green

Fruit & Vegetables

Fish & shellfish

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

GF - No Flatbread & with new potatoes, 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*

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

Not Garlic Free

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*

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

Lemon & Dill Infused Cream

Cheese & Cucumber *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

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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 £6.95

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

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