

Inspired by **YOU**
FRESHLY prepared with care
 Served with a **SMILE**



BARLEY MOW
 HARTFORD

NIBBLES & STARTERS

HOMEMADE SOUP OF THE DAY V GF
 See our specials board for today's choice, freshly made by our chefs with a warm roll and butter
£4.95

SELECTION OF OLIVES V GF
£2.50

NACHOS V GF
 With cheese and jalapeños served with dips
£5.95
 Add chilli beef for **£2.00**

CHICKEN LIVER PATE
 Smooth pate served with toasted bloomer bread & butter - **£5.95**

TEMPURA PRAWNS
 Crispy tempura prawns served with sweet chilli dipping sauce and lemon
£6.50

BARLEY BOARDS

VEGGIE FEAST V
 Vegetable spring rolls
 Mozzarella sticks
 Onion rings
 Breaded mushrooms
 Choose 2 dips
For 2 people - £8.50
For 4 people - £16.00

MEAT FEAST
 Duck spring rolls
 Chicken goujons
 Lamb koftas
 Mini fishcakes
 Choose 2 dips
For 2 people - £8.50
For 4 people - £16.00

THE BARLEY MOW FEAST
 Mozzarella sticks, Chicken goujons
 Garlic bread, Onion rings
 Nacho cheese bites
 Mac & cheese bites, Mini fishcakes,
 Wedges
For 2 people - £10.00
For 4 people - £20.00

PUB CLASSICS

Many of our main meals can be served as a reduced size for those with a small appetite or who simply want to leave room for dessert. Ask a member of staff for prices.

WHOLETAIL BREADED SCAMPI
 Crispy scampi served with chunky chips and your choice of mushy peas or garden peas and fresh lemon
£12.00

HAND BATTERED COD AND CHIPS GF
 Hand battered in-house by our chefs, for you. Served with chunky chips, your choice of mushy peas or garden peas and fresh lemon
£12.00

PAN FRIED LAMBS LIVER AND BACON GF
 Cooked to your liking and served on a bed of creamy mashed potato, rich onion gravy and fresh vegetables
£12.25

SAUSAGE AND MASH GF
 Served on a bed of creamy mashed potato, rich onion gravy and fresh vegetables (vegetarian sausages available)
£12.00

BARLEY BRUNCH
 2 fried eggs, 2 rashers of bacon, sausage, baked beans, grilled tomato, mushrooms, hash brown and toasted bloomer bread
£10.95

PLOUGHMANS LUNCH Can be GF
 Traditional platter of cheese, local baked ham with onions and pickles, served with a crusty baguette and butter
£10.95

FROM THE GRILL

All served with chunky chips, sauté mushrooms, grilled tomato and garden peas.

8OZ RUMP STEAK GF
 Good flavoured steak best served medium rare to medium
£14.95

RIB-EYE STEAK GF
 A very tender steak. Best served medium rare to medium
£16.95

8OZ GAMMON STEAK GF
 Also accompanied with a fried egg or grilled pineapple
£12.95

FROM AROUND THE WORLD

Made to order our dishes from around the world can be tailored to your love of spice. Just let your server know how you like it.

HOMEMADE MEXICAN CHILLI BEEF GF
 Served with rice, nachos and sour cream
£11.95

SWEET CHILLI STIR FRY WITH NOODLES Can be GF
 Served with prawn crackers. Vegetable **£10.50**
 Chicken **£12.95** | Beef **£13.95** | Prawn **£14.95**

FLAVOURSOME CURRY Can be GF
 Served with rice, poppadom and tangy mango chutney.
 Vegetable **£10.50** | Chicken **£12.95** | Beef **£13.95**
 Prawn **£14.95**

SIZZLING MEXICAN FAJITAS
 Served with cheese, sour cream, guacamole & tomato salsa.
 Vegetable **£10.50** | Chicken **£12.95** | Beef **£13.95**
 Prawn **£14.95**

PROPER PIES

All served with fresh vegetables and your choice of creamy mash, new potatoes or chunky chips

HANDMADE STEAK & STILTON PROPER PIE
 Deep filled short crust pastry with tender steak and creamy Stilton gravy in pie
£12.50

HANDMADE CHICKEN & CAPEL MUSHROOM
 Deep filled short crust pastry with chicken breast, capel mushrooms in a creamy sauce
£12.50

PASTA

SPAGHETTI BOLOGNESE

Slow cooked beef mince, with rich tomato and red wine sauce, served on a bed of spaghetti and sprinkled with shaved parmesan cheese

£11.95

ITALIAN CARBONARA Can be V

Fresh egg tagliatelle with or without crispy pancetta served in a creamy carbonara sauce

£11.95

QUORN SWEDISH STYLE BALLS V

Topped with a tomato and basil sauce, served on a bed of spaghetti and sprinkled with shaved parmesan cheese

£11.95

FLAME GRILLED BURGERS

THE ULTIMATE BARLEY MOW BURGER Can be GF

2 hand pressed 6oz burger topped with cheese, bacon, sautéed onions, fried egg served in a brioche bun, with chunky chips, dressed salad, coleslaw and onion rings

£14.95

6OZ HAND PRESSED 100% BEEF BURGER Can be GF

Served in a brioche bun, with chunky chips and salad garnish

£10.50

VEGETARIAN BURGER V Can be GF

Served in a brioche bun, with chunky chips and salad garnish

£10.95

Extra topping for your burger -

Mature Cheese **£1.00** | Smoked Bacon **£1.25**

Chilli Beef **£1.50** | Sautéed Onions **£1.75** | Fried Egg **£1.00**

LUNCHTIME SPECIALS

Lunch hour and tight for time? Call us by 11am and we can have your order ready for you when you arrive.

CHOOSE FROM JACKET POTATO, BLOOMER BREAD OR CRUSTY BAGUETTE

Fillings -

Mature cheddar cheese - **£5.95** V

Baked beans - **£5.95** V

Chilli con carne - **£6.95**

Local baked ham - **£5.95**

Fish fingers - **£6.95**

Tuna mayonnaise - **£5.95**

Prawns in marie rose sauce - **£6.95**

Add for **£1.00** each

Coleslaw V

Chunky chips V

Salad V

Extra cheese V

Red onion V

Tangy chutney V

ON THE SIDE

SIDE PORTION OF CHUNKY CHIPS V

£2.00

JUMBO BOWL OF CHUNKY CHIPS - **£3.00** V

Add cheese - **£4.00**

GARLIC BREAD - **£2.95** V

Add cheese - **£3.95**

BATTERED ONION RINGS V

£2.75

CREAMY COLESLAW V

£1.50

MIXED LEAF DRESSED SALAD V

£2.50

PUDDINGS - THE MOW REGULARS

CREAMY CHEESECAKE SERVED WITH CREAM

£5.95

HOT SPONGE AND CUSTARD

£5.95

CHOCOLATE BROWNIE

£5.95

Ask your server for today's choices. Guest desserts are also available on our specials board.

SUNDAY SPECIAL

WE OFFER A CHOICE OF 3 ROASTS Can be GF

Served with roast potatoes, yorkshire pudding, stuffing and vegetables

£10.95

NUT ROAST V Can be GF

Served with roast potatoes, yorkshire pudding, stuffing and vegetables

£10.95

In addition, we offer a selection of our main menu items and our special board.

Booking is strongly recommended.

PLEASE SPEAK TO OUR STAFF ABOUT THE INGREDIENTS IN YOUR MEAL WHEN PLACING YOUR ORDER. PLEASE NOTE: SOME DISHES CONTAIN NUTS OR SHELLFISH. ALL WEIGHTS ARE APPROXIMATE UNCOOKED WEIGHTS.


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