

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


BARLEY MOW
HARTFORD

NIBBLES & STARTERS

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

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 PÂTÉ
Smooth pâté 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

For 2 people - £8.50
For 4 people - £16.00

MEAT FEAST
Duck spring rolls
Chicken goujons
Lamb koftas
Mini fishcakes

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,
Potato wedges
For 2 people - £10.00
For 4 people - £20.00

PUB CLASSICS

Some 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
£12.50

PAN FRIED LAMB'S 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 a
selection of onions and pickles, served with a crusty
baguette and butter
£10.95

FROM THE GRILL

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

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

8OZ 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.

SPICY MEXICAN CHILLI BEEF GF
Served with rice, tortilla chips 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**

CHEF'S CURRY Can be GF
Served with rice, poppadoms 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 & ALE
Deep filled short crust pastry with
tender steak and ale
£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

VEGETABLE SWEDISH STYLE BALLS V

Topped with a tomato and basil sauce, served on a bed of spaghetti

£11.95

FLAME GRILLED BURGERS

THE ULTIMATE BARLEY MOW BURGER Can be **GF**

2 hand pressed 6oz burgers topped with cheese, bacon, sautéed onions and 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 **75p** | Fried Egg **£1.00**

LUNCHTIME SPECIALS

Served daily from 12 noon until 2pm.

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

CHOOSE A 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 - **£1.00**

GARLIC BREAD - **£2.95** V

Add cheese - **£1.00**

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

JAM SPONGE

served with custard

£5.95

CHOCOLATE BROWNIE

served with vanilla ice cream

£5.95

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

SUNDAY LUNCH

WE OFFER A CHOICE OF

3 ROAST MEATS 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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