

BARNACLES RESTAURANT & BAR BISTRO

SUNDAY LUNCH MENU

AUTUMN/WINTER 2023

STARTERS

6 NATURAL OYSTERS, served on crushed ice, lemon (GF) £16.50

Choose dressing from: chilli, ginger and spring onion OR yuzu vinaigrette OR mignonette sauce

BARNACLES SOUP OF THE DAY, crusty bread £7.50 (V/VE/GFA/DFA)

PAN FRIED KING PRAWNS, tandoori sauce and coriander flatbread £11.50 (GFA/DF)

SMOKED HADDOCK FISHCAKE, dill cream, soured fennel £11

CHICKEN LIVER PARFAIT, garden salad, tomato chutney and croutons £9 (GFA)

CLASSIC MOULES MARINIÈRE, steamed with white wine cream sauce, shallots, garlic, crusty bread £12 (GFA/DFA)

BAKED PETIT CAMEMBERT, flavoured with thyme and garlic, onion and cider chutney, rosemary crostini £11 (V)

BEETROOT, LENTIL AND PANEER SAMOSAS, spiced yoghurt and pickled salad £9 (V)

SPICED PUMPKIN AND GOATS CHEESE TARLETTE, baby beetroots and beetroot ketchup £9 (V)

DEEP FRIED LEMON AND PEPPER CALAMARI, lemon and herb mayonnaise £12

TEMPURA SOFT SHELL CRAB, Asian style salad, ponzu dressing £13 (DF)

PORK SLIDERS, Mexican spiced shoulder, mango habanero sauce, pickled vegetables £10

BARNACLES FISH BASKET FOR 2, smoked haddock fishcakes, tandoori prawns, calamari, tartare sauce, sweet chilli sauce £28

MAINS

KING PRAWN AND CHORIZO LINGUINE, fresh chilli and tomato £26 (DF)

CLASSIC FISH AND CHIPS, beer battered haddock, homemade chunky chips, crushed minted peas £18 (DF)

PAN SEARED HALIBUT, spring onion mash, peas, bacon and chard, dill sauce £28 (GF)

SERRANO WRAPPED MONKFISH, tomato and pepper pippenade, lyonnaise potatoes, courgette £29 (GF)

VEGETABLE MASSAMEN CURRY, roasted spiced vegetables, coconut sauce, served with basmati rice £17 (V/VEA)

WILD MUSHROOM AND MISO STIR FRY, exotic selection of sauté mushrooms, pakchoi and peppers, teriyaki and miso dressing £17 (V/VEA)

SUNDAY ROASTS

LOCALLY SOURCED SLOW ROASTED SIRLOIN OF BEEF, £21

ROAST LOIN OF PORK, £18

ROAST CHICKEN SUPREME, £18

TRIO OF MEATS, £24

NUT ROAST WITH VEGETARIAN GRAVY, £16 (V/VEA)

*All roasts are served with roast potatoes, seasonal greens, cauliflower cheese,
Yorkshire pudding, sage and onion stuffing, red wine gravy*

FISH FROM THE GRILL

SEABASS FILLETS	£27 (GF)
SALMON FILLET	£28 (GF)
MONKFISH TAIL	£30 (GF)
SWORDFISH STEAK	£26 (GF)
HALIBUT	£28 (GF)
TRIO OF FISH (3 FILLETS)	£27 (GF) Please ask for today's selection

All served with skin on fries, sautéed green beans, lemon wedge

ADD A SAUCE £3

Dill cream (GF) Provençale sauce (GF/DF) Salsa Verde (GF/DF) Wholegrain mustard and turmeric sauce (GF)

FROM THE LOBSTER POT

BARNACLES CLASSIC LOBSTER THERMIDOR, lobster pieces, rich mornay sauce, fresh watercress £49

WHOLE GRILLED LOBSTER, garlic, herb and chilli butter sauce, fresh watercress £49

Served with parmesan and lemon herb fries and sautéed green beans

SIDES

Marinated pitted olives £3.95 (V/VE/GF)

Buttered new potatoes £5

Basket of bread for 2 £3.95 (GFA)

Lemon and parmesan herb fries £5.50

Garlic, herb and rosemary sourdough £5.50

Homemade skin on chunky chips £5.50

Sautéed green beans with garlic and chilli £5

Mixed seasonal vegetables £4.50

ALLERGEN KEY: V = Vegetarian, VE/A = Vegan/Vegan alternative available, GF = gluten free, GFA = gluten free available, DF = dairy free

We recognize that some of our guests have specific dietary needs. Please ask a member of our team before ordering, we will be happy to advise you and answer any questions. We cannot guarantee that any items are completely allergen free due to them being produced in a kitchen that contains ingredients with allergens.

Although every care has been taken to remove all shell, shot and bones some small pieces may remain.

An optional 10% service is added to tables in excess of 8 guests. All customer gratuities are shared out equally amongst all staff.

On busy days food may be subject to a short wait. We appreciate your patience and hope you appreciate quality food and efficient service.