

SUNDAY LUNCH MENU

STARTERS

- BARNACLES SOUP OF THE DAY**, crusty bread, £7.50 (V/VE/GFA/DFA)
- LOBSTER AND GRUYERE ARANCINI**, creamy lobster sauce, micro herb, £13
- CHICKEN LIVER PARFAIT**, baby herb salad, croutes, onion chutney, £9 (GFA)
- PAN SEARED KING PRAWNS**, Goan style curry sauce, mini poppadom's, £12 (DF/GFA)
- BAKED PETIT CAMEMBERT**, flavored with rosemary and thyme, apple and chili chutney, crostini, £10 (GFA)
- PRAWN AND SALMON COCKTAIL**, seafood sauce, toasted crumpet, pickled celery, £14
- DEEP FRIED CALAMARI**, seasoned with peri peri spices, saffron and garlic aioli, £10
- CHARGRILLED OCTOPUS**, chilli and butterbean puree, chorizo, lobster oil, £11 (DF)
- SMOKED HADDOCK FISHCAKE**, horseradish and wasabi cream, coriander oil, £11
- CLASSIC MOULES MARINIERE**, steamed with white wine cream sauce, shallots, garlic, crusty bread, £12 (GFA/DFA)
- KANSAS STYLE BABY BACK RIBS**, sticky BBQ sauce, red pickled cabbage, pork popcorn, £11 (DF/GF)
- CHARRED ASPARAGUS**, shaved aged parmesan, pea, mint and bean salsa, olive biscuit, £8 (V/VEA)
- HERITAGE TOMATO AND PESTO SALAD**, torn mozzarella, £9 (V/VEA)
- BARNACLES FISH BASKET FOR 2**, smoked haddock fishcakes, Goan style prawns, peri peri calamari, saffron and garlic aioli and chilli jam, £28

MAINS

- BEER BATTERED HADDOCK**, homemade chunky chips, chip shop curry sauce, peas, £18 (DF)
- TIGER PRAWN TAGLIATELLE**, white wine, parmesan cream, fresh herbs, £25
- SWEET POTATO AND CARAMELISED ONION TARTLETTE**, summer vegetables, Provençale sauce, £17 (V/VEA)
- PENNE ARRABBIATA**, spiced tomato sauce, fresh herbs, £16 (V/VEA/GF)

SUNDAY ROASTS

- ROAST TURKEY**, £17
- ROAST LOIN OF PORK**, £18
- LOCALLY SOURCED SLOW ROASTED LOIN OF BEEF**, £22
- 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, red wine gravy

FISH FROM THE GRILL

CATCH OF THE DAY	£30 (GF)
SEABASS FILLETS	£28 (GF)
TUNA STEAK	£27 (GF)
HALIBUT	£29 (GF)
SALMON	£28 (GF)
TRIO OF FISH (3 FILLETS)	£31 (GF) <i>Please ask for today's selection</i>

All served with skin on fries, chargrilled Mediterranean vegetables, lemon wedge

ADD A SAUCE £3

Parsley and garlic cream (GF) Sauce Vierge (GF/DF) Provençal (GF/DF)

FROM THE LOBSTER POT

BARNACLES CLASSIC WHOLE LOBSTER THERMIDOR*, lobster pieces, rich mornay sauce flavoured with gruyere and Dijon mustard, £49

WHOLE GRILLED LOBSTER*, brown shrimp and garlic butter, £49

**Served with skin on fries and charred asparagus*

SIDES

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

Basket of bread for two - £3.95 (GFA)

Garlic, herb and rosemary sourdough - £5 (add cheese £5.50)

Chargrilled Mediterranean vegetables - £4.50

Buttered new potatoes - £5

Skin on fries - £5.50

Homemade skin on chunky chips - £5.50

Mixed seasonal vegetables - £4.50

**V = Vegetarian, VE/VEA = Vegan/Vegan alternative available, GF/GFA = gluten free/gluten free available,
DF/DFA = dairy free/dairy free available**

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.