

# BARNACLES RESTAURANT

## SUNDAY LUNCH MENU

### STARTERS

INDIVIDUAL OYSTER served on crushed ice Ponzu and pomegranate; honey vinaigrette £3.50 each (GF)(DF)

STICKY BBQ CHICKEN WINGS, coleslaw and salad £8.50

CLASSIC MOULES MARINIERE, steamed with white wine and cream sauce, garlic, crusty bread £9 (GFA)(DFA)

PAN FRIED KING PRAWNS, garlic and herb butter, sourdough croute £9 (GFA)

SMOKED HADDOCK AND SALMON FISHCAKES, chowder sauce, crispy leeks, burnt leek oil £9

PAN SEARED SCALLOPS, cauliflower, yuzu and lemon grass £14 (GF)

BAKED CAMEMBERT, chorizo jam, herb crostini £8.50

SALT AND PEPPER CALAMARI, rice noodle salad, sweet chili sauce £9 (GF)

CONFIT DUCK CROQUETTE, cherry ketchup, confit bell pepper, leaf salad £9

SPICED CORN FRITTERS, charred sweetcorn, sweetcorn puree, pickled shallots £8 (DFA)(V)(VEA)

TEMPURA CAULIFLOWER SHOOTS, Tonkatsu sauce, crushed hazelnuts £7.50 (VE)(V)(GF)

BARNACLES FISH BASKET FOR 2 salt and pepper calamari, garlic king prawns, smoked haddock and salmon fishcakes, sweet chilli sauce, garlic aioli £23

### MAINS

AUBERGINE CHICKPEA AND TOMATO BHUNA, spiced tomato ragu, braised rice, mini poppadom £16 (VE)(DF)(GF)

FISH AND CHIPS, mushy peas, tartare sauce and lemon wedge £17 (DF)

SPICED CARROT WELLINGTON, market greens, red pepper coulis £15 (DF)

### FISH FROM THE GRILL

Monkfish £27 (GF)

Seabass fillets £25 (GF)

Salmon supreme £25 (GF)

Trio of fish (3 fillets) £28 (GF)

*All served with skin on fries and green beans, herb cream sauce*

## SUNDAY ROASTS

ROAST TURKEY, £19

ROAST LOIN OF PORK, £18

LOCALLY SOURCED SLOW ROASTED LOIN OF BEEF, £22

TRIO OF MEATS, £24

NUT ROAST, £16 (V/VEA)

*All roasts are served with roast potatoes, seasonal vegetables, cauliflower cheese, Yorkshire pudding, red wine gravy*

## FROM THE LOBSTER POT

WHOLE GRILLED LOBSTER

Garlic and herb butter, skin on fries and green beans £49 (GF)

BARNACLES CLASSIC WHOLE LOBSTER THERMIDOR

Gruyere and Dijon cream, skin on fries and green beans £51

## SIDES

Basket of bread for two £5 (GFA)

Buttered new potatoes £5 (GF)

Mixed seasonal vegetables £4 (GF)

Beer battered onion ring £5

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

Skin on fries £5 (GF)(DF)

Homestyle chunky chips £5 (DF)(GF)

Watercress truffle parmesan salad £4 (GF)

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

**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.*