

SUNDAY LUNCH MENU

STARTERS

OYSTERS ON CRUSHED ICE blood orange vinaigrette, red chilli dressing (3 for £10 or 6 for £16 (GF/DF)

PARMA HAM FETA & SUN BLUSH SALAD compressed melon, olives, Castel franco £9 (GF)

PAN FRIED KING PRAWNS sweet & sour sauce, pineapple relish, shrimp crackers £9 (DF)

STICKY KOREAN BBQ CHICKEN WINGS coleslaw, and salad £8.50 (DF/GF)

BUTTERMILK FRIED CALAMARI Asian style slaw, yuzu mayonnaise £9 (GF)

SALMON & WASABI CRISPY ARANCINI wasabi crème fraîche £9

BAKED CAMEMBERT cranberry and bacon jam, apple salad, croûte £8.50 (GFA)

PAN ROASTED SCALLOP Satay sauce, radish, lime £14 (GF/DF)

HONEY ROASTED FIGS truffled goat curd, pistachios, frisée lettuce, white balsamic dressing £8 (V/GF)

TEMPURA CAULIFLOWER SHOOTS, Tonkatsu sauce, crushed hazelnuts £9 (VE/V/GF)

BARNACLES FISH BASKET FOR 2 Buttermilk fried calamari, sweet & sour tiger prawns, Salmon & wasabi crispy onigiri £24.

MAIN

Beer battered haddock, home style cut chips, mushy peas, tartare sauce £17 (DF)(GF)

Wild mushroom risotto, Forested mushrooms, spinach, parmesan £16.50 (GF)(V/VEA)

Pea & spring onion penne, pesto cream sauce, parmesan £15 (V/GF)

Thai red prawn curry, braised rice, coconut and chilli sauce, prawn crackers £18 (DF/GFA)

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

FISH FROM THE GRILL

SALMON FILLET	£27 (GF)
SEABASS FILLETS	£25 (GF)
TRIO OF FISH	£28 (GF)
MONKFISH TAIL	£30 (GF)

All served with skin on fries, tender stem broccoli and chive cream

FROM THE LOBSTER POT

Barnacles' lobster thermidor, rich mornay sauce, skin on fries and sautéed green beans £51 (GF)

Whole grilled lobster, garlic and herb butter, skin on fries, sautéed green beans £49 (GF)

SIDES

Marinated pitted olives - £3.95 (V/VE/GF)	Buttered new potatoes - £5 (GF)
Basket of bread for two - £3.95 (GFA)	Skin on fries - £5 (DF/GF)
Homemade skin on chunky chips - £5(DF/GF)	Mixed seasonal vegetables - £4
Garlic, herb and rosemary sourdough - £5 (add cheese £5.50)	

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.