

BARNACLES

RESTAURANT & BAR BISTRO

STARTERS

OYSTERS ON CRUSHED ICE 3 FOR 10 OR 6 FOR 16

blood orange vinaigrette, red chilli dressing (DF|GF)

PARMA HAM, FETA & SUN BLUSH SALAD 9

compressed melon, olives, Castel franco (GF)

PAN FRIED KING PRAWNS 9

sweet & sour sauce, pineapple relish, shrimp crackers (DF)

MOULES MARINIÈRE 10

garlic, shallots and cream, crusty bread (GFA/DFA)

BUTTERMILK FRIED CALAMARI 9

Asian style slaw, yuzu mayonnaise (GF)

SALMON & WASABI CRISPY ARANCINI 9

wasabi crème fraîche

STICKY KOREAN BBQ CHICKEN WINGS 8.50

coleslaw, and salad (DF/GF)

BAKED CAMEMBERT 8.50

cranberry and bacon jam, apple salad, croute (GFA)

PAN ROASTED SCALLOP 14

Satay sauce, radish, lime (GF/DF)

HONEY ROASTED FIGS 8

truffled goat curd, pistachios, frisée lettuce, white balsamic dressing) (V/GF)

TEMPURA CAULIFLOWER SHOOTS 9

Tonkatsu sauce, crushed hazelnuts (VE/V/GF)

BARNACLES FISH BASKET FOR TWO 24

buttermilk fried calamari, sweet and sour tiger prawns, Salmon & wasabi crispy onigiri

MAINS

PAN ROASTED MONKFISH TAIL 30

monkfish scampi, potato terrine, beetroot, smoked mussel sauce (GFA)

PAN FRIED SEABASS FILLETS 25

crushed new potatoes, pea, leeks, broad beans, vadouvan sauce (GF)

TRIO OF FISH 28

(fillets) sautéed broccoli, skin on fries, chive cream (GF)

THAI RED VEGETABLE CURRY 15

braised rice, chilli coconut and coriander sauce (V/VEA/GF/DF)

PAN ROASTED CHICKEN SUPREME 24

fondant potato, chilli and sesame tender stem, satay sauce (GF)

TERIYAKI GLAZED SALMON FILLET 27

fondant potato, Japanese stir fried vegetables (DF/GF)

CHICKEN ALFREDO PENNE 17.50

sautéed chicken, truffle, cream, parmesan (GF)

BRAISED BLADE OF BEEF 19

parsley mash, roasted carrot, bourguignon sauce (GF)

BARNACLES FISH PIE 17.50

salmon, smoked haddock and prawns, mornay sauce, market vegetables

BARNACLES WAGYU BEEF BURGER 17

pancetta, pepperjack cheese, burger sauce, fries (GFA/DFA)

BEER BATTERED FISH AND CHIPS 17

mushy peas, tartare sauce, lemon (DF/GF)

THAI RED PRAWN CURRY 18

braised rice, chilli, and coconut sauce, prawn crackers (DF)

PEA AND SPRING ONION PENNE 15

pesto cream sauce, parmesan (V/GF)

CLASSIC MOULES MARINIÈRE 18

steamed with white wine cream sauce, skinny fries (DFA/GFA)

WILD MUSHROOM RISOTTO 16.50

truffle, parmesan V/VEA)

ALLERGEN KEY:

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

FROM THE LOBSTER POT

WHOLE GRILLED LOBSTER 49

garlic & herb butter, skin on fries, green beans (GF)

BARNACLES CLASSIC WHOLE LOBSTER THERMIDOR 51

gruyère & Dijon cream, skin on fries and green beans (GF)

FROM THE GRILL

7OZ FILLET STEAK 36 (GFA)

8OZ SIRLOIN STEAK 30 (GFA)

Both served with skin on fries, beer battered onion rings, truffle, parmesan & Watercress salad.

Choose a sauce:

Peppercorn (GF), Bordelaise (GF) Blue Cheese (GF)

MAKE IT `SURF AND TURF` (ADD)

Half a lobster coated in garlic butter £20 (GF) Prawns £10 (GF)

SIDES

MARINATED PITTED OLIVES 3.95 (V|VE|GF)

BASKET OF BREAD FOR TWO 5 (GFA)

GARLIC, HERB AND ROSEMARY SOURDOUGH 5 WITH CHEESE 5.50

BUTTERED NEW POTATOES 5

HOMEMADE SKIN ON CHUNKY CHIPS 5

SKIN ON FRIES 5

MIXED SEASONAL VEGETABLES 4 (GF)

BEER BATTERED ONION RINGS 5

WATERCRESS TRUFFLE PARMESAN SALAD 4 (GF)

We recognise that some of our guests have specific dietary needs. Please ask a member of our team before ordering and they 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 and therefore we appreciate your patience and hope you appreciate our quality and efficient service.

BARNACLES

RESTAURANT & BAR BISTRO

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#LEAVETHEOASTTOWNS