

# 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 9.50

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 9

coleslaw, and salad (DF/GF)

BAKED CAMEMBERT 9

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

PAN ROASTED SCALLOP 14

Satay sauce, radish, lime (GF/DF)

HONEY ROASTED FIGS 8.50

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 25

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 28

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

TRIO OF FISH 28.50

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

THAI RED VEGETABLE CURRY 15.50

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 28

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

CHICKEN ALFREDO PENNE 17.50

sautéed chicken, truffle, cream,  
parmesan (GF)

BRAISED BLADE OF BEEF 19.50

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 17.50

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

BEER BATTERED FISH AND CHIPS 17.50

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

THAI RED PRAWN CURRY 18.50

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

PEA AND SPRING ONION PENNE 15.50

pesto cream sauce, parmesan (V/GF)

CLASSIC MOULES MARINIÈRE 18

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

WILD MUSHROOM RISOTTO 17

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 32 (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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