

LIGHT BITES

SALADS

Salad lyonnaise, frisée, pickled walnuts, pancetta,
crispy duck egg, lemon dressing 11 (GF)(DFA)

Charred nectarine, pistachio & burrata rocket, serrano ham,
pesto 12 (GF)(DFA)

Heritage tomato, orange & feta salad, dressed watercress,
toasted pinenuts, pomegranate 12 (DFA)(VE)(V)(GF)

Classic Caesar salad, baby gem, croutons, parmesan, anchovies
10 (add chicken or salmon 7 each) (DFA)(VE)

Lobster, avocado & mango salad, cherry tomatoes, fine herbs
& citrus dressing 19 (DF)(GF)

SANDWICHES

Barnacles' ploughman's sandwich, smoked ham,
west country cheddar, farmhouse bloomer 9.50 (GFA)

Lobster & prawn Marie rose, seafood mayonnaise, baby gem
lettuce, wholemeal bloomer 12.50 (GFA)

Red pepper hummus, avocado & tomato focaccia roll,
pickled vegetables 9 (GFA)(V)(VE)(DF)

SIDES

Basket of bread for two 5 (GFA/DF)

Skin on fries 5 (GF/DF)

Buttered new potatoes 5 (GF)

Hand cut chips 5 (DF/GF)

Mixed seasonal vegetables 4 (GF)

Watercress truffle parmesan salad 4 (GF)

Marinated pitted olives 3.95(V/VE/GF)

Garlic, rosemary sourdough 5 (add cheese 5.50)

ALLERGEN KEY:

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



BARNACLES

RESTAURANT & BAR BISTRO

est 1992

