



THE
BARLEY MOW

FREEHOUSE

FOOD MENU

STARTERS

SALT AND PEPPER CHICKEN

Succulent salt & pepper seasoned chunks of Chicken in a crispy batter served with a creamy Mayonnaise or sweet chill Dip
£3.95

HOMEMADE SOUP OF THE DAY

Freshly made piping hot soup served with chunky Bread and Butter
£3.45

LOADED NACHOS

Warm Nachos served with melted cheese topped with smashed avocado, salsa and sour cream
£3.95

LOADED POTATO SKINS

Skinny Potatoes loaded with tasty bacon cheddar cheese served with a smokey Barbeque dip
£3.95

SANDWICH SELECTION

SAUSAGE BUTTY

Delicious Local Pork Sausages served with Sticky Sweet Marmite Caramelised Onion
£4.25

TRADITIONAL FISH FINGER BUTTY

Battered strips of fish with Tartar Sauce served on Brown or White Wedge
£4.50

CLASSIC CLUB SANDWICH

Chicken breast, lean bacon, lettuce, tomato and creamy mayo served on double decker toasted bread
£4.50

BIGGER PLATES

SAUSAGE & MASH

Local Cumberland sausage, served with Mustard Mash with Rich Onion Gravy
£5.95

6OZ PRIME BEEF BURGER

Served on a fresh Brioche Bun with Chunky Fries
£5.95

“MOW COP STACK”

Not for the faint hearted!

A Double Prime Burger stacked with Cheddar Cheese, Crispy Bacon smokey barbeque sauce Topped Onion Rings served on a Brioche Bun with Chunky Fries
£7.95

SALT AND PEPPER CHICKEN BURGER

Succulent Breast of Chicken seasoned with Salt and Pepper spices served on a sesame seed bun with Chunky Fries & Mayo dip
£6.50

STEAK & ALE PIE

Tender pieces of Beef slow cooked in a rich Beer Drunken Gravy served with Chunky Fries and seasonal Veg
£6.50

FISH & CHIPS

Atlantic Cod fillet in a golden batter served with chunky fries & mushy peas add bread and butter on the side
£7.95

LASAGNE

Beef OR Vegetable Lasagne topped with cheese, served with Tasty Garlic Bread
£6.50

PLEASE SEE OUR SPECIALS BOARD FOR A
SELECTION OF DAILY SPECIALS & OUR DESSERTS

KIDS' MENU

ALL £3.95

SAUSAGE AND FRIES
BURGERS AND FRIES
FISH FINGERS AND CHIPS
CHICKEN NUGGETS AND FRIES

SERVED WITH A FREE ICE CREAM

SIDE ORDERS

CHEESY GARLIC BREAD - £2.50
LOADED CHIPS - £3.50
ONION RINGS - £2.50
SALT & PEPPER CHIPS - £3.00

HOT BEVERAGES

CAPPUCCINO - £2.25
LATTE - £2.25
TEA - £1.75

AFTERNOON TEA AVAILABLE
SEE OUR SPECIALS BOARD