

From the Soil- I.A.Harris - Covent Garden Fresh Produce

Wild Mushroom & Asparagus Risotto, vegetarian parmesan cheese & wild garlic leaf	V GF	10.50
Caramelised Red Onion & Beetroot Tarte Tatin with a Greek salad & new potatoes	V	10.95
Chicken Caesar Salad - Baby gem & iceberg lettuce with crispy bacon, grilled chicken, homemade croutons* & parmesan cheese		12.95
Fried Halloumi Burger in a toasted brioche bun* with roasted red pepper, baby gem lettuce, red onion, pesto, hummus & skinny fries	V	11.95

From the Water- MCB Seafood - Our Local Newhaven Fishery (Sustainable Certified)

Fish & Chips - Harvey's beer-battered fillet of fresh fish with chunky chips & mushy peas		12.50
Sussex Smokie - Smoked haddock fillet gratin, fresh spinach & creamy mashed potato with a cream & white wine sauce	GF	12.50
Deep Fried Scampi Tails served with seasoned chunky chips, mushy peas & tartar sauce		12.75

From the Fields- Gunne Butchers - Our Local Family Butcher

Cajun Chicken Burger with Avocado & Bacon		
In a brioche bun* with lettuce & red onion, served with coleslaw, Cajun mayo & skinny fries		12.95
Cal's Liver, Bacon & Black Pudding*		
with creamy mashed potatoes, red cabbage & a rich onion gravy		13.00
Ham, Eggs & Chips- Sliced honey-glazed ham & two free range eggs served with homemade piccalilli & chunky chips*		10.70
Steak & Harveys Ale Shortcrust Pastry Pie with creamy mashed potatoes, seasonal vegetables & a rich gravy		12.50
Pork & Leek Sausages - Three butcher's pork sausages with creamy mashed potatoes, seasonal vegetables & a rich gravy		10.95
Sausage, Eggs & Chips - Three butcher's pork sausages, two free range eggs & chunky chips		10.70
The Barley Mow Beef Burger with melted Cheddar cheese in a brioche bun* with red onion, tomato & lettuce served with coleslaw, tomato chutney & skinny fries (add bacon for £1.00)		11.95
Homemade Beef Lasagne with dressed rocket & garlic bread		10.60

An optional 10% service charge will be added to your bill.

If our service does not meet your expectations, we would be happy to remove it from your bill. Thank you.

V = vegetarian dishes GF = Gluten Free * = can be gluten free with a substitute

All our chips are Gluten Free but are cooked in the same fryers as other gluten products

All our dishes are made in a kitchen containing nuts, please ask a member of staff if you have any allergies or special dietary requirements.

Steaks - Gunne Butchers - Our Local Family Butcher

Chargrilled 10oz Ribeye Steak	21.95
Chargrilled 8oz Sirloin Steak	18.50
Chargrilled 6oz Fillet Steak	19.50

Our steaks are all served with roasted flat mushroom, plum tomatoes, homemade onion rings*
& seasonal house chips.

Add a sauce; peppercorn, béarnaise, or garlic butter 2.00

Make it a surf add 4 king prawns 4.00

Sides

Mixed Salad/ Seasonal vegetables/ Mushy Peas / Garden Peas / Chunky Chips/
Skinny Fries/ Garlic Bread 3.00 (add cheese 50p)

Don't forget our Daily Specials

Once they're gone, they're gone!

Children's Menu

We believe that children should have the same choice as adults. That's why on any of our main courses, where possible, we offer half portions at half the price!

Fish Fingers Chips & Peas 5.95

Fish & Chips 6.50

Sausage, Mash & Peas 5.95

Cheese Burger & Fries 5.95

Ham, Egg & Chips 5.95

Hummus & Vegetable Batons 4.50

Teas and Coffees

Decaf available

English Breakfast Tea 2.30

Cappuccino 2.70

Herbal Teas 2.50

Latte 2.70

Black Americano 2.30

Mocha 3.00

White Americano 2.30

Hot Chocolate 3.00

Espresso 2.00

Espresso Macchiato 2.00

Irish Coffee 6.50

Flat White 2.50

All our food is freshly prepared on site by our team of chefs.
If you have any special requests, please let us know and we will do our best to accommodate you.