



LUNCH

All our food is freshly made in our kitchen with locally sourced, seasonal ingredients.
(Please be aware we are a cashless business - Payment via contactless or card, Thank you)

THE BARN

www.thebarnstanway.co.uk
Served Monday - Saturday
12pm - 3pm

CAFÉ CLASSICS

THE BARN BURGER  **16.95**

Please see our Specials Menu for today's option

BEER BATTERED FISH & CHIPS  **16.50**

Beer Battered Haddock, Chips, Garden Peas, Lemon

BUDDHA BOWL    **14.00**

Rice with Red Onion, Chives, Radicchio, Lime Zest, Pomegranate, Cajun Chickpeas, Red Cabbage, Avocado, Cauliflower Couscous, Lemon and Coriander Dressing

*add Buffalo Mozzarella £3.00 | Grilled Chicken £3.00
Hot Smoked Salmon £3.00*

PAN FRIED SEA BASS  **17.95**

Potato Cake, Roasted Tenderstem Broccoli, Hazelnut and Lime Salsa

SUMMER RISOTTO  **16.95**

Pearl Barley, Courgettes, Radicchio, Peas and Pickled Shimeji Mushrooms

BRAISED BEEF PITTA **13.50**

Red Wine Braised Beef, Pickled Cucumber, Red Cabbage, Thick Cut Chips

DELI

NICOISE SALAD  **13.50**

Hot Smoked Salmon, Green Beans, New Potatoes, Olives, Cherry Tomatoes, Soft Boiled Egg, Crispy Onions

BBQ PULLED PORK & CHEDDAR CHEESE CIABATTA  **11.95**

Asian Slaw (Sweetheart Lettuce, Carrots, Spring Onions, Corriander and Chives)

PLOUGHMANS PLATTER **11.50**

Home Cooked Ham, Cheddar, Grapes, Cornichons, Balsamic Onions, Bread and Butter

FISH GOUJON SANDWICH **10.50**

Haddock Goujons, Sweet Chilli Mayo

ROASTED CHICKEN WRAP **10.50**

Avocado Mousse, Rocket, Red Onion

BRIE & RED ONION MARMALADE PANINI   **10.50**

Brie, Rocket, Red Onion Marmalade

BABA GHANOUSH   **9.95**

Flatbread, Grilled Vegetables, Pecorino Cheese

CHIPS  **4.50**

Bowl of Thick Cut Chips

 Gluten free option available on request  Vegetarian  Vegan

Please make your server aware of any allergies or dietary requirements when placing your order. Whilst every effort is made to remove specified allergen ingredients from within our dishes, we do operate a busy, open kitchen environment and therefore we cannot guarantee that all risk of cross-contamination has been removed.





THE BARN

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Served Daily

DRINKS

COFFEE <i>(Decaf Available)</i>	SOFT DRINKS	WINE
<p>FLAT WHITE 3.65</p> <p>LATTE 3.65</p> <p>CHAI LATTE 3.65</p> <p>CAPPUCCINO 3.65</p> <p>AMERICANO 3.50</p> <p>MOCHA 3.95</p> <p>ICED COFFEE 3.75</p> <p>ESPRESSO 2.75</p> <p>MONIN SYRUP 0.60 <i>Vanilla, Caramel, Pumpkin Spice, Gingerbread or Hazelnut</i></p> <p>MILK ALTERNATIVES 0.50 <i>Oat, Coconut, Soya</i></p>	<p>PUNCHY 3.50 <i>Blood Orange, Bitters & Cardamon or Cucumber, Yuzu & Rosemary</i> Lightly sparkling soft drinks, all-natural ingredients and a splash of Vitamin D - to help you catch the sun all year round!</p> <p>DASH WATER 3.50 <i>Raspberry, Lime or Peach</i> British sparkling water infused with real, wonky fruit! A natural lift without the sugar, fake flavours or calories. (plus, by accepting the misfit fruit Dash Water help to fight food waste!)</p> <p>BRECKLAND POSH POPS 3.50 <i>Elderflower, Cloudy Lemonade, Plum & Cherry or Ginger with Chilli</i></p> <p>BARN FARM FRUIT JUICES 3.25 <i>Opal Apple, Strawberry & Apple Orange, Blackberry & Apple</i> Local high-quality, farm-pressed fruit juices from Manningtree!</p> <p>COCA COLA 3.50</p> <p>DIET COKE, COKE ZERO 3.30</p> <p>TONIC WATER 3.25</p> <p>STILL SPARKLING WATER 2.75</p>	<p>PINOT GRIGIO 6.95 <i>Italy (18.7cl 12.5%)</i></p> <p>CHARDONNAY 6.95 <i>Australia (18.7cl 13%)</i></p> <p>SAUVIGNON BLANC 6.95 <i>Chile (18.7cl 13%)</i></p> <p>PINOT ROSÉ 6.95 <i>Italy (18.7cl 12.5%)</i></p> <p>MERLOT 6.95 <i>Chile (18.7cl 13%)</i></p> <p>SHIRAZ 6.95 <i>Australia (18.7cl 13%)</i></p>
		COCKTAILS/MOCKTAILS
		<i>Please see our Specials Menu for today's options</i>
TEA		ALE, LAGER, CYDER
<p>ENGLISH BREAKFAST 3.25</p> <p>CHAMOMILE TEA 3.25</p> <p>EARL GREY TEA 3.25</p> <p>GREEN TEA 3.25</p> <p>PEPPERMINT TEA 3.25</p> <p>LEMON & GINGER TEA 3.25</p> <p>CHAI TEA 3.25</p> <p>SUPER BERRY TEA 3.25</p> <p>DECAFFEINATED TEA 3.25</p>	<p>PROSECCO</p> <p>PROSECCO (20cl) 7.95 <i>Italy (11%) (75cl) 25.95</i></p> <p>PROSECCO ROSÉ (20cl) 7.95 <i>Italy (11%) (75cl) 25.95</i></p> <p>NOZECO (20cl) 4.95 <i>France</i> Alcohol Free Prosecco</p> <p>NOZECO ROSÉ (20cl) 4.95 <i>France</i> Alcohol Free Prosecco</p>	<p>SUFFOLK COUNTY CHESTNUT ALE 5.95 <i>(500ml 4%)</i></p> <p>STOUR VALLEY GOLDEN ALE 5.95 <i>(500ml 4.2%)</i></p> <p>NETHERGATE CRAFT LAGER 4.95 <i>(330ml 4.5%)</i></p> <p>PERONI NASTRO AZZURRO 4.95 <i>(330ml 5%)</i></p> <p>PERONI NASTRO AZZURRO 4.95 <i>(330ml 5.1%)</i> </p> <p>ALCOHOL FREE PERONI NASTRO AZZURRO 4.50 <i>(330ml 0.0%)</i></p> <p>ASPELL DRAUGHT CYDER 5.95 <i>(500ml 5.5%)</i></p>
HOT CHOCOLATE		
<p>HOT CHOCOLATE 3.95</p> <p>ULTIMATE HOT CHOCOLATE 4.50 <i>with Whipped Cream, Chocolate Sprinkles and Marshmallows</i></p>		

