



THE BARN

www.thebarnstanway.co.uk

Served Monday - Saturday
From 12.00pm to last orders by 2.45pm

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)

CAFÉ CLASSICS

THE BARN SIGNATURE BURGER GFO 16.95

Beef Burger, Monterey Jack Cheese, Streaky Bacon
Baby Gem, Herb Aioli, Tomato Relish, Burger Bun
Thick Cut Chips

BEER BATTERED FISH & CHIPS GFO 16.95

Beer Battered Haddock, Thick Cut Chips, Garden
Peas, Lemon

BUDDHA BOWL GFO Ve V 14.00

Lemon Couscous, Roasted Aubergine, Black Olives,
Halloumi Crisps, Sundried Tomatoes, Courgette
Ribbons

add Buffalo Mozzarella £3.00 | Smoked Duck £3.00
Smoked Mackerel £3.00 | Poached Chicken £3.00

FISH OF THE DAY GFO MARKET PRICE

Please see our Specials Menu for today's
option

THAI LAMB SHANKS MASSAMAN GFO 18.95 CURRY

Slow cooked Lamb Shank, New Potatoes, Fragrant
Massaman Curry Sauce, Jasmine Rice

CHIPS GFO 4.50

Bowl of Thick Cut Chips

LOADED CHIPS GFO 7.95

Thick Chips, Crispy Bacon, Cheddar and Mozzarella,
Spring Onion, Chives, Crispy Onions

DELI

SWEET POTATO & BUTTERNUT GFO Ve V 13.50 SQUASH SALAD

Crisp Kale, Mixed Leaves, Sunflower and Pumpkin
Seeds, Garlic Croutons, Pickled Red Onion,
Pomegranate

add Buffalo Mozzarella £3.00 | Poached Chicken £3.00

CRISPY MORTADELLA AND GFO 11.95 PROVOLONE SANDWICH

Crispy Fried Italian Sausage, Semi-Hard Italian
Cows Milk Cheese (has a smooth and mild flavor)
Mayo, Dijon Mustard

PLOUGHMANS PLATTER GFO 11.50

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

PLAICE GOUJON SANDWICH 11.00

Herb and Lemon Breaded Fish Goujons,
Tartare Sauce

CROQUE MONSIEUR 10.50

Ham, Gruyère Cheese, Béchamel Sauce

add Egg £2.00

CHICKEN & PESTO PANINI 10.50

Chicken, Basil Pesto, Mozzarella

FALAFEL AND TZATZIKI GFO V 9.95 FLATBREAD

Flafel, Tzatziki, Pickled Red Cabbage,
Hummus, Pomegranate

GFO Gluten free option available on request V Vegetarian Ve 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.





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Served Daily

DRINKS

COFFEE <i>(Decaf Available)</i>	SOFT DRINKS	WINE
FLAT WHITE 3.95 LATTE 3.95 CHAI LATTE 3.95 CAPPUCCINO 3.95 AMERICANO 3.70 MOCHA 3.95 ICED COFFEE 3.95 ESPRESSO 2.75 MONIN SYRUP 0.70 <i>Vanilla, Caramel, Pumpkin Spice, Gingerbread or Hazelnut</i> MILK ALTERNATIVES 0.50 <i>Oat, Coconut, Soya</i>	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! DASH WATER 3.50 <i>Raspberry, Lime or Blackcurrant</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!) BRECKLAND POSH POPS 3.50 <i>Elderflower, Cloudy Lemonade, Plum & Cherry or Ginger with Chilli</i> BARN FARM FRUIT JUICES 3.25 <i>Opal Apple, Strawberry & Apple Orange, Blackberry & Apple</i> Local high-quality, farm-pressed fruit juices from Manningtree! COCA COLA 3.50 DIET COKE, COKE ZERO 3.30 TONIC WATER 3.25 STILL SPARKLING WATER 2.75	PINOT GRIGIO 6.95 <i>Italy (18.7cl 12.5%)</i> CHARDONNAY 6.95 <i>Australia (18.7cl 13%)</i> SAUVIGNON BLANC 6.95 <i>Chile (18.7cl 13%)</i> PINOT ROSÉ 6.95 <i>Italy (18.7cl 12.5%)</i> MERLOT 6.95 <i>Chile (18.7cl 13%)</i> SHIRAZ 6.95 <i>Australia (18.7cl 13%)</i>
TEA	PROSECCO	COCKTAILS/MOCKTAILS
ENGLISH BREAKFAST 3.25 CHAMOMILE TEA 3.50 EARL GREY TEA 3.50 GREEN TEA 3.50 PEPPERMINT TEA 3.50 LEMON & GINGER TEA 3.50 CHAI TEA 3.50 SUPER BERRY TEA 3.50 DECAFFEINATED TEA 3.25	PROSECCO (20cl) 7.95 <i>Italy (11%) (75cl)</i> 25.95 PROSECCO ROSÉ (20cl) 7.95 <i>Italy (11%) (75cl)</i> 25.95 NOZECO (20cl) 4.95 <i>France Alcohol Free Prosecco</i> NOZECO ROSÉ (20cl) 4.95 <i>France Alcohol Free Prosecco</i>	Please see our Specials Menu for today's options ALE, LAGER, CYDER
HOT CHOCOLATE		SUFFOLK COUNTY CHESTNUT ALE 5.95 <i>(500ml 4%)</i> STOUR VALLEY GOLDEN ALE 5.95 <i>(500ml 4.2%)</i> PERONI NASTRO AZZURRO 4.95 <i>(330ml 5%)</i> PERONI NASTRO AZZURRO 4.95 <i>(330ml 5.1%)</i> ALCOHOL FREE PERONI NASTRO AZZURRO 4.50 <i>(330ml 0.0%)</i> ASPELL DRAUGHT CYDER 5.95 <i>(500ml 5.5%)</i>
HOT CHOCOLATE 4.15 ULTIMATE HOT CHOCOLATE 4.95 <i>with Whipped Cream, Chocolate Sprinkles and Marshmallows</i>		

