

MAIN MENU

the
barley
sheaf



HUNTERS CHICKEN

chicken breast smothered with barbecue sauce, topped with bacon and cheese, served with hand cut skin on chips, side salad and home made coleslaw

£10.95

CHICKEN AND CHORIZO PASTA

diced chicken breast, Spanish chorizo, pasta, white wine and cream sauce served with garlic bread

£9.95

BEEF LASAGNE

served with garlic bread, side salad and coleslaw

£10.95

BANGERS AND MASH

cornish pork sausages served with mashed potato & rich onion gravy

£8.95

FISH AND CHIPS

Beer battered cod served with side salad, home made tartare sauce, hand cut skin on chip & peas

£9.95

SCAMPI AND CHIPS

whole tail scampi, chips, peas, tartare sauce & side salad

£9.95

MOULES MARINE

Mussels cooked in white wine, garlic, herbs and cream, served with warm bread

£12.50

MEDITERRANEAN VEGETABLE RISOTTO (V)

A creamy tomato risotto cooked with herbs, mixed peppers and vegetables

£10.50

ROASTED GOATS CHEESE & BEETROOT (V)

Set on a potato rosti, with a balsamic glaze, served with parsnip crisps and sweet potato wedges

£10.50

BUTTERMILK FRIED CHICKEN

chicken breast marinated in buttermilk, coated in flour and deep fried, served with hand cut skin on chips, side salad and home made coleslaw

£9.95

CORNISH STEAK

sirloin steak, cooked to your liking, with grilled tomato, mushrooms, onion rings, peas & hand cut skin on chips salad and home made coleslaw

£13.50

CLASSIC BEEF BURGER

6oz home made beef burger, served in brioche bun with cheese and onion rings, hand cut skin on chips, side salad and home made coleslaw

£9.95

BARLEY'S SPECIAL BURGER

6oz home made beef burger, served in brioche bun with cheese, bacon, fried egg and onion rings, hand cut skin on chips, side salad and home made coleslaw

£12.95

CHICKEN BURGER

buttermilk fried chicken breast served in brioche bun, hand cut skin on chips, onion rings, side salad and home made coleslaw

£10.95

VEGGIE BURGER (V)

veggie burger patty, served in brioche bun with hand cut skin on chips, side salad and home made coleslaw

£9.95

CUBAN SWEET POTATO (VV)

Picadillo bowl, sweet and savoury. Tomatoes, roasted chick peas, sweet potatoes, olives and raisins

£10.50

GREEK SALAD (V)

mixed leaf salad with sun dried tomatoes, onion, peppers, olives & feta cheese, served with garlic bread, wholegrain mustard dressing and balsamic glaze

£9.95

We are not a fast food. we cook your food fresh to order as fast as we can. Please be aware it may take up to 45 mins for your food to come out.

LIGHT BITES,

SIDES & SHARERS

CHEF'S HOMEMADE SOUP OF THE DAY

served with warm bread

£4.50

LOADED FRIES

PULLED PORK WITH BBQ SAUCE
AND SOUR CREAM

CHILLI BEEF WITH TOMATO SALSA
AND GUACAMOLE

HALLOUMI CHEESE, AVOCADO AND
HUMMUS

£7.50 EACH

GREEN BEEF BUDDHA BOWL

with rice, mango chutney & poppadum

£10.50

GREEK STYLE BUDDHA BOWL

with halloumi cheese, avocado, olives, mixed beans, hummus,
sour cream and mixed peppers

£8.95

NACHOS

with salsa, guacamole, cheese & sour cream

£7.50

Sandwiches

on white or brown bread, served with side salad and
crisps. Available tues-sat 12pm-2.30pm

Tuna mayo
Barley's Club Sandwich
Ham & Tomato
Egg Mayo
Cheese & Pickle
Halloumi and Avocado

£7.50 each

Jackets

Served with side salad and homemade coleslaw. Available
tues-sat 12pm-2.30pm

Ham & Coleslaw
Beans & Cheese
Brie & Cranberry
Tuna Mayo
Coronation Chicken

£7.50 each

CHIPS £3.00

CHEESEY CHIPS £3.50

ONION RING £3.00

GARLIC BREAD £3.00


CHEESEY GARLIC BREAD £3.95

BREADED BRIE £5.95

TEMPURA PRAWNS £6.95

COLESLAW £1.50

!ALLERGEN AWARENESS!



All items are subject to availability. Dishes may contain nut/nut derivatives. Fish dishes may contain small bones. Olives may contain stones.


All of our food is freshly prepared and cooked to order, if you have any allergies please inform/ask a member of waiting staff who will advise of all ingredients used.

You should always advise your server of any special dietary requirements, including intolerances and allergies.

Where possible, our trained staff will advise you on alternative dishes.

We always try our best to reduce the risk of cross-contamination in our restaurant, however we CANNOT guarantee that any of our dishes are free from allergens and therefore cannot accept any liability in this respect.

Customers with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.



The Barley Sheaf Inn, Old Bridge Street, Truro TR1 2AQ
01872 242057 info @thebarleysheaf.co.uk

SOMETHING SWEET



BELGIAN WAFFLE
STICKY TOFFEE PUDDING

ICE CREAM SUNDAE

**ALL SERVED WITH YOUR CHOICE
OF CREAM, ICE CREAM OR
CUSTARD**

£4.50

COFFEE & CAKE £4.00
PLEASE CHECK OUR CAKE
CABINET FOR
DAILY SPECIALS

Food
served
Tue-Sat
12.00-9pm*

SUNDAY LUNCH
12.00-2.30PM

AMAZING SELECTION OF WINES, SPIRITS, BEER &

GREAT ALES

*we reserve the right to change food service times without notice, subject to business needs.



CHRISTMAS PARTY MENU @29.99

AVAILABLE FROM 1ST DECEMBER 2019 TUE-FRI, PRE BOOKINGS ONLY

Starters

HOME MADE TOMATO AND RED PEPPERS SOUP, SERVED WITH A WARM CRUSTY ROLL

CHICKEN AND GAME TERRINE SERVED WITH A SPICED PEAR AND CRANBERRY CHUTNEY

PAN SEARED SCALLOPS WITH BELLY PORK, SERVED WITH CAULIFLOWER PUREE AND HOGS PUDDING CRUMB

Mains

TOPSIDE OF BEEF SERVED WITH YORKSHIRE PUDDING, CRISPY ROAST POTATOES, FRESH VEGETABLES AND RICH RED WINE GRAVY

TURKEY BREAST SERVED WITH PIGS IN BLANKET, CHESTNUT STUFFING, CRISPY ROAST POTATOES, FRESH VEGETABLES AND RICH RED WINE GRAVY

MEDITERRANEAN VEGETABLE RISOTTO COOKED WITH HERBS, MIXED PEPPERS AND VEGETABLES (V)

HONEY & THYME NUT ROAST, CHESTNUT STUFFING, FRESH VEGETABLES AND VEGGIE GRAVY (VV)

Desserts

STRAWBERRY SHORTBREAD TRIFLE

CHRISTMAS PUDDING SERVED WITH BRANDY CREAM

WINTERBERRY CHEESECAKE

APPLE AND CINNAMON CRUMBLE

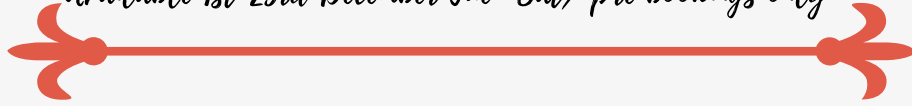
WARM MINCE PIE AND TEA/COFFEE





Christmas Buffet £12.50 per head

Available 1st-23rd December Tue- Sat/ pre bookings only



VEGETABLE STICK PLATTER WITH DIPS

CANAPE SELECTION

STUFFED VINE LEAVES WITH CHOICE OF LAMB AND RICE OR VEGETABLES

MINI CHICKEN FAJITAS

VEGETABLE SAMOSAS

TURKEY AND CRANBERRY SLIDERS

STUFFED COCKTAIL EGGS

MINI FISH AND CHIPS

MEAT PLATTER

WARM BREAD AND BUTTER

WARM MINCE PIES

CHEESE BOARD SELECTION





Halloween Menu £16.95

STARTERS

BLOOD CURDLING CHILDRON

SPICED TOMATO SOUP

WITCHES FINGERS

KING PRAWNS PAN FRIED IN GARLIC BUTTER

DEVIL BITES

VEGETABLES WRAPPED IN FILO PASTRY SERVED WITH A MANGO
SALSA



MAINS

CHEFS TORTURE RACK

ROAST RACK OF LAMB, SERVED WITH PUMPKIN PUREE AND RED
WINE JUS

THE BROKEN SPINE OF THE SEA

A SELECTION OF SEA FOOD, GENTLY POACHED IN WHITE WINE
AND TOMATO VELOUTE, TOSSED IN LINGUINE

WOOD LAND SECRETS

COPPIN' OF WILD MUSHROOMS AND GARLIC STRUDEL

*ALL SERVED WITH FRESH SEASONAL VEG AND POTATOES



DESSERTS

FRANKENSTEIN'S FEAST

STICKY TOFFEE PUDDING WITH A STICKY SAUCE

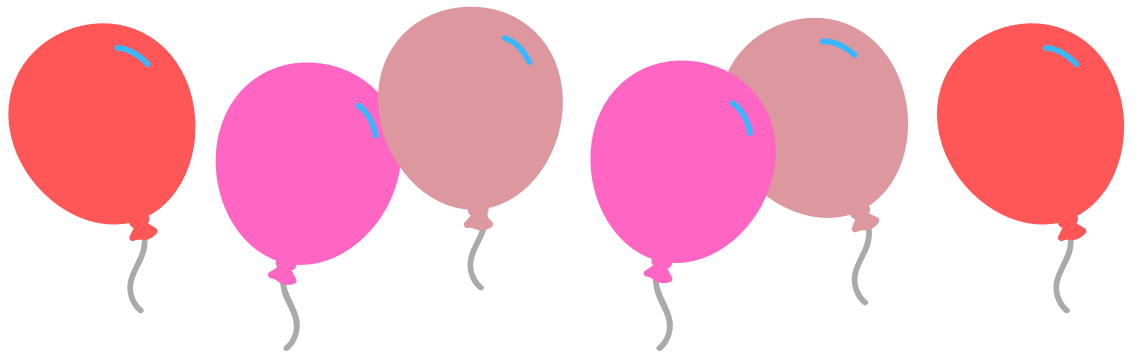
BOGGY EYES

CARAMEL CHEESECAKE TOPPED WITH POPCORN

DARK AND DEADLY

A RICH CHOCOLATE CAKE LAYERED WITH FUDGE MOUSSE AND
CREAM





INCLUDES SMALL SOFT
DRINK *

£5.95 each

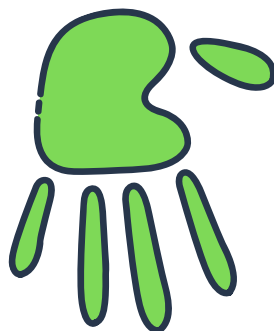
BATTERED CHICKEN BITES WITH FRIES & PEAS

BATTERED FISH BITES WITH FRIES & PEAS

**CREAMY TOMATO PASTA SERVED WITH GARLIC
BREAD**

CHEESEBURGER WITH FRIES AND SALAD

SAUSAGE, FRIES & BEANS



**LITTLE HUMANS
MENU**
suitable for under '12's