

BAR SNACKS AND SHARERS

Baked in the box Camembert (v) ~ £7.25

Toasted bloomer and Tracklements onion marmalade.

Our nachos (v) ~ £8.95

Fried wheat tortilla, chilli bean, sour cream, avocado dip, melted cheese.

Smoked mixed nuts (ve) ~ £3.25

Marinated mixed olives (ve) ~ £3.00

Baba ganoush & hummus plate (v) ~ £8.95

Traditional hummus, smoked paprika, homemade baba ganoush, baby vegetables and wholemeal pitta.

SMALL PLATES

Three for £14.50 five for £22.50

Griddled halloumi cheese (v) ~ £5.95

Roasted vegetables, balsamic, garlic, olive oil, rocket and herb dressing.

Hummus (v) ~ £5.25

Smoked paprika, baby vegetables and wholemeal pitta.

Steamed vegetable dumplings (ve) ~ £5.95

Coriander, soy and sweet chilli dipping sauce.

Sweet potato falafels (v) ~ £5.95

Sour cream, coriander.

Beetroot & feta cheese bon bons (v) ~ £5.95

Kale pesto.

Pork and chorizo sausages ~ £6.25

Smoky chipotle mayo.

Marinated chicken thigh skewers ~ £6.25

Red pepper and chilli marinade, rocket and pomegranate.

Korean pork belly bites ~ £6.25

Hot Korean chilli sauce.

Steamed duck dumplings ~ £6.25

Coriander, soy and sweet chilli dipping sauce.

Popcorn chicken ~ £5.50

Smoky chipotle mayo.

Devilled king prawns ~ £5.65

Guacamole and Sriracha hot sauce.

Crispy calamari & cheese bites ~ £6.25

Tartar sauce.

LUNCH

AVAILABLE 12-5 PM

~ All £8.00

With a mug of sea salted fries or house salad

AHT sandwich (v)

Avocado, halloumi, tomato, herb oil and Tracklements onion marmalade.

Halloumi and hummus wrap (v)

Rocket, gem lettuce, baby spinach, guacamole, shredded vegetables, pomegranate and chia seeds.

Fish finger sandwich

Cod fish fingers, gem lettuce, tartare sauce and lemon.

Chicken and bacon club

Triple layered toasted sandwich, soft boiled egg, tomato, gem lettuce and mayonnaise.

Sweet chilli chicken wrap

Shredded vegetables, coriander and sweet chilli sauce.

Steak sandwich

Sliced bloomer, Tracklements onion marmalade, rocket and horseradish.

Reuben sandwich

Toasted, pastrami sandwich sauerkraut, Emmental cheese and mustard mayonnaise.

MAIN PLATES

Sweet potato & butterbean stew (v) ~ £10.25

Sweet potato falafels, baked crusty bread.

Courgetti (ve) ~ £9.25

Butternut squash, herb oil, lemon, pomegranate seeds and baby spinach.

Prosecco & courgette risotto (v) ~ £8.95

Olive oil, toasted seeds, rocket, Gran Moravia hard cheese crisp.

~ Add poached chicken / grilled prawns / griddled halloumi for £3.00

Prawn and scallop linguini ~ £10.95

Cherry tomatoes, basil, lemon, olive oil, baby spinach, spring onion and red chilli.

Fish and chips ~ £10.50

Atlantic cod, McMullen ale and herb batter, chunky chips, tartar sauce and minted mushy peas.

Peri peri chicken ~ £10.50

Marinated half chicken on the bone, sea salted fries and slaw.

Chicken and bacon salad ~ £9.50

Gem lettuce, baby spinach, avocado, red pepper, sunblushed tomatoes, Gran Moravia hard cheese, Caesar dressing and soft boiled egg.

Korean pork belly ~ £11.95

Sea salted fries, slaw and Korean hot chilli sauce.

28 day aged grass-fed 8oz sirloin steak ~ £15.95

Sea salted fries, creamed spinach, beef tomato and flat mushroom.

~ Add peppercorn sauce £1.00

~ Swap fries to sweet potato fries for £1.00

OUR SIGNATURE BURGERS

Served in a brioche bun with salad, burger sauce and sea salted fries.

Beef ~ £10.50

Chicken breast ~ £9.95

~ Add cheese and bacon £1.00 each

Buttermilk chicken burger ~ £10.95

Fried crispy in panko breadcrumbs with Emmental and BBQ sauce.

Sweet potato and halloumi stack (v) ~ £9.45

~ Swap fries to sweet potato fries for £1.00

SIDES

Fries or chunky chips (v) ~ £3.25

Sweet potato fries (ve) ~ £3.50

Onion nests (v) ~ £3.25

House salad (ve) ~ £2.00

Tomato, cucumber, baby spinach, red pepper, red onion and mixed grains.

DESSERTS

~ All £4.95

Salted caramel cheesecake (v)

Dulce de leche.

Warm chocolate brownie (v)

Vanilla ice cream and chocolate sauce.

Toffee waffle (v)

Vanilla ice cream and chocolate sauce.

Treacle sponge (v)

Vanilla custard.

**Gin and red berry
cheesecake (v)**

Raspberries, strawberries and
raspberry coulis.

Sharing dessert £9.00

All too tempting? Why not sample a selection of our favourites?

Perfect for 2 to 3 people.

Chocolate brownie, gin and berry cheesecake, treacle sponge
and salted caramel cheesecake.

(v) suitable for vegetarians. (ve) suitable for vegans.

Fish and poultry dishes may contain bones.

All weights are approximate prior to cooking. All items are subject to availability.

ALLERGEN INFORMATION. Non-gluten menu is available upon request. If you have any allergies or dietary requirements please speak to our team for more information. Our kitchens contain many ingredients so we cannot guarantee the total absence of nuts, gluten or other allergens.

A full list of allergens in each dish is available for your peace of mind.

All prices include V.A.T.

Service is not included.

Our grateful team receive 100% of your tips, with all associated transaction fees paid by McMullen and Sons.

 Find our bar on Facebook

Book online @ www.baroosh.co.uk



WEEKDAY
MENU



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