



UK Harvest is a not-for-profit perishable food rescue operation and education charity, eliminating hunger and food waste.

They provide much-needed assistance to charities and vulnerable people, by collecting surplus food from all types of food providers, delivering it directly to charities. They help nurture those most food insecure, to live well, age well and to help combat social isolation, through their education on reducing food waste and eating healthily.

Every month, there are eight UK Harvest vans working all hours to collect and rescue surplus food. Through your donations, we aim to raise enough money to cover the payroll for all eight drivers.

Our founder, Emma, is also a volunteer Board Director of UK Harvest.

We have started a mini Food Revolution. At the front end of our business, we celebrate Local and Slow Food. At the back end, we support UK Harvest and the fight against food waste.



THE BARN
Little London

BREAKFAST, BRUNCH & LUNCH ALL DAY
Sustainable food made with love

THE BARN *by* NIGHT

WE REGULARLY HOLD SUPPER CLUB EVENINGS. THESE ARE OFTEN ACCOMPANIED BY GREAT MUSIC.

Keep up to date by visiting our events page or following us on instagram & facebook.

www.thebarnlondon.com  

BREAKFAST, BRUNCH & LUNCH ALL DAY

Sustainable food made with love

SUSSEX ORGANIC EGGS

V ISRAELI SHAKSHUKA £14.50

Two baked organic eggs, spiced tomato sauce, feta cheese, coriander, toasted sourdough or Persian sourdough flatbread with sesame seeds

SCRUMPTIOUS EXTRAS TO ZHUZH UP YOUR EGGS

+roasted chorizo	£3
+a drizzle of harissa	£1.50

V ORGANIC EGGS 3 WAYS £10

Scrambled, poached or clay baked with chives & sourdough toast

SCRUMPTIOUS EXTRAS TO ZHUZH UP YOUR EGGS

+Goodwood organic bacon	£3	+organic salt beef	£4
+roasted chorizo	£3	+roasted tomatoes	£3
+a drizzle of harissa	£1.50	+marinated baked mushrooms	£3
+feta cheese	£3	+roasted salty Padrón peppers	£3
+griddled halloumi	£3	+organic baked beans	£3
+a dollop of chimichurri	£1.50	+housemade protein seed tub	£3
+smashed avocado	£4	+extra sourdough toast	£2
+hot smoked trout	£4		
+cold smoked sliced trout	£4		

V EGGY SOURDOUGH WITH SLOW ROASTED PORTOBELLO MUSHROOMS £13.50

Mushrooms marinated in rosemary, thyme & garlic, on top of spicy organic beans & toasted sourdough with a dollop of chimichurri

SCRUMPTIOUS EXTRAS TO ZHUZH UP YOUR EGGS

+a drizzle of harrisa	£1.50	+organic salt beef	£4
+Goodwood organic bacon	£3	+roasted tomatoes	£3
+roasted chorizo	£3	+roasted salty Padrón peppers	£3
+feta cheese	£3	+organic baked beans	£3
+griddled halloumi	£3	+housemade protein seed tub	£3
+smashed avocado	£4	+extra sourdough toast	£2
+hot smoked trout	£4		
+cold smoked sliced trout	£4		

V THE KING'S GRAND BREAKFAST £22

The ultimate breakfast plate consisting of a number of delights; two organic poached eggs, sourdough toast, three rashers of Goodwood bacon, roasted chorizo, marinated baked mushrooms, roasted tomatoes, spicy organic beans & spinach, salty Padrón peppers, griddled halloumi & a drizzle of harissa

SERVICE

There is an automatic service charge of 12.5% added to your bill. This charge is shared with our staff and the local charity UK Harvest. To read more about this charity please see overleaf.

We pride ourselves on giving a warm, friendly and attentive service, should you be unhappy with any part of our service please do always let us know.

BRUNCH & LUNCH DELIGHTS

GREEK STYLE ZUCCHINI, FETA & HERB FRITTERS WITH SMOKED TROUT £16

A triple stack of baked fritters served with Hampshire hot smoked trout a dollop of sour cream, fresh dill, mint & lemon

SCRUMPTIOUS EXTRAS TO PERSONALISE YOUR DISH

+a drizzle of harrisa	£1.50
+a dollop of chimichurri	£1.50
+smashed avocado	£4
+feta cheese	£3
+griddled halloumi	£3
+housemade sauerkraut	£3
+an organic poached egg	£2

V THE BARN'S SMASHED AVO **N** £14

Served on toasted sourdough with pickled beetroot, goats cheese & pistachios

SCRUMPTIOUS EXTRAS TO PERSONALISE YOUR DISH

+Goodwood organic bacon	£3
+roasted chorizo	£3
+a dollop of harissa	£1.50
+roasted tomatoes	£3
+a dollop of chimichurri	£1.50
+housemade protein seed tub	£3
+marinated baked mushrooms	£3

V THE BARN WELSH RAREBIT £13.50

Made with cheddar & Goodwood Grogger ale with salad leaves & housemade onion chutney

SCRUMPTIOUS EXTRAS TO PERSONALISE YOUR DISH

+an organic poached egg	£2
+organic salt beef	£4
+roasted chorizo	£3
+Goodwood organic bacon	£3

V ROASTED TOMATOES, BEETROOT & CARROT SLAW WITH WHIPPED GOATS CHEESE £13.50

Slow roasted tomatoes served on top of beetroot & carrot slaw on toasted sourdough or flatbreads which are smothered in whipped goats cheese & garnished with fresh herbs & wedge of lemon

SCRUMPTIOUS EXTRAS TO PERSONALISE YOUR DISH

+a dollop of harissa	£1.50
----------------------	-------

V LEBANESE STYLE ROASTED AUBERGINE SHAWARMA £13.50

Roasted aubergine served on top of shawarma flatbreads with pickled courgette garnished with lentil tabbouleh, fresh pomegranate & pomegranate molasses

SCRUMPTIOUS EXTRAS TO PERSONALISE YOUR DISH

+a dollop of harissa	£1.50
+a dollop of chimichurri	£1.50
+griddled halloumi	£3
+roasted tomatoes	£3
+smashed avocado	£4

Food at The Barn is always made with love. Food is meant to be joyful. It should be sustainable & sourced as locally as possible. Taste sensations should be the goal. Quality ingredients & simple, uncomplicated recipes are key. When food is in season & hasn't travelled far we are being kinder to Mother Nature. Unconsidered

ingredients are hurtful to our planet & environment. The food we eat accounts for 25% of greenhouse gas emissions. That means where we choose to eat out matters.

Food should never be wasted, ever! Read about how we support local charity UK Harvest, with our service charge on the inside back cover of this menu.

SOURDOUGH TOASTIES

THE REUBEN GOODWOOD ORGANIC SALT BEEF & CHEDDAR £13.50

The salt beef has been cooked slowly & mixed with sauerkraut & finely chopped gherkin, with a hint of grain mustard. Served with a salad garnish & housemade onion chutney

V SLOW ROASTED MEDITERRANEAN MUSHROOMS £11.50

Portobello mushrooms marinated in rosemary, thyme & garlic with mozzarella. Served with salad garnish & housemade chimichurri

SALADS & SOUP

V THE BARN'S EAT THE RAINBOW SALAD BOWL **N** £14

Spiced roasted cauliflower, kale, beetroot, hummus, pomegranate, roasted sweet potatoes, lentil tabbouleh, lemony garlicky chickpeas, pickled courgette, sauerkraut, housemade crunchy seeds

V HOUSEMADE SEASONAL SOUP SERVED WITH SOURDOUGH TOAST £8

+extra sourdough toast	£2
------------------------	----

THE BARN BOARDS

V THE BARN'S QUATTRO FORMAGGI PIZZA FLATBREADS £13.50

Topped with tomato passata, roasted vegetables, mozzarella, capers & housemade salsa verde

THE BARN'S SMÖRGÅSBORD £18

Cornish sourced sustainable fish (either sardines, tuna or mackerel) served in the tin, preserved traditionally using a century-old Cornish recipe. Organic shredded salt beef. Served with toasted sourdough baguette, local artisan soft cheese, pickled cabbage, housemade Piccalilli, salad garnish & fresh lemon

SOMETHING SWEET

BAKERY COUNTER CAKES & PATISSERIE **N** FROM £3.50

V HOMEMADE FLUFFY BARN PANCAKES TRIPLE STACK WITH MAPLE SYRUP £9

SCRUMPTIOUS EXTRAS TO ADD DECADENCE

+roasted British strawberry sauce	£2.50
+lemon ricotta whipped cream	£2
+Goodwood organic cream	£1.50
+Goodwood organic bacon	£3

V JEWISH CHALLAH FRENCH TOAST WITH RHUBARB, APPLE & CINNAMON COMPOTE **N** £13.50

Challah bread cooked French style with natural yoghurt & toasted almonds

+Goodwood organic cream	£1.50
+Goodwood organic bacon	£3

V PORRIDGE WITH SOFT BROWN SUGAR & GOODWOOD ORGANIC MILK £7

SCRUMPTIOUS EXTRAS TO ADD DECADENCE

+Goodwood organic cream	£1.50
+apple & blackberry compote	£2.50
+ginger shot	£3

ALLERGENS

It is your responsibility to inform a member of staff if you are allergic to any food items before you order – we cannot guarantee the absence of allergens in our dishes, due to being produced in a kitchen that contains allergens.

- V** Vegan friendly
- V** Vegetarian friendly
- N** Contains nuts

But do ask us about any dish & whether we can adapt it for you. Especially for **GLUTEN FREE** dishes.

SCRUMPTIOUS EXTRAS TO ELEVATE YOUR DISH

We have kept our food simple & have let the ingredients speak for themselves. However just like when you're at home, creating in the kitchen, sometimes it's nice to elevate your food to another level! Emma & our chefs have some suggestions on how to do that... Look out for the yellow!