

Buddha Bowls

MEXICAN CHICKEN £11.50
strips of chicken, peppers, onion, mushroom tossed in spicy, creamy tomato sauce, served with fluffy rice in a crispy tortilla

GARDEN VEGGIE £10.95
served with rice, quinoa, chick peas, pumpkin seeds, dried berries, watercress and fresh basil

PAN FRIED SEA BASS £12.50
served with mango, watermelon, seeds and rice

GREEK STYLE £10.50
with halloumi cheese, avocado, olives, mixed beans, peppers, sour cream and salsa

vegan

SWEET CHILLI FALAFELS £11.50
served with mixed salad and sweet chilli dipping sauce

VEGETABLE TAGINE £11.50
with chickpeas, raisins, courgettes, onions, cherry tomatoes and peas.

VEGAN CHILLI £11.95
mixed beans & seitan in tomato sauce

VEGETABLE CURRY £12.50
cooked in a rich korma sauce, served with rice, poppadom and mango chutney

CUBAN SWEET POTATO £10.50
Picadillo bowl, sweet and savoury. Tomatoes, roasted chick peas, sweet potatoes, olives and raisins

mains

HUNTERS CHICKEN £10.95
chicken breast smothered with barbecue sauce, topped with bacon and cheese, served with hand cut skin on chips, side salad and home made coleslaw

ROASTED STUFFED ITALIAN CHICKEN. £12.95
with herbs, garlic and soft cheese, served with a creamy mushroom sauce, choice of chips or new potatoes and fresh vegetables

ITALIAN CHICKEN PASTA. £11.50
with peppers, mushrooms, tomatoes served in a rich Italian sauce with side of garlic bread

BEEF STROGANOFF £11.95
tender beef strips, cooked in a creamy sauce tossed in a herby pasta.

CORNISH STEAK £13.50
sirloin steak, cooked to your liking, with grilled tomato, mushrooms, onion rings, peas, hand cut skin on chips, salad and home made coleslaw

Sauces available for £1.95 choose from peppercorn, red wine, Diane or mushroom

ROASTED LAMB SHANK £13.95
served with rosemary red wine gravy, new potatoes and fresh vegetables

loaded fries £9.50

BACON & CHEESE

PEPPERS, AVOCADO, CHEESE AND SOUR CREAM

CHILLI BEEF WITH TOMATO SALSA

CHICKEN STRIPS WITH BBQ SAUCE

from the sea

KING PRAWN STIR FRY £12.50
with peppers, bamboo shoots, water chestnuts, beansprouts, cashew nuts and a sweet chilli sauce

MOULES MARINE £12.50
Mussels cooked in white wine, garlic, herbs and cream, served with warm bread

SCAMPI AND CHIPS £9.95
whole tail scampi, chips, peas, tartare sauce and side salad

FISH AND CHIPS £10.95
Beer battered cod served with side salad, home made tartare sauce & peas.

HOME MADE FISHCAKES £11.50
blend of white fish, smoked haddock, potato, parsley and spring onion, coated in bread crumbs. Served with home made chips, side salad and tartare sauce

home made burgers
2 for £15.00 every Tuesday

BARLEY'S SPECIAL BURGER £12.95
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

CHICKEN BURGER £9.95
chicken breast served in brioche bun, hand cut skin on chips, side salad and home made coleslaw

CLASSIC BEEF BURGER £9.95
6oz home made beef burger, served in brioche bun with cheese and onion ring, hand cut skin on chips, side salad and home made coleslaw

BUTTERNUT SQUASH BURGER (V) £10.50
potato, goats cheese, beetroot, served in brioche bun with home made chips, side salad and homemade coleslaw

Pie of the week £12.95

light bites

available tue-sat 12.00-6pm

OMELETTES

£7.50 each, all served with side salad and home made coleslaw

ham & cheese
halloumi, tomato and peppers
feta & sun dried tomatoes
chorizo, potato & cheese
mushroom & spinach

JACKETS

served with side salad and home made coleslaw £9.50 each

chilli & cheese
mixed bean & halloumi
cheese & beans
chicken, bacon & cheese
Tuna mayo

Soup of the day £4.50

SANDWICHES

served on white or brown bloomer with crisps, side salad and home made coleslaw

Tuna mayo £8.50
Halloumi, salad and avocado £8.50
Homemade Fish Finger with tartare sauce £8.50
Cheese and pickle £7.50
Barley's Club Sandwich £9.50
Triple Decker Steak with onion and salad £9.95

DID YOU KNOW THAT
STRESSED SPELLED
BACKWARDS IS

Desserts!

£4.50 each

Belgian Waffle

Sticky Toffee Pudding

Ice cream Sundae

Chocolate swirl cheesecake

Apple crumble

all served with your choice of ice cream or clotted cream

sides

Chips/ skinny fries £3.00

Cheesy chips £3.95

Garlic bread £3.00

King prawns (cooked in garlic butter) £6.95

Cheesy garlic bread £3.95

Beer battered onion rings £3.00

Coleslaw £1.50



Our meat, fish, eggs and vegetables are locally sourced. Our Chef and his kitchen team offer some delicious daily specials alongside the full menu.

*live music every saturday
from 9pm*



The Barley Sheaf
Old Bridge Street
Truro

TR1 2AQ

01872 242057

info@thebarleysheaf.co.uk

Facebook: BarleyTR1

www.barleysheaf.co.uk

food service times

TUES-SATURDAY
12.00-9PM

SUNDAY LUNCH
12PM-2.30PM

AMAZING SELECTION OF
WINES, SPIRITS, BEER &

great ales

!ALLERGEN
AWARNNESS!

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.