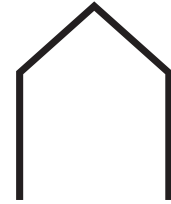


ALL DAY MENU



THE BARN
Little London

The team behind The Barn, Little London are all foodies. The Wikipedia definition of a foodie is 'a person who has an ardent or refined interest in food and who eats food not only out of hunger but due to their interest or hobby and is passionate about food.' In fact The Barn, Little London is the headquarters of Slow Food Sussex. Slow Food was founded 30 years ago by Carlo Petrini and a group of activists in Italy during the 1980s with the aim of defending regional traditions, good food, gastronomic pleasure, and a slow pace of life. In fact it was the opening of the first McDonald's in Rome, Italy that disgusted Carlo so much that he left his career in food journalism and began this magnificent food movement. In over three decades of history, the movement has evolved to embrace a comprehensive approach to food that recognizes the strong connections between plate, planet, people, politics, and culture. Amen.

CAKES, BAKES & GELATO! (£3-£6 PER PORTION)

We have a vast selection of sweet treats and cakes, with gluten free and vegan options. All our cakes and bakes are made locally and there's something for everyone; chocolatey, fruity and oaty! We also have some scrumptious, small batch gelato from Dorset. Please ask our staff for our daily sweet menu.

+ cream can be added for £1.50


*All cakes and bakes have been produced in an environment where nuts and gluten may be present
* Gelato pots served in 125ml pots, vegan options available, £4 per pot.

BOWLS & PANCAKES

 PORRIDGE AND SOFT BROWN SUGAR	£5
+ apple & blackberry compote	£1.50
+ Goodwood organic cream	£1.50
 NATURAL YOGHURT, GRANOLA, APPLE AND BLACKBERRY COMPOTE N	£7
HOMEMADE PANCAKES WITH MAPLE SYRUP	£7
+ Goodwood organic bacon	£3
+ apple & blackberry compote	£3
+ Goodwood organic cream	£3

ALLERGENS

Please 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.

 **VEGAN AND **N** NUT ALLERGIES**
We have tried to make it clear on the menu which items are vegan friendly or where there are vegan options and which items to avoid if you have a nut allergy.


GLUTEN-FREE bread is available.

EGGS

(ALL OUR EGGS ARE ORGANIC & LOCAL)

SHAKSHUKA	£12.50
<i>Two baked organic eggs, spiced tomato sauce, feta, coriander, toasted sourdough or Persian sourdough flatbread with sesame seeds</i>	
3 ORGANIC SCRAMBLED EGGS, CHIVES, TOASTED SOURDOUGH	£9
+ Goodwood organic bacon	£3
+ smashed avocado	£3
2 ORGANIC POACHED EGGS, CHIVES, TOASTED SOURDOUGH	£8
+ Goodwood organic bacon	£3
+ smashed avocado	£3
SIGNATURE ORGANIC FREE RANGE EGGS FLORENTINE	£12
<i>Organic poached eggs, wilted swiss chard and spinach, hollandaise, chives, toasted sourdough</i>	
CHALKSTREAM TROUT ROYALE	£13.50
<i>Chalkstream smoked Hampshire trout, organic poached eggs, hollandaise, chives, toasted sourdough</i>	

EXTRAS TO COMPLEMENT ANY DISH

 <i>Smashed avocado, Hummus or Organic baked beans</i>	£3
<i>Goodwood organic bacon</i>	£3
<i>Focaccia with olive oil & balsamic</i>	£5

SOURDOUGH DELIGHTS

(ALL OUR BREAD CAN BE SERVED AS GLUTEN FREE TOO)

 SMASHED AVOCADO, TOASTED SOURDOUGH, GOATS CHEESE, PICKLED BEETROOT, PISTACHIO CRUMB N	£11
+ organic poached egg	£3
+ Goodwood organic bacon	£3
ENGLISH MATURE CHEDDAR AND ALE WELSH RAREBIT, SALAD LEAVES, RED ONION CHUTNEY	£9
HERITAGE TOMATOES, TOASTED SOURDOUGH, FETA, DILL, OLIVE OIL, LEMON	£10
RICOTTA, HARISSA, CHARGRILLED PEPPERS, CHICKPEAS, OLIVE OIL, ROCKET, LEMON	£11
<i>Toasted sourdough or Persian sourdough flatbread with sesame seeds</i>	
 FLINT OWL TOASTED SOURDOUGH AND BUTTER	£3
+ jam, marmite, peanut butter, or hazelnut chocolate spread N	£1.50
+ Goodwood organic bacon	£3
+ smashed avocado	£3
+ organic poached egg	£3



SOURDOUGH TOASTIES

GOODWOOD ORGANIC HAM HOCK AND ENGLISH MATURE CHEDDAR, SALAD LEAVES, RED ONION CHUTNEY	£9.50
MOZZARELLA, SUNDRIED TOMATOES, BASIL, PESTO, SALAD LEAVES	£9.50
FETA, CHORIZO, CHILLI, SPINACH, SALAD LEAVES	£9.50
ENGLISH MATURE CHEDDAR AND ROASTED LEEKS, SALAD LEAVES, RED ONION CHUTNEY	£9.50

LITTLE APPETITES (CHILD FRIENDLY DISHES)

ORGANIC POACHED, SCRAMBLED OR BOILED EGG WITH TOASTED SOURDOUGH OR SOLDIERS	£5
<i>+ Goodwood organic bacon, smashed avocado, baked beans, hummus £3 each</i>	
TOASTED SOURDOUGH	£3
<i>With jam, marmite, peanut butter or hazelnut chocolate spread N</i>	
MINI PANCAKES WITH MAPLE SYRUP	£5
+ Goodwood organic bacon	£1.50
+ apple and blackberry compote	£1.50

SALADS & SOUP

 GINGER, HONEY AND SOY MARINATED FREE RANGE HERB FED CHICKEN, AVOCADO, WATERCRESS, PICKLED HERITAGE CARROTS, SESAME SEEDS WITH A SOYA AND LIME DRESSING	£14
 CHALKSTREAM HOT SMOKED HAMPSHIRE TROUT, FENNEL, ENGLISH APPLE, SPRING ONION, DILL, CAPERS WITH A HORSE RADISH YOGHURT DRESSING	£14
HOMEMADE SEASONAL SOUP SERVED WITH TOASTED SOURDOUGH	£6.50

FOOD PROVENANCE

We believe in knowing exactly where the food we sell in our food hall and in this eatery comes from. It is always essential to us that Provenance can be tracked. We plan in the future to get very involved in the food production side of things, but for now we have started this journey by sourcing the best organically farmed eggs and local honey. We use one of the top 10 bakers in the country, Flint Owl Bakery based in Lewes, East Sussex. Our meat is organic meat from Goodwood Farm. Our trout is sourced locally from Chalkstream in Hampshire. Our chicken is free range from Herb Fed Poultry... probably the most ethical chicken in England!

DRINKS MENU

ESPRESSO BAR

ALL OUR HOT DRINKS ARE MADE WITH GOODWOOD ORGANIC MILK AND CAN BE SERVED AS TAKE AWAY TOO!

Our Schwarz and White Espresso beans are exclusive to us and roasted in Chichester by a small batch roastery. Our specialist loose teas by Prince & Sons, East Sussex are award winning and stocked by Selfridges, Harvey Nichols and us! You can buy our beans and tea in our Larder to enjoy at home.

SCHWARZ AND WHITE ESPRESSO BEANS

ESPRESSO	SINGLE £2.40
	DOUBLE £2.60
AMERICANO	£2.90
+ organic milk	10p
MACCHIATO	£2.80
FLAT WHITE	£2.90
LATTE	£2.90
ICED LATTE	£3
CAPPUCINO	£3
MOCHA	£3.50
HOT CHOCOLATE	£3
+ marshmallow	50p
CHAI LATTE	£3
BABYCINO	50p
KIDS HOT CHOCOLATE	£1.50
+ marshmallow	50p

PRINCE & SONS TEA

ENGLISH BREAKFAST	£3
EARL GREY	£3
BERRIES & CHERRIES	£3.50
BLOOD ORANGE	£3.50
CHAMOMILE & ROSE	£3.50
LEMON, LIME & GINGER	£3.50
LOCALLY GROWN FRESH MINT	£3.50
ROOIBOS (STEENBERGS)	£3.50

EXTRAS/OPTIONS

+ additional espresso shot	50p
+ organic oat or coconut milk	40p



WILLIAM SITWELLS* CELLAR (AND OTHER RARE FINDS)

*Restaurant critic, Daily Telegraph

ROSÉ (GLASS 175ML)

COSTE ROSÉ GLASS £8 BOTTLE £26

Super-posh rosé; pale and dry and strawberryish

SEA CHANGE ROSÉ BOTTLE £24

Pinot Grigio Rosé – delicious, easy drinking, elegant Rosé (each bottle helps protect our oceans)

WHITES (GLASS 175ML)

VUVUZELA GLASS £7.50
CHENIN BLANC 2020 BOTTLE £19

Iconic South African Chenin Blanc blend

TOURAINE SAUVIGNON GLASS £8
BLANC 2018 BOTTLE £26

Generous, dry and crisp; my fave Sauvignon of the year

REVELATION VIOGNIER PAYS D'OC 2019 BOTTLE £26

Light, floral, elegant... a wonderful all rounder

RED (GLASS 175ML)

PIONERO CABERNET GLASS £7
SAUVIGNON 2018 BOTTLE £22

Spicy, tangy, fruity – drink me!

A PUNTO MALBEC GLASS £7.50
2018 SPAIN BOTTLE £24

Easy drinking classic Malbec with intense aromas

MONTALDO NERO D'AVOLA 2018 BOTTLE £21

Rich, long (very long), and omg so yummy!

FRONT ROW SHIRAZ 2018 SOUTH AFRICA BOTTLE £22

Great value Red blend for cold day warmth and comfort

WILLIAM SITWELLS* CELLAR (AND OTHER RARE FINDS)

*Restaurant critic, Daily Telegraph

SPARKLING (GLASS 125ML)

SEA CHANGE PROSECCO GLASS £8
DOC ITALY BOTTLE £28

Multi award winning, wonderfully refreshing & crisp (each bottle helps protect our oceans)

RENÉ BARBIER GLASS £8
BRUT RESERVE BOTTLE £30

Astonishingly good cava. A truly great sparkling wine

DE FÈRE BLANCS GLASS £10
DE BLANCS BOTTLE £35

Made like champagne, tastes like champagne. A triumph!

ASHLING PARK CUVÉE BOTTLE £47

Crisp and precise with an impressive persistence and balance. Award winning local vineyard

ASHLING PARK SPARKLING ROSÉ BOTTLE £55

Elegant and full flavoured with a great intensity of fruit. Award winning local vineyard

SOFT DRINKS

KARMA COLA £3

DRINKS BY LUCY £3.50

Handcrafted in the Cotswolds
Elderflower Pressé or Cloudy Lemonade

FIREFLY £2.95

Pomegranate and Elderflower or Kiwi,
Lime & Mint

HILL FARM APPLE JUICE £3.50

Handcrafted in Hampshire
Apple Juice or Apple & Blackcurrant Juice

CARTWRIGHT & BUTLER, PRESERVATIVE FREE, ORANGE JUICE £3.50

LIFE-WATER STILL WATER £2.50

LIFE-WATER SPARKLING WATER £2.50

Every can funds clean water projects across the globe

CRAFT BEERS

GOODWOOD ORGANIC GROGGER ALE – PALE ALE £5.50

330ml bottle

GOODWOOD ORGANIC LUCKY LEAP – AMERICAN PALE ALE £5.50

330ml bottle

GOODWOOD ORGANIC ST SIMON – LAGER £5.50

330ml bottle

SUSSEX BREWED CRAFT BEER FROM £7

440ml can

Ask our staff for our specials

INVISIBLE GELATO!

WE'RE AFRAID EVERYONE WILL BE GETTING OUR INVISIBLE GELATO! THE INVISIBLE GELATO REPRESENTS THE COMPULSORY 10% WE ADD TO YOUR BILL AND DONATE STRAIGHT TO UK HARVEST. IF YOU WOULD STILL LIKE TO TIP YOUR WAITRESS OR WAITER, PLEASE FEEL FREE TO TIP ON THE TABLE IN THE NORMAL WAY.



GUESS WHAT!

All our furniture is for sale! That's right, the chairs you are sitting on and the tables you are sitting at, they are all for sale! We source them via a gorgeous company called

LAMB & NEWT

www.lambandnewt.com