



Established 1980, Rome, Italy

Slow Food is a global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment. It was founded in 1989 in Italy.

As a Slow Food UK restaurant winner, we adhere to slow food principles in two ways; through our work with UK Harvest fighting food waste (in the last 3 years we have donated over £50,000 to the charity by sharing our service charge and generous customer donations) & also through sourcing as much food as possible locally.

Please read more about this work below!



UK Harvest is a 'For Impact' perishable food rescue and education charity: eliminating hunger, food waste, by enriching and educating all.

They provide much-needed assistance to charities and vulnerable people, by collecting surplus food from all types of food providers and 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 their drivers.

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

Emma says "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."

Unconsidered ingredients are hurtful to our planet and 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! We support local food waste charity UK Harvest, with our service charge.

LOCAL FOOD SUPPLIERS

Our suppliers change with the season, here is an example of a few we have been working with in the last year; The Goodwood Estate, The Cowdray Estate, Sussex Weald Dairy, ChalkStream Trout Hampshire, Tangmere Honey Bee Farm, Bread Addiction Southsea, Cast Iron Coffee Roasters Chichester, Hepworth Brewery Horsham, Munneries Greengrocers Chichester, Fresh from the Boat Hampshire, Paley farm Kent, Southdowns Venison & Game West Sussex, Calcot Farm West Sussex, Hennings Wine Pulborough, Four Walls Wine Co Chichester

Keep up to date with what's new, by visiting our events page or follow us.

www.thebarnlondon.com  

AUTUMN/
WINTER 24



THE BARN
Chichester

BREAKFAST, BRUNCH, LUNCH & NOW DINNER!
Food made with love and passion

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.

N Contains nuts

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

CHILDREN & DOGS - WE LOVE THEM!

Both are always welcome at The Barn! We can make many dishes a half portion size and we also do a simple kids' pasta or pizza.

Food made with love and passion

ALL DAY MENU

Food at The Barn, Chichester is always made with love. Food is meant to be joyful. It should be sustainable and sourced as locally as possible. Taste sensations should be the goal. Quality ingredients and simple, uncomplicated recipes are key.

TO GET YOU STARTED

NUTS – salted marcona almonds	£4.50
OLIVES – gordal picante olive tin	£5.50
CRISPS – gourmet salted crisps	£4

We love a good egg...
...BUT THEY HAVE TO BE ORGANIC!

There's something here for everyone. Build your own dish with a mountain of your favourite sides for some added zhuzh! Or, dive into our iconic shakshuka, whichever way you like them, eggs are better when they're laid locally by happy, healthy hens.

ORGANIC EGGS TWO WAYS POACHED £11.50 OR SCRAMBLED £12.50

Choose either creamy scrambled eggs or poached organic eggs with chives & sourdough toast.

ZHUZH UP YOUR EGGS			
+Pasture for Life bacon	£5	+hot smoked trout	£5
+roasted chorizo	£4	+slow roasted mushrooms	£4
+wild venison sausages	£5	+young kimchi	£4
+feta cheese	£4	+a drizzle of harissa	£2
+griddled halloumi	£4	+smoky chilli oil	£2
+smashed avocado	£4		

BACON BRIOCHE BUN £10

A brioche bun loaded with Pasture for Life bacon. Please ask for ketchup or a pot of French mustard if that's how you like it served.

ZHUZH YOUR BUN			
+organic egg	£2.50	+wild venison sausages	£5
or add both £7.50			

ISRAELI SHAKSHUKA £16.50

Two organic eggs baked in spiced tomato & roasted red pepper sauce topped with feta, fresh coriander & black sesame, made Israeli style (no onion!), served with your choice of toasted sourdough or Middle Eastern flatbread.

ZHUZH YOUR SHAKSHUKA			
+roasted chorizo	£4	+a drizzle of harissa	£2
+griddled halloumi	£4	+wild venison sausages	£5

THE BARN'S HOUSEMADE FLUFFY PANCAKE STACK £10

A triple stack of housemade pancakes doused in maple syrup. These pancakes are known as the fluffiest pancakes in town!

ZHUZH UP YOUR PANCAKES			
+organic cream	£2	+bramble berry compote	£3.50
+vanilla ice cream	£3	+Pasture for Life bacon	£5

Signature dishes...

...THAT HAVE PUT US ON THE MAP!

Our reinvention of the classics.

SMASHED AVO, BEETS & FETA N £15.50

Creamy smashed avo on toasted sourdough with pickled beetroot, feta cheese, a sprinkle of pistachios & balsamic glaze.

ZHUZH UP YOUR AVO			
+Pasture for Life bacon	£5	+a drizzle of harissa	£2
+roasted chorizo	£4	+slow roasted mushrooms	£4
+hot smoked trout	£5	+young kimchi	£4

WELSH RAREBIT £14.50

Made with cheddar & locally brewed organic ale with salad garnish & a dollop of housemade onion chutney.

ZHUZH UP YOUR WELSH RAREBIT			
+an organic poached egg	£2.50	+Pasture for Life bacon	£5
+slow roasted mushrooms	£4	+roasted chorizo	£4
+wild venison sausages	£5		

HOT SMOKED TROUT KEDGEREE £17

From its Ayurvedic Indian roots, this dish has been upgraded from the usual smoked haddock to locally sourced hot smoked ChalkStream trout, with pickled courgette ribbons. Served with an organic poached egg, a generous sprinkle of fresh dill & mint & a wedge of lemon.

ZHUZH UP YOUR KEDGEREE			
+roasted chorizo	£4	+a dressed green salad	£5

MERGUEZ LAMB BURGER WITH KIMCHI £17

NEW Merging the flavours of North Africa with locally reared meat, we have elevated the humble burger. Calcot Farm (Steyning) Merguez lamb burgers are served in a brioche bun loaded with our young kimchi & fragrant mint yoghurt. Served with a salad garnish & pickled gherkins.

ZHUZH UP YOUR BURGER			
+Pasture for Life bacon	£5	+griddled halloumi	£4
+feta cheese	£4	+gourmet salted crisps	£4

VEGGIE BURGER WITH KIMCHI £15

NEW Griddled portobello mushroom & halloumi in a brioche bun loaded with our young kimchi & fragrant mint yoghurt. Served with a salad garnish & pickled gherkins.
+gourmet salted crisps £4

THE BARN'S SOURDOUGH TOASTIES

Served with salad garnish & a dollop of housemade onion chutney. Add gourmet salted crisps £4

GAMMON & CHEDDAR CROQUE MONSIEUR £14

Our most decadent toastie yet! Loaded with a Croque Monsieur style British cheddar & gammon filling.
Upgrade to a Croque Madame with an organic egg! +1 egg £2.50

LEEK, CHEDDAR & SPINACH CHIMICHURRI £12

An oozing cheddar cheese toastie made with lashings of spinach, British cheddar & slow roasted leeks.

Seasonal thoughtful food

...CELEBRATING AS MANY PLANTS AS POSSIBLE!

If you love plants as much as we do and want to feed yourself the best each season has to offer, these dishes are for you. Seasonal food is fresher, tastier and more nutritious as it hasn't travelled so far. Remember pesticides, waxes & preservatives are often used to preserve foods that are out of season. In these three dishes we celebrate some of our favourite local food heroes.

BOARD

MAPLE ROASTED HERITAGE CARROT SHAWARMA N £16

NEW A rainbow of new season heritage carrots slow roasted in maple syrup, nestled atop a toasted Middle Eastern flatbread smothered in cashew cream. Scattered with pomegranate seeds, a tangle of pickled red onions, verdant dollops of fresh chimichurri, & anointed with pomegranate molasses. The most incredible fusion of textures, flavours & colours. (This dish is 100% vegan).

Celebrating seasonal heritage carrots

ZHUZH UP YOUR SHAWARMA			
+a dressed green salad	£5	+roasted chorizo	£4
+hot smoked trout	£5	+griddled halloumi	£4
+feta cheese	£4	+a drizzle of harissa	£2
+wild venison sausages	£5		

PAN

HEARTY WILD VENISON SAUSAGES & SPICED TOMATO STEW £17

NEW A pan of rich, comforting & therefore suitably autumnal pulse stew. Made with butterbeans, red lentils & Indian spices with tomatoes. We have added cavolo nero for even more autumn & fibre! The stew is scattered with feta & crowned with South Downs wild venison sausages. Served with sourdough & butter.

Celebrating wild venison from Southdowns Venison & Game

ZHUZH UP YOUR STEW			
+a dressed green salad	£5	+roasted chorizo	£4
+hot smoked trout	£5	+griddled halloumi	£4
+feta cheese	£4	+a drizzle of harissa	£2

BOWLS

THE BARN'S GOLDEN AUTUMN SALAD BOWL N £15

NEW Warmly spiced cubes of roasted sweet potato & mellow roasted golden beetroot mingle with crunchy chicory leaves, vibrant pickled red onion & our house made young kimchi, lightly dressed in a fragrant mint yoghurt & scattered with toasted walnuts & pumpkin seeds. Served in our iconic Barn salad bowls. Seasonal & utterly delicious.

Celebrating seasonal beetroot & sweet potato

ZHUZH UP YOUR BOWL			
+hot smoked trout	£5	+griddled halloumi	£4
+young kimchi	£4	+feta cheese	£4
+roasted chorizo	£4	+a drizzle of harissa	£2
+maple roasted heritage carrots	£4		

THE BARN'S HOUSEMADE SEASONAL SOUP £9.50

A steaming bowl of hearty & nutritious seasonal soup, served with sourdough toast.

ZHUZH UP YOUR SOUP	
+add a half leek toastie	£6
+add a half Croque Monsieur	£7

FRIDAY EVENINGS

FARM - TO - TABLE SUPPERS

FIRST TABLE 5PM. LAST BOOKING 8.30PM

We've taken our food ethos from day to night. Join us on Friday evenings at our charming Grade 2 Listed farm-to-table restaurant, at no. 38 Little London. We celebrate each season with frequently changing seasonal, comforting, and unfussy dishes. All served alongside our full bar of delicious wines, local craft beers and a few fabulous cocktails too.

Follow us on social media for this week's menu. Book online at thebarnlondon.com or ask a member of staff today!

SOMETHING SWEET

A SELECTION OF HOUSEMADE OR SMALL BATCH CAKES PLUS PATISSERIE & COOKIES FROM OUR BAKERY COUNTER! PLEASE ASK FOR DETAILS N

BURNT BASQUE CHEESECAKE £7

ZHUZH UP YOUR CHEESECAKE			
+vanilla ice cream	£3	+lemon ricotta cream	£3.50
+organic cream	£2	+bramble berry compote	£3.50

ORANGE & ALMOND CAKE £5

ZHUZH UP YOUR CAKE			
+vanilla ice cream	£3	+lemon ricotta cream	£3.50
+organic cream	£2	+bramble berry compote	£3.50

DOUBLE CHOCOLATE BROWNIE £6

ZHUZH UP YOUR BROWNIE			
+vanilla ice cream	£3	+lemon ricotta cream	£3.50
+organic cream	£2	+bramble berry compote	£3.50

FLUFFY PANCAKE STACK WITH MAPLE SYRUP £10

ZHUZH UP YOUR PANCAKES			
+vanilla ice cream	£3	+lemon ricotta cream	£3.50
+organic cream	£2	+bramble berry compote	£3.50

AFFOGATO £8

Two scoops of vanilla cream drenched in a double espresso

SCRUMPTIOUS EXTRAS TO ELEVATE OR ZHUZH UP YOUR DISH

Emma's (founder) family use the term zhuzh a lot, in the Yiddish Jewish community you would say the term when you make something beautiful & full of life, or when you give something soul. At The Barn we love soulful food!

We love the New York Times description of zhuzh... "When you add that extra something to something, to make it better."