

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. As an official restaurant partner of Slow Food UK we are proud to champion their values and in particular their five challenges for 2025!

1. Eat at a table! Enjoy the ritual of each meal and the connections you're making with the people around you.
2. Make thoughtful choices about what you consume and embrace the simplicity of eating real food, with ingredients your great-grandmother would recognise.
3. Support people, not corporations, by buying from local farmers, market vendors, and small businesses. These choices not only strengthen communities but also contribute to a more sustainable future.
4. Celebrate culinary diversity, there are so many wonderful foods and heritage varieties being produced on our doorsteps. Be curious and try something new!
5. Finally, buy less but buy better, spend your money on the best quality you can afford. With over a third of food in the UK wasted, we can reduce waste, save money, and use those savings to invest in better-quality, higher-welfare ingredients.

In fact, we're so passionate about fighting food waste, over the past four years we have donated over £75,000 to UK Harvest by sharing our service charge and generous customer donations. 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 and 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 & FOOD LEGENDS

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, Charlie's Trout *Pulborough*, CB Honey *Tangmere*, Bread Addiction *Southsea*, Cast Iron Coffee Roasters *Chichester*, Hepworth Brewery *Horsham*, Paley Farm *Kent*, Richard Foot *Chidham*, Southdowns Venison & Game *Duncton*, Calcot Farm *Ashurst*, Four Walls Wine Co *Chichester*, Westerlands Estate *Petworth*, Chef's Farms *West Sussex*, Wiston Estate *Washington*, Hattingley Valley *Hampshire*, Wine Freedom *The Cotswolds*, Carlingford Oyster Company *County Lough*, English Pink *Somerset*, Berries on Tap *Sidlesham*, Trenchmore Farm *Horsham*

Keep up to date with what's new, by visiting our events page or follow us. [www.thebarnlittlelondon.com](http://www.thebarnlittlelondon.com)  



# Slow Food<sup>®</sup> made with love and passion

At The Barn, Chichester, we have always striven to serve local, delicious, seasonal food made from scratch. Inspired by our globe-trotting adventures, we've brought back best flavours from our travels. Influenced most of all by the vibrant, flavoursome and wonderfully unfrilly diets of the Mediterranean. But it goes deeper, we think Slow Food sums it up best: "linking the pleasure of food with a commitment to the community". When you eat seasonally and support local producers, you're nourishing yourself and your community.

## SIGNATURE DISHES ...THAT HAVE PUT US ON THE MAP!

### 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

### THE PLOUGHMAN'S TOASTIE £14

Pulled ham & melting British cheddar toastie. Served with housemade piccalilli & a salad garnish.

### BRITISH CHEDDAR & KIMCHI TOASTIE £12

Creamy British cheddar cheese toastie with a punchy housemade young kimchi.

#### ZHUZH UP YOUR TOASTIE

+smashed avocado	£4	+gourmet salted crisps	£4
+a dressed green salad	£5	+a mug of soup	£5
+roasted mushrooms	£4	+gordal picante olives	£5.50

### 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 artisan hot smoked trout, with pickled courgette ribbons. Served with an organic poached egg, a generous sprinkle of dill & mint & a wedge of lemon.

#### ZHUZH UP YOUR KEDGEREE

+roasted chorizo	£4	+a dressed green salad	£5
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### SOUTHDOWN'S WILD VENISON BURGER WITH KIMCHI £17

**NEW** Southdowns venison burger served in a brioche bun loaded with our young kimchi & fragrant salsa verde 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 salsa verde yoghurt. Served with a salad garnish & pickled gherkins

+gourmet salted crisps £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 ham & British cheddar toastie	£7
+add a half British cheddar & kimchi toastie	£6

# 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.

Friend of The Barn, Dr Emily Leeming, with a PHD in Microbiome promotes the importance of including "The BGs" in our diets. Beans, Greens, Berries and Grains are seamlessly woven throughout our menu because we know food that tastes great makes you feel great too!

### BOARD

#### PURPLE SPROUTING BROCCOLI & SPICED WHITE BEAN SHAWARMA **N** £16

**NEW** A Middle Eastern flatbread smothered with dill and parsley cashew cream, topped with the best of the season's purple sprouting broccoli, scattered with spiced white beans and spiked with housemade piccalilli, pickled red onions and vibrant fresh herbs.

*Celebrating seasonal purple sprouting broccoli*

#### 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	+smashed avo	£5

### PAN

#### SOUTHDOWN'S WILD VENISON RAGU £18

**NEW** Served on a bed of puy lentils with roasted January King cabbage.

*Celebrating wild venison from Southdowns Venison & Game*

#### ZHUZH UP YOUR STEW

+a dressed green salad	£5	+roasted chorizo	£4
+toasted sourdough	£2	+griddled halloumi	£4
+feta cheese	£4	+a drizzle of harissa	£2

### BOWLS

#### WARM ROASTED SQUASH, BEETROOT & CHICKPEA SALAD **N** £15

**NEW** Roasted squash, pickled beetroot & queen chickpeas mingle with roasted chicory, zingy pink pickled onions, brought together with a herby cashew cream & kale salsa verde.

*Celebrating seasonal squash & chicory*

#### 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
+peanut rayu	£2		

### 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 **N** £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."

### IMPORTANT INFORMATION INCL ALLERGENS

Please alert your server to any allergens or dietary requirements. While every effort is made to prepare dishes in line with dietary needs we run an open kitchen and cannot guarantee that any item will be free from unintentional allergens. Game may contain shot. This is a cashless restaurant.

**N** Contains nuts We can make many dishes **GLUTEN FREE** or **VEGAN**, please ask your server for details.

# WINE BAR & KITCHEN

THURSDAY, FRIDAY & SATURDAY. FIRST TABLE 6PM LAST TABLE 9.30PM, CLOSE 11PM

### GRAZING PLATES

#### CARLINGFORD OYSTERS EACH £3.50

Served the classic way with Mignonette sauce & a wedge of lemon.

#### TIN OF OLIVES £5.50

#### MARCONA ALMONDS **N** £4.50

#### BOOZY CHICKEN LIVER PARFAIT £10

Served on charred sourdough with apple compote, pink pickled onions & Cornish sea salt.

#### HOUSEMADE HUMMUS & LEVANTINE FLATBREAD £10

Hummus topped with diced lemon, green chillies, pickled golden beetroot, zesty blood orange & pomegranate seeds, served with flatbread brushed with Thomas Straker's smoked paprika butter.

#### GOODWOOD CHARLTON CHEDDAR BOARD **N** £12.50

With harissa roasted onion, pickled pear, housemade young kimchi, cornichons, sourdough & apricot & pistachio toast.

#### CALCOT FARM & BRINDISA CHARCUTERIE BOARD £14.50

With air dried ham & salami served with beetroot & blood orange sambal, cornichons, onion jam & sourdough.

### SMALL PLATES

#### CRISPY SPICED SQUASH £10

Tempura style squash with a Middle Eastern spice dusting.

#### TWICE COOKED PINK FIR POTATOES £10

Served with harissa, pomegranate molasses, pink pickled onions & chimichurri.

#### SEASONAL SPROUTED BROCCOLI **N** £10

Served with dill & parsley cashew cream, fresh lemon & toasted almonds.

#### A CLASSIC GREEN SALAD £7.50

Served with pickled courgette & French dressing.

#### ROASTED JANUARY KING CABBAGE £12.50

With beetroot & blood orange sambal scattered with orange & lemon segments.

#### FEISTY CRISPY FRIED CAULIFLOWER BHAJI £12.50

Served with aubergine & date chutney, lemony yoghurt & ginger, chilli & coriander dipping sauce.

#### ROASTED SQUASH £12.50

Served with pickled pear, braised puy lentils & kale salsa verde.

#### CRISPY FRIED JERUSALEM ARTICHOKE £10

With maple & smoked paprika aioli.

### MEDIUM PLATES

#### SOUTHDOWN'S WILD VENISON RAGU £26

Served with celeriac & mascarpone risotto topped with a slice of venison steak.

#### SOUTHDOWN'S WILD VENISON HAUNCH £28

Served with chimichurri, capers & caper berries.

### PUDDINGS

#### POACHED CHAMPAGNE RHUBARB **N** £8

Served with spiced Chantilly cream & toasted almonds.

#### CHOCOLATE & HAZELNUT TORTE **N** £8

Served with fig & marscarpone ice cream from Berries on Tap.

#### BLOOD ORANGE & ALMOND CAKE **N** £8

Served with cardamom crème fraiche & blood orange segments.

#### BURNT BASQUE CHEESECAKE £8

Served with lemon ricotta cream.

# SUNDAY

FULL DAYTIME MENU AVAILABLE UNTIL MIDDAY  
SUNDAY ROASTS FIRST TABLE 1PM - LAST TABLE 5:30PM

We work with five independent smallholdings and select the meat for our Sunday roasts directly from them.

#### SUNDAY ROAST PLATTER £28 SEASONAL VEGETABLE PIE PLATTER £20

At The Barn we love a vintage platter, well we love all vintage crockery! We want our Sunday Roasts to be show stoppers and in our opinion, nothing says feast like a bountiful platter of delicious slow food.

All Sunday platters include twice cooked salty Pink Fir potatoes, seasonal vegetables and cheesy leeks, and although we're purists about most things, we think a Yorkshire pudding should come with every roast! They're always served with a boat of our housemade gravy and the much loved and traditional condiments.

Please see our blackboards for the Sunday pudding list, they're always naughty and scrumptious, and like everything else we make, will change with the seasons, but don't worry, there will always be a crumble!