



## THE BARLEY MOW

Since 1830, we have been part of Westminster life. Proudly independent and just a short walk from many of London's famous landmarks. Locally known for serving great pub food and arguably the city's best pint.

Some things have changed around us over nearly two centuries.  
A proper pint, good food and a warm welcome never have.



ACCREDITED  
2026

## SMALL PLATES

Nduja & Mozzarella Croquettes, confit garlic aioli and spiced sugo / 8.0 **[978kcal - G, M, E]**

Chorizo & King Prawns in a rich red wine and tomato sauce, served with garlic bread / 11.0 **[779kcal - CR, G]**

Crispy Chicken Wings with sticky hot honey glaze / 10.0 **[1299kcal - M]**

Cauliflower Wings with spicy buffalo glaze (v+) / 7.0 **[959kcal - MU]**

Mac & Cheese with a crisp golden topping (v) / 7.0 **[731kcal - G, M]**

Sausage Roll served warm with espresso brown sauce / 8.0 **[851kcal - G, E, SU]**

Harissa Roasted Carrots & Whipped Feta / 7.0 **[430kcal - M]**

### SPICE BAG

*Our take on the Irish takeaway classic, just as good shared over a pint as it is all to yourself.*

Spice Bag with crispy chicken **[M]** or cauliflower **[SO]**, chips, peppers, onions and curry sauce / 15.0 **[1049kcal - G, CE, MU]**

## MAINS

Beef & Guinness Pie in hot water crust pastry, served with buttery mash, seasonal vegetables and rich gravy / 19.0 **[1350kcal - G, E, M, CE, SU]**

Beer Battered Fish & Chips, crushed peas and tartare sauce / 18.0 **[1040kcal - G, F, E, SU]**

Sausage & Mash with Cumberland sausages, buttery mash, seasonal vegetables and onion gravy / 16.0 **[1027kcal - G, M, CE, SU]**

Cauliflower Katsu Curry with gently spiced katsu sauce, wild & basmati rice (v+) / 16.0 **[1040kcal - G, SO, MU, CE]**

Charred Greens Bowl with crispy chicken or cauliflower, broccoli, courgette, spring onion and tahini dressing / 14.0 **[645kcal - SO, SE]**

### ALLERGEN INFORMATION

Gluten = G

Fish = F

Nuts = N

Peanuts = P

Lupin = L

Milk = M

Mollusc = MO

Celery = CE

Mustard = MU

Sulphites = SU

Egg = E

Crustacean = CR

Soya = SO

Sesame = SE

## SANDWICHES

*Served daily from 12-5pm*

Ham & Cheese Toasted Sandwich with carved ham, melted cheese, dressed leaves and triple cooked chips / 14.0 **(1290kcal - G, M, MU, SU)**

Fish Finger Sandwich with crispy breaded fish, minted mushy peas, tartare sauce and triple cooked chips / 16.0 **(1360kcal - F, G, E)**

## BURGERS

*All served in a toasted bun with triple cooked chips and jalapeño slaw*

Lamb & Cumin Burger with whipped feta, tomato and lettuce / 18.0 **(1320kcal - G, M, E, SU)**

Bacon Cheeseburger with two smashed beef patties, mature cheddar, streaky bacon and burger sauce / 18.0 **(1740kcal - G, E, M, MU, SU)**

Pumpkin & Spinach Burger with dairy free cheese, tomato, lettuce and confit garlic aioli (v+) / 18.0 **(1651kcal - G, SU)**

## SIDES

Triple Cooked Chips (v+) / 5.0 **(590kcal)**

Skin On Fries (v+) / 5.0 **(670kcal)**

Green Salad with house dressing / 5.0 **(160kcal - MU, SU)**

Garlic Toasted Sourdough / 5.0 **(470kcal - G)**

Jalapeño Slaw with a gentle kick / 5.0 **(260kcal - E, MU, SU)**

## DESSERTS

Chocolate Fondant with vanilla ice cream (v+) / 7.0 **(640kcal - G, SO)**

Blackberry & Apple Crumble with vanilla ice cream (v+) / 7.0 **(700kcal - G, SO)**

Ice Cream, ask for today's flavours / 7.0 **(420kcal - SO)**



## UPSTAIRS AT THE BARLEY MOW

Above the pub is the Arneway Room, our private room with its own bar. It's the sort of place that's perfect for getting everyone together, whatever the occasion.

If you're after something a little smaller, we're happy to reserve an area elsewhere in the pub.

Ask one of the team to show you the room,  
or scan the QR code to make an enquiry.

