



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 or cauliflower, chips, peppers,
onions and curry sauce / 15.0 **[1049kcal - SO, MU]**

MAINS

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

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

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

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

ROASTS

All mains come with cauliflower purée, roast potatoes, seasonal veg and lashings of homemade gravy

Sirloin of Beef / 23.0
[850kcal - G, E, M, SO]

Pork Belly & Crackling / 21.0
[808kcal - G, E, M, SO]

Chicken Supreme / 21.0
[701kcal - G, E, M, SO]

Butterbean & Lentil Loaf / 18.0
[589kcal - SO]

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.

