

Tickled Trout

“Deliciously Derbyshire”, that’s what we are.
Being proud of Derbyshire, we use the finest locally sourced ingredients to create delicious food. Visitors to The Tickled Trout in Barlow are guaranteed a warm welcome, relaxed surroundings and a great choice of top-notch food or a perfect pint that we hope makes you smile.
Chris and the team hope you have a fabulous time, filled with fond memories.

GLUTEN FREE MENU



SMALL PLATES

TT charcuterie sharer, baked camembert, our pickles, rustic bread £19.95 (for 2)

Gluten free bread, olives and dukkha £7.50 (v)

Bowl of honey and mustard chipolatas £6.95

Our spiced ‘Nachos’, garlic mayonnaise, jalapenos £6.95 (v)

Crispy teriyaki beef, Asian style salad £8.95

Cornish mackerel fillet, smoked paté, our pickles £9.50

Chargrilled halloumi sticks with Vietnamese dressing £7.50

Butterley Top ribs, sherry barbecue glaze £9.00

Chorizo and houmous, dipping bread £8.50



SALADS

Halloumi, burnt orange and beetroot
Grilled halloumi, red onion and pumpkin seed granola £9.95 or £16.95 (v)

Parma ham and goat’s cheese
Parma Ham, candied walnuts, goat’s cheese and ripe seasonal compressed melon £9.95 or 16.95 (available v) (n)

SANDWICHES

Toasted gluten free bread - served 12-2:30pm
Served with today’s soup or homemade chunkies

Mr. Taylor’s roast beef, mash, onion ketchup £10.95

Derbyshire roast pork, apple, onion ketchup £10.95

Ham hock, tartare butter and hen’s egg £10.95

Egg mayonnaise with baby watercress £9.95 (v)

SPREAD
THE LOVE



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PLEASE ASK ABOUT OUR
PRIVATE DINING ROOM

FROM THE FARM

TT pasta bolognese
12hr ragu, Chianti, basil and parmesan, £17.95

Pork head to toe
Crisp pork belly, crackling, trotter sauce £21.95

Highfield House blade of beef
Buttered mash, beef fat mushroom, red wine sauce, Irish cabbage £23.95

TT beef burger
240g TT 24hr marinated burger, slow braised pulled short rib, onion jam, salad and chunky chips £18.95

TT chicken burger
Spiced chicken breast, wholegrain mustard, mayonnaise, salad and chunky chips £16.95

Spatchcock chicken for 2 cooking time up to 40 minutes
Marinated in lemon, thyme and garlic, chipotle slaw, salad and skinny fries £



FROM THE SEA

The famous TT fish & chips
our tartare, curry & mushy peas £17.95 add a bag of scraps for £1

The Tickled Trout
Pan roasted trout with creamy dill pasta, foraged sea veg £25.95

FROM THE GARDEN

TT ratatouille
with Parmesan and a gluten free bread £17.95 (v or available ve)(n)

TT spiced sweet potato burger
kaffir lime yoghurt, salad, chunky chips £15.95 (v or available ve)

SIDES

Skinny fries £4.50 (v)

Homemade chunky chips £6.00

OMG truffle & Parmesan fries with
truffle mayo £7.95 (v)

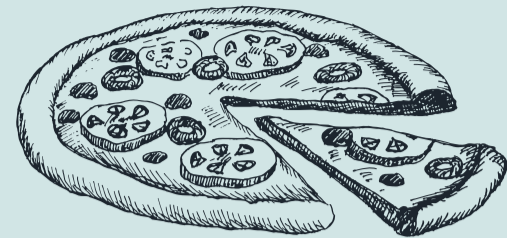
Sweet potato wedges £4.50 (v)

Garden salad £4.95 (v)

SOURDOUGH PIZZA



Inspired from true Italian pizzas!
Hand rolled and cooked fresh to order in our
pizza oven.



- Margherita (v) £11.95**
Tomato, buffalo mozzarella and fresh basil
- Diavola £14.95**
Pepperoni, roquito peppers, green chillies and jalapenos
- Caprino (v) £13.95**
Goats' cheese, roquito peppers, spinach and olives
- Pizza con prosciutto £15.95**
Crispy Parma ham, field mushrooms, grilled artichokes, olives, baby leaf and basil
- Salsiccia piccante £15.95**
Spicy sausage, angry arrabiata sauce, basil, mascarpone and buffalo mozzarella
- Italian £15.95**
Parma ham, cherry tomatoes, buffalo mozzarella, soft boiled egg
- Festa di carni £16.95**
Pepperoni, bolognaise, spinata, Calabrese salami and Parma ham

- The Greek (v) £13.95**
Inspired from the infamous Greek salad: Feta cheese, black and green olives, shallots, sunblushed tomatoes, basil and baby leaf
- Quattro formaggi bianco (v) £14.95**
White base with four cheeses: Lancashire blue, goats' cheese, parmesan and mozzarella
- Seafood, a taste of Cornwall £17.50**
Buffalo mozzarella, smoked mackerel, king prawns, red onion, chilli, garlic, lemon zest and baby leaf
- Giardiniera (v) £13.95**
Spinach, red onion, artichoke, buffalo mozzarella, mushrooms, cherry tomatoes and black olives
- Pollo piccante £15.95**
Chilli-marinated chicken and red onion, garlic, chilli, roquito peppers and goats' cheese

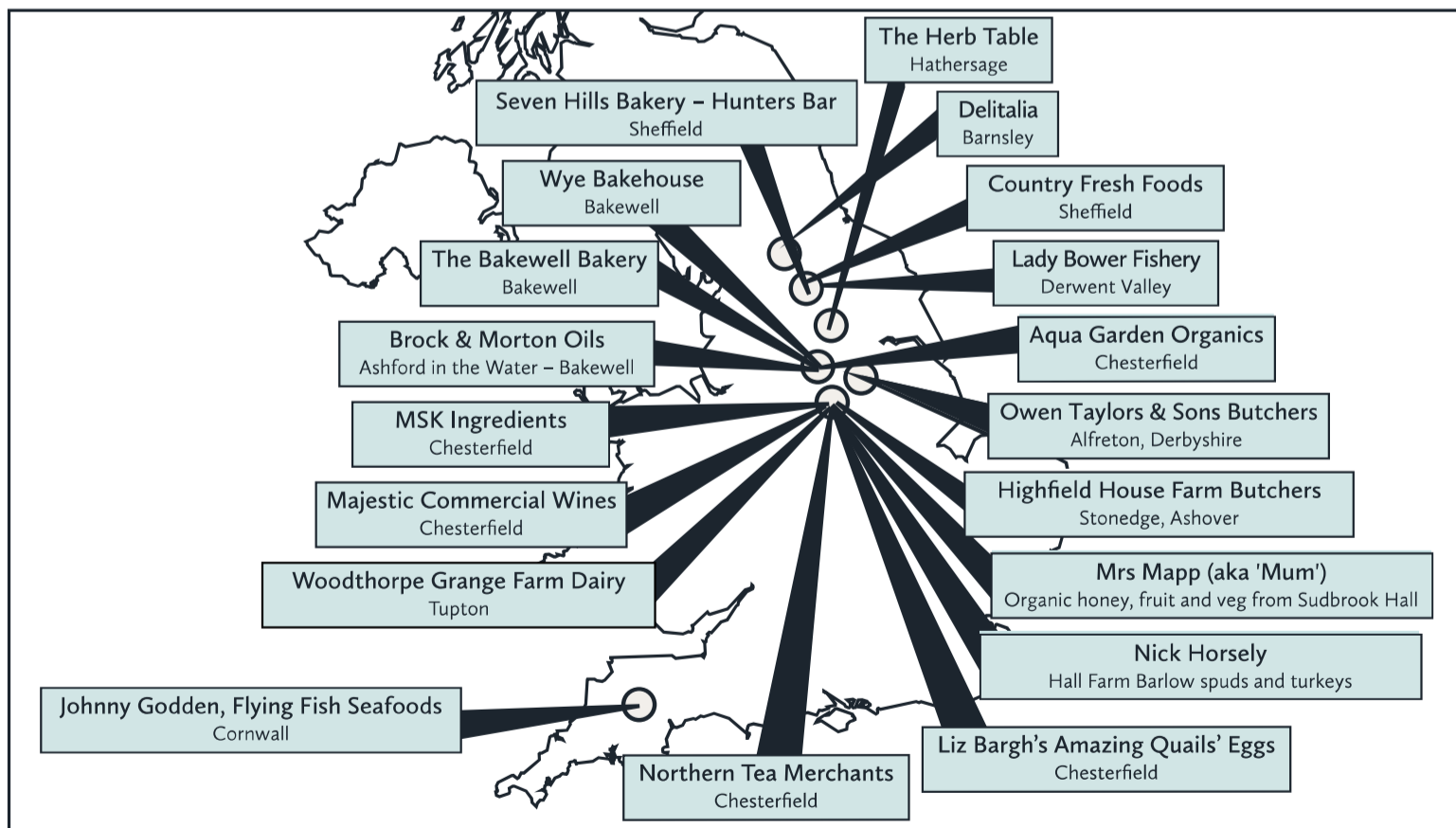
Gluten free dough - £3 supplement

All our sourdough pizzas are available to takeaway!



WHERE DO OUR INGREDIENTS COME FROM?

We absolutely love being able to showcase the ingredients of producers we trust and admire. Whether they're farmers, growers, bakers or fishermen, we'll only ever use the highest quality, freshest ingredients, sourced from top-notch local suppliers.



If your experience with the Tickled Trout ever falls short of your expectations, please let us know and give us the opportunity to make things right! We never ever want an unhappy customer to leave our pub.
Call: 0114 289 11 11 Email: dine@tickledtroutbarlow.com
Tickled Trout, 33 Valley Rd, Barlow, Chesterfield, S18 7SL

