



“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

PLEASE ASK ABOUT OUR PRIVATE DINING ROOM

SMALL PLATES

TT charcuterie sharer, baked Camembert, our pickles, rustic bread £24.95 (for 2)

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

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

FROM THE FARM

TT pasta bolognese

12hr ragu, Chianti, basil and parmesan, £17.95

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 triple cooked chips £18.95

TT chicken burger

Spiced chicken breast, wholegrain mustard, mayonnaise, salad and triple cooked chips £16.95

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)

FROM THE SEA

The famous TT fish & chips

gluten free batter, our tartare, curry & mushy peas £17.95

The Tickled Trout

Pan roasted trout with creamy dill gluten free pasta, foraged sea herbs £25.95

SANDWICHES

Toasted gluten free bread sandwiches - served 12-2:30pm

Served with today’s soup or choice of chips

Please see our separate sandwich & bar snack menu

FROM THE GARDEN

TT ratatouille

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

TT spiced sweet potato burger

kaffir lime yoghurt, salad, triple cooked chips £15.95 (v or available ve)

SIDES

Skinny fries £4.50 (v)

Our triple cooked chips £6.00

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

Sweet potato wedges £4.50 (v)

Garden salad £4.95 (v)

SPREAD THE LOVE



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, chillies and jalapenos
- Caprino (v) £13.95**
Goats' cheese, roquito peppers, baby leaf 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 arrabbiata 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
- Pizza Genovese £14.95***
Pesto base, tomato, buffalo mozzarella, goat's cheese, 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, goat's 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**
Baby leaf, 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 goat's cheese
- Ndjua pizza £15.95**
Pepperoni, nduja, buffalo mozzarella, basil, chillies and chilli honey

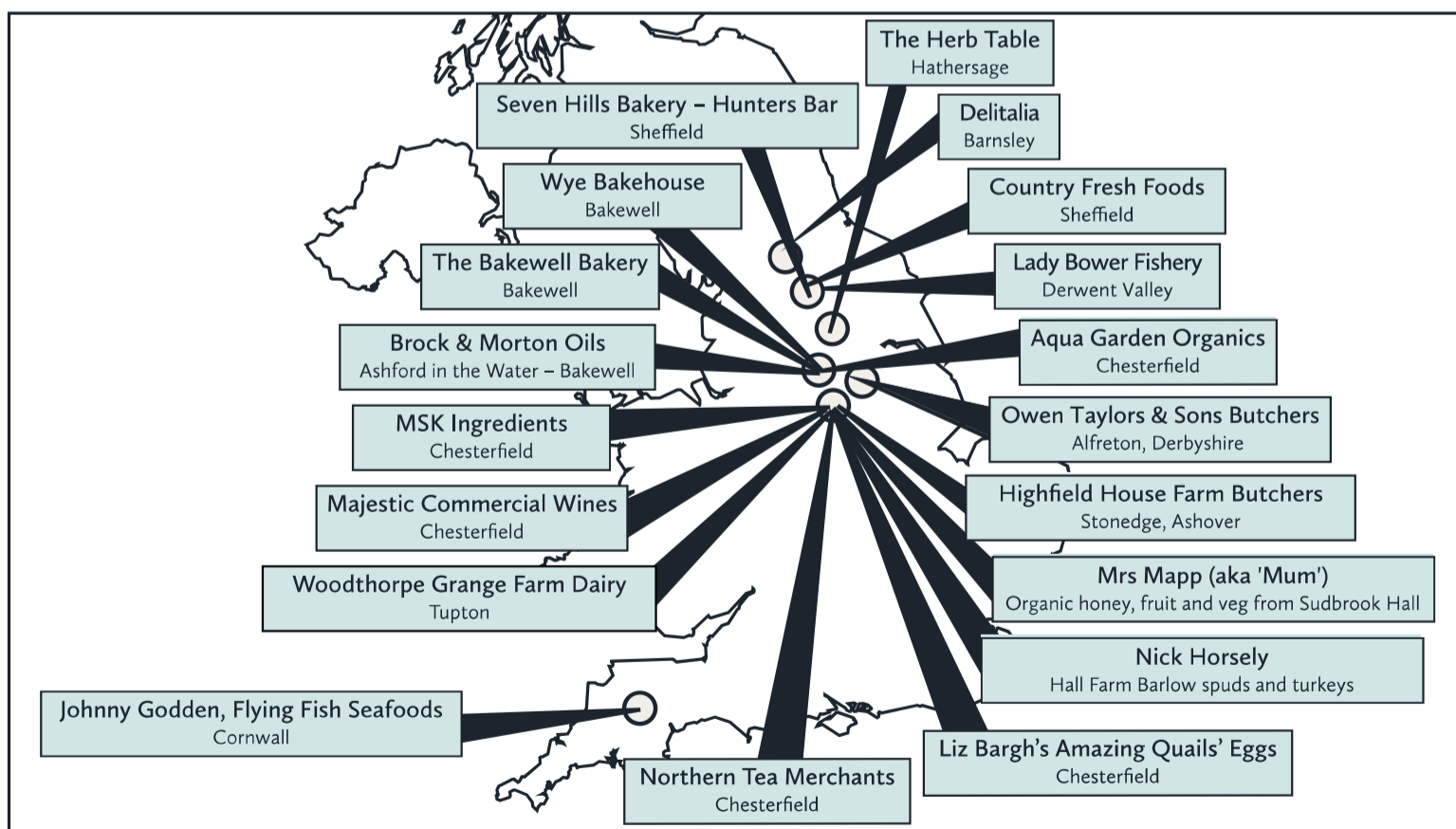
Gluten free dough - £3 supplement

Vegan available

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
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