

Tickled Trout

GLUTEN FREE MENU



SMALL PLATES

Gluten free bread, olives and dukkha (v) £6.95

Bowl of honey and mustard chipolatas £6.95

Smoked Cornish mackerel pate with gluten free bread £8.95

Chargrilled halloumi sticks with Vietnamese dressing £7.50

Sticky sriracha glazed chicken wings £8.50

Pil Pil prawns with gluten free bread £9.95 or £16.95

Seasonal soup with gluten free bread £8.50



SALADS

Halloumi, burnt orange and beetroot
Grilled halloumi, red onion and pumpkin seed granola (v) £7.95 or £13.95

Parma ham and goat's cheese
Parma Ham, candied walnuts, goat's cheese and ripe seasonal compressed melon (available v) £8.95 or 14.95

SANDWICHES

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

Mr. Taylor's roast beef, mash and caramelised onion £10.95

Derbyshire roast pork, apple, stuffing and caramelised onion £10.95

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

Egg Mayonnaise with baby watercress £9.95

"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.

PLEASE ASK ABOUT OUR PRIVATE DINING ROOM

FROM THE FARM

TT pasta bolognese
12hr ragu, Chianti, basil and parmesan, £16.95

Pork head to toe
Crisp pork belly, crackling, trotter sauce £20.95

Highfield House blade of beef
Truffled mushroom duxelle, pommery mash with red wine sauce £22.95

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



FROM THE SEA

The newly famous TT Fish & Chips
With homemade; tartare sauce, curry sauce & minted mushy peas £16.95

The Tickled Trout
Pan roasted trout with creamy dill pasta and spring greens £23.95

FROM THE GARDEN

TT ratatouille
With Parmesan and a gluten free roll (v or available ve) £17.95

Butternut
roasted butternut, spiced cous cous, golden raisins, pine nuts (v) £17.95

TT spiced sweet potato burger (v, ve*)
minted yoghurt, salad, chunky chips £15.95

SIDES

Skinny fries (v) £4.00

Homemade chunky chips £5.50

OMG truffle & Parmesan fries with truffle mayo (v) £7.50

Wicked fries with braised short rib and jalapenos £8.50

Garden salad (v) £4.95

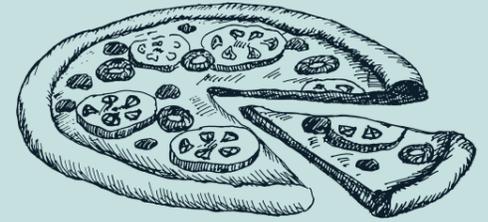
SPREAD THE LOVE



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, 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, rocket 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 rocket

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 rocket.

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

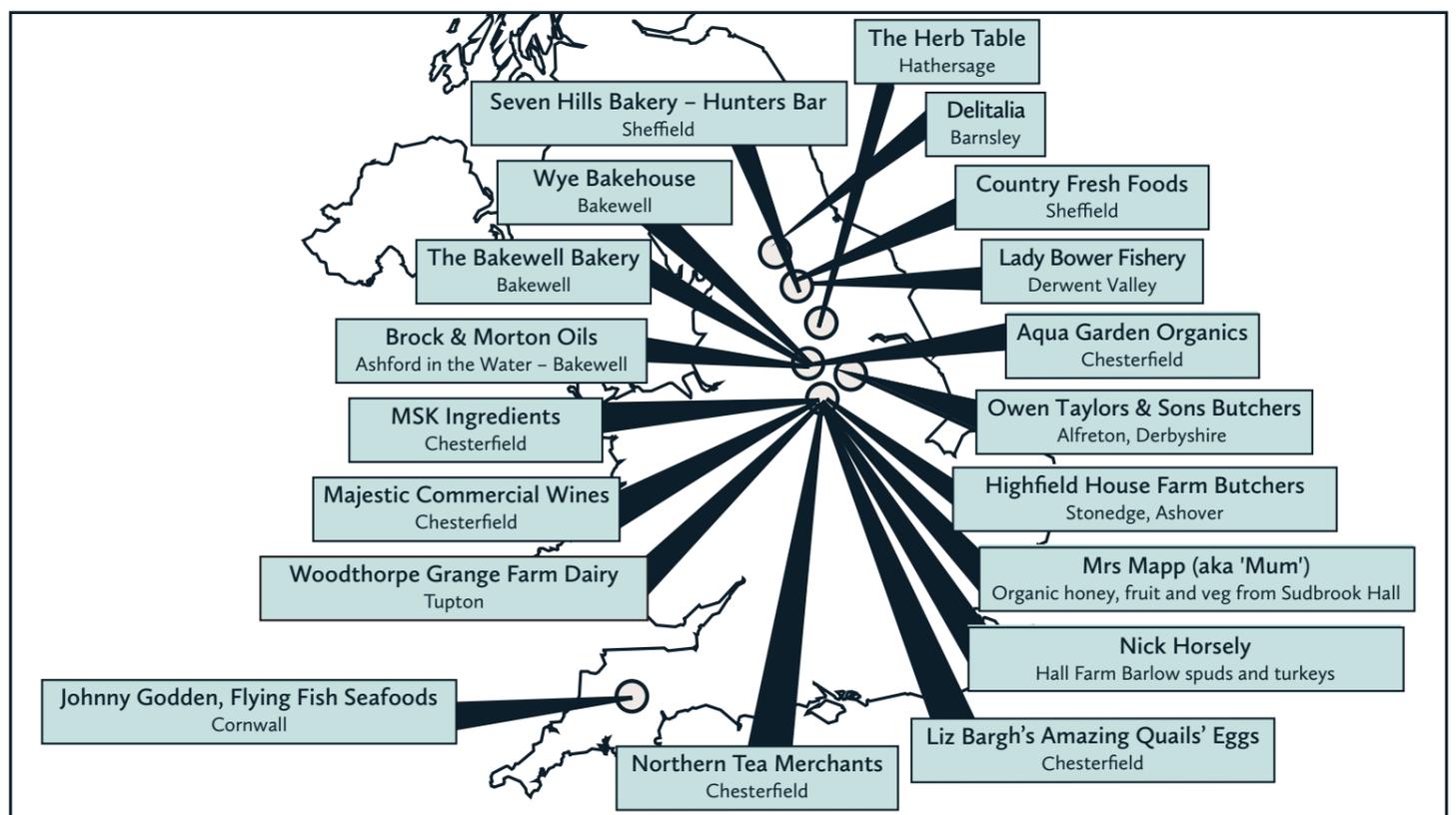
Gluten free dough - £3 supplement

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

