

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

**PIZZA DEAL
- 2 FOR £20**



SMALL PLATES

Gluten free bread, olives and dukkha (v) £4.50

Bowl of honey and mustard chipolatas £5.50

Smoked Cornish mackerel pate with gluten free bread £6.95

Cheese ploughmans (v) £7.50

Pil Pil prawns with gluten free bread £7.50 or £14

Seasonal soup with gluten free bread £6.50



SALADS

Halloumi, burnt orange and beetroot
Grilled halloumi, red onion and pumpkin seed granola (v) £6.95 or £10.95

Parma ham and goat's cheese
Parma Ham, candied walnuts, goat's cheese and ripe seasonal compressed melon (available v) £6.95 or 10.95

SANDWICHES

Toasted gluten free rolls
Served with today's soup or skinny fries

Rare roast beef with basil pesto £7.95

Ham hock, tartare butter and hen's egg £7.95

Egg Mayonnaise £6.45

**PLEASE ASK ABOUT OUR
PRIVATE DINING ROOM**



FROM THE FARM

Derbyshire charcuterie for 2
Locally cured hams, our pickles, baked Camembert, walnuts and mushrooms £8.95pp

TT pasta bolognese
12hr ragu, Chianti, basil and parmesan £12.95

Butterley top côtes de porc
Pork chop on the bone with pommery mash and pork gravy £17.50

Highfield House blade of beef
Truffled mushroom duxelle, pommery mash with red wine sauce £17.50

TT Beef burger
240g TT 24hr marinated burger, slow braised pulled short rib, onion jam, salad and chunky chips £13.95

TT chicken burger
Spiced chicken breast, wholegrain mustard, mayonnaise, salad and chunky chips £12.50

Derbyshire cottage pie with seasonal greens £16.50



FROM THE SEA

The newly famous TT Fish & Chips
With homemade; tartare sauce, curry sauce & minted mushy peas £14.95

The Tickled Trout
Pan roasted trout with creamy dill pasta and spring greens £20.95

FROM THE GARDEN

TT ratatouille
With Parmesan and a gluten free roll (v or available ve) £13.50

Cauliflower
Harrissa spiced cauliflower, mildly spiced cous cous, pine nuts and our pickles (v or available ve) £13.50

SIDES

Skinny fries (v) £3

Buttered mash (v) £5.50

OMG truffle & Parmesan fries (v)
£5.50

Rocket Parmesan salad (v) £4

**SPREAD
THE LOVE**



SOURDOUGH PIZZA



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



- Margherita (v) £8.95***
Tomato, buffalo mozzarella and fresh basil
- Diavola £11.75***
Pepperoni, roquito peppers, green chillies and jalapenos
- Caprino (v) £12.25***
Goats' cheese, roquito peppers, spinach and olives
- Pizza con prosciutto £11.75***
Crispy Parma ham, field mushrooms, grilled artichokes, olives, rocket and basil
- Salsiccia piccante £12.95***
Spicy sausage, angry arrabiata sauce, basil, mascarpone and buffalo mozzarella
- Italian £11.75***
Parma ham, cherry tomatoes, buffalo mozzarella, soft boiled egg
- Festa di carni £13.75**
Pepperoni, bolognaise, spinata, Calabrese salami and Parma ham
- Pollo piccante £12.95***
Chilli-marinated chicken and red onion, garlic, chilli, roquito peppers and goats' cheese
- Giardiniera (v) £11.75***
Spinach, red onion, artichoke, buffalo mozzarella, mushrooms, cherry tomatoes and black olives

- The Greek (v) £12.25***
Inspired from the infamous Greek salad: Feta cheese, black and green olives, shallots, sunblushed tomatoes, basil and rocket
- Quattro formaggi bianco (v) £12.25***
White base with four cheeses: Lancashire blue, goats' cheese, parmesan and mozzarella
- Seafood, a taste of Cornwall £13.75**
Buffalo mozzarella, smoked mackerel, king prawns, red onion, chilli, garlic, lemon zest and rocket
- Calzone (available v) £15.20**
Beef ragu, spicy sausage, mascarpone, roquito peppers, red onion, buffalo mozzarella, cherry tomatoes. Glazed with tomato sauce, parmesan, fresh basil, parsley and lashings of garlic oil.

*Part of the pizza deal

*2 for £20 – All day Monday to Thursday

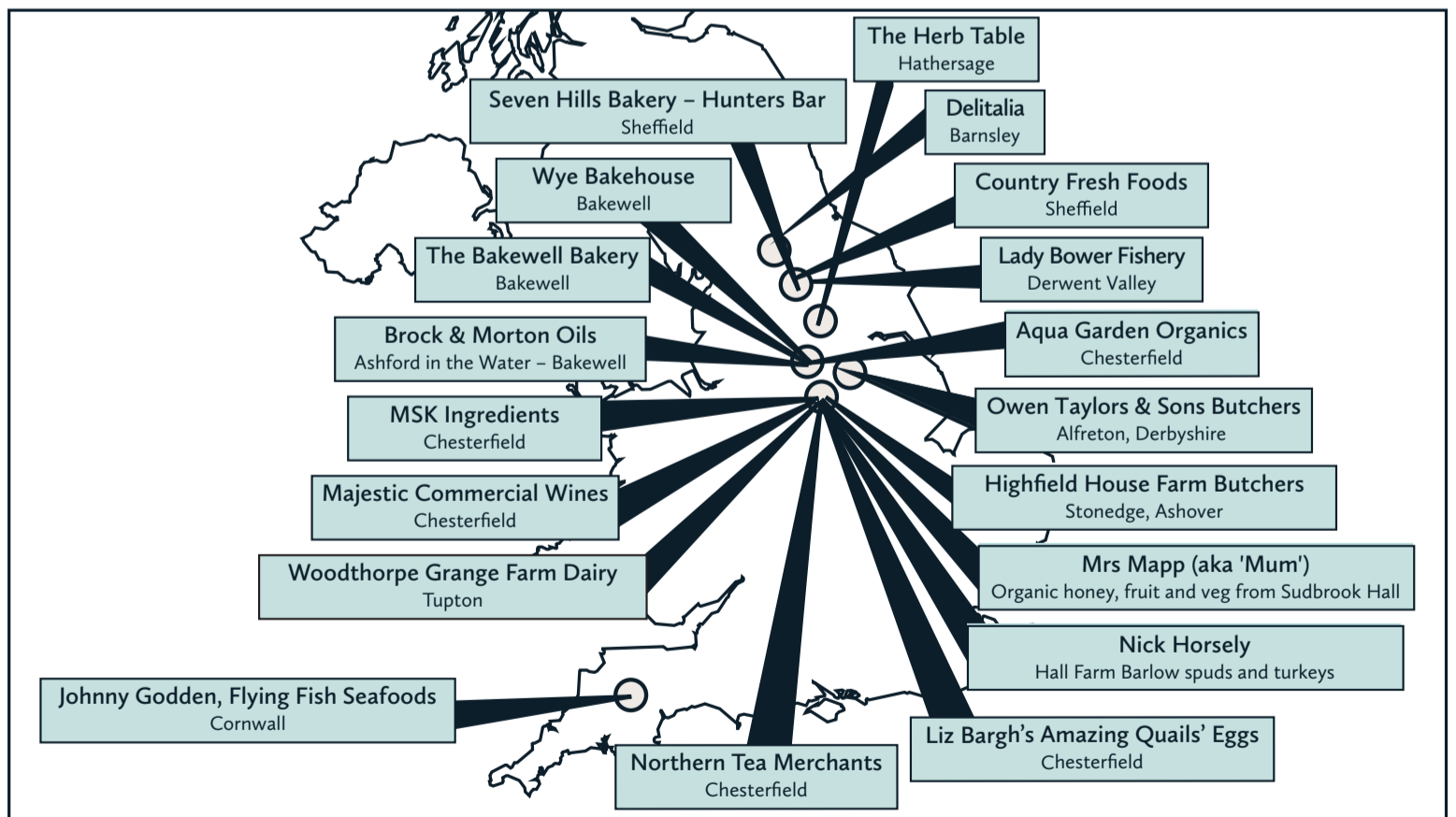
Gluten free dough - £3 supplement

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
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