

We welcome you to the Friars Oak Inn, where we're proud to serve a range of freshly prepared dishes and crafted drinks from morning through to evening.

Our team are always on hand to recommend something to suit your taste – just ask!

FRIARS OAK INN

HASSOCKS

Brunch

Available Monday - Saturday 9am - midday and Sunday 9am - 11.30am.
We also offer a range of artisan breads and other specially selected produce available to take home, ask a member of the team for details

FULL ENGLISH BREAKFAST	10.50	SMASHED AVOCADO ON SOURDOUGH (V)	8.50	PULLED BEEF BRISKET HASH*	8.95
British pork sausages, bacon, hash browns, Paris brown mushrooms, plum tomato, baked beans, free-range fried egg & sourdough toast		with free-range poached egg, beetroot hummus & seeds		slow-cooked Cornish kiln smoked beef with a free-range fried egg and pan-fried potatoes	
VEGGIE BREAKFAST (V)	9.50	GRANOLA POT (V)	4.95	EGGS FLORENTINE (V)	8.75
roasted Paris brown mushrooms, beetroot hash cake, baked beans, plum tomato, hash browns, free-range fried egg & sourdough toast		with English borage honey, yoghurt, fresh strawberries and blueberries		with buttered spinach on a toasted muffin with hollandaise	
BUTTERMILK PANCAKES AND SMOKED PANCETTA	7.50	EGGS ROYALE	9.50	EGGS BENEDICT	8.50
with maple syrup		smoked Scottish salmon on a toasted muffin with hollandaise		with pulled ham on a toasted muffin with hollandaise	
		PAIN AU CHOCOLAT (V)	2.95	SOURDOUGH TOAST & JAM (V)	2.95
		CROISSANT & JAM (V)	2.95		

Starters

BURRATA & HEIRLOOM TOMATOES (V)	7.50	CHARGRILLED LAMB KOFTAS	6.75	OVEN-BAKED PARIS BROWN & BUTTON MUSHROOMS (V)	5.95
creamy burrata with tomatoes, red onion, fresh basil, roasted Omega seeds and pesto		with a chilli jam drizzle in a beetroot & chia wrap with hummus, tzatziki and slaw		on toasted sourdough with a Cheddar & garlic sauce, drizzled with truffle oil	
COQUILLES ST. JACQUES*	9.75	TODAY'S SOUP (V)	5.75	SWEET POTATO FALAFELS* (VE)	5.75
baked scallops in a creamy white wine sauce topped with mashed potato and Cheddar cheese crumb with crispy pancetta		with sourdough bread and Netherend farm butter		with an apricot jam centre, beetroot hummus, roasted Omega seeds and a stone-baked flatbread	
		SALT & PEPPER CALAMARI	6.25	KING PRAWN AND AVOCADO COCKTAIL*	7.95
		crispy calamari tossed in salt & pepper with N'duja mayonnaise		dressed with a Bloody Mary Marie Rose sauce, served with sourdough bread	

Sharers & Grazers

STICKY PLATTER	16.95	BAKED HONEY & THYME GOATS CHEESE (V)	12.50	MEZZE PLATTER* (V)	12.95
maple glazed chicken wings, tempura prawns, chilli jam glazed lamb koftas, hummus, tzatziki, N'duja mayonnaise and a stone-baked flatbread		melting Norfolk Wensum White drizzled with truffle oil, served with sourdough to dip and an apricot & ginger chutney		sweet potato falafels with pickled red onion, spiced red pepper dip, marinated mixed olives, duo of hummus with roasted Omega seeds and a spiced stone-baked flatbread	
				ARTISAN RUSTIC BREADS (V)	5.50
				with olive oil, balsamic vinegar and Netherend farm butter	

Steaks

Our beef steaks are rich in flavour with a superb tenderness. Cooked to your liking and served with roasted Paris brown mushrooms, half roasted garlic, thyme-roasted heirloom tomato and triple-cooked chips.

8OZ RUMP	16.25
10OZ RIBEYE	21.50
7OZ FILLET	24.50
ADD:	
WILD CAUGHT GARLIC KING PRAWNS	3.00
BÉARNAISE SAUCE*	2.00
BRANDY & PEPPERCORN SAUCE*	2.00
BEEF DRIPPING SAUCE	2.00

Chargrilled Skewers ANY SKEWER AND A SIDE 13.95

STEP 1. CHOOSE A SKEWER:

LEMON & THYME WILD CAUGHT KING PRAWNS
BUMBU BALI WILD CAUGHT KING PRAWNS*
SPICED LAMB KOFTAS
BUMBU BALI CHICKEN THIGHS*
JERK CHICKEN THIGHS
SPICED HALLOUMI (V)

STEP 2. CHOOSE ANY SKEWER SIDE:

HUMMUS & WHOLEMEAL PITTA (V)
with tzatziki, pomegranate, Omega seeds, roasted vegetables & grains in a sun-dried tomato & garlic dressing
MOROCCAN STYLE VEGETABLES & BEETROOT WRAP (V)
spiced aubergine and chickpea stew with rosemary roasted vegetables
SLAW & CHIPS*
with Bumbu Bali mayo and a pineapple & mango salsa in a lemongrass dressing

Lunch

Available Monday to Saturday from 12 - 5pm.
Our freshly made sourdough sandwiches and wraps are served with skin on fries.

PULLED HAM & CHEDDAR MELT	7.50
with thyme-roasted heirloom tomatoes, served warm from our stone-baked oven	
COD FISH FINGER WRAP*	8.95
beer-battered cod goujons and lime & chilli tartare sauce	
ROAST VEGETABLE WRAP (V)	7.50
roasted butternut squash, quinoa, vegetables and beetroot hummus in a beetroot and chia seed wrap	
CORONATION CHICKEN	8.95
chicken breast in a coronation sauce on sourdough	
MELT-IN-THE-MIDDLE SALMON FISHCAKES	11.25
with hollandaise, watercress salad and baby potatoes	
PULLED BEEF BRISKET HASH*	8.95
slow-cooked Cornish kiln smoked beef with a free-range fried egg and pan-fried potatoes	

Burgers

All burgers are served in a toasted linseed topped bun with little gem lettuce, onion, tomato and burger sauce dip, served with triple-cooked chips.

HOUSE BURGER	14.95
topped with spiked maple-glazed pulled beef brisket, streaky bacon, mature Cheddar cheese sauce and mayonnaise	
CLASSIC BURGER	12.95
topped with smoked Cheddar cheese, streaky bacon and mayonnaise	
MOVING MOUNTAINS® BURGER (VE)	12.95
plant-based burger with melting smoked gouda-style slice <i>Change your triple cooked chips to dressed side salad (ve), just ask!</i>	
ADD:	
PARIS BROWN MUSHROOMS (V)	1.50
SMOKED CHEDDAR (V)	1.50
CHARGRILLED HALLOUMI (V)	1.50
STREAKY BACON	2.00

Stone-Baked Pizzas

All of our pizzas are also available to take away, so you can enjoy the taste of Italy at home.
Ask a member of the team for details.

NICE & SPICY* pepperoni, Cajun roasted chicken, red chilli and Bumbu Bali sauce, topped with jalapeños, Cheddar and mozzarella cheese	13.25	SPICED LAMB AND PORK & FENNEL SAUSAGE pomegranate, red onion chutney, hummus with Cheddar and mozzarella cheese	13.25	CLASSIC MARGHERITA (V) Cheddar, mozzarella and fresh basil	9.95	ADD:	
MEDITERRANEAN olives, pork & fennel sausage, red onion chutney, prosciutto, Cheddar and mozzarella cheese	11.95	DOLCELATTE & ROASTED PEAR (V) with red chilli, red onion chutney and mozzarella	11.50	LOBSTER SENSATION THERMIDOR* bouillabaisse, béchamel cheese & mustard thermidor-style sauce base, topped with rocket, cheddar and mozzarella cheese	14.25	PARIS BROWN MUSHROOMS (V)	1.50
						STREAKY BACON	2.00
						JALAPEÑOS (V)	1.50
						CHARGRILLED HALLOUMI (V)	1.50
						FREE-RANGE FRIED EGG (V)	1.50
						PULLED CHICKEN	2.00
						WILD CAUGHT GARLIC KING PRAWNS	3.00
						OLIVES (V)	1.50

Chef's Specialities

DUO OF LAMB* lamb cutlets and a pulled lamb shepherd's pie with green beans and a red wine & rosemary jus	21.95	PIE OF THE DAY* ask a member of the team for today's pie. Served with spring onion mash, green beans, thyme-roasted carrots and a red wine jus	14.50	STICKY CHICKEN* chicken breast with Bumbu Bali sauce, pineapple & mango salsa served with skin on fries	13.50
SLOW-ROASTED TOMATO & ALMOND BAKE† (VE) with giant couscous, green beans, tomato sauce, baby spinach and roasted omega seeds	13.95	ROASTED SALMON* with a pea & smoked pancetta velouté, broccoli and spring onion mash	16.50	FORESTIERE CHICKEN BREAST* stuffed with spinach & mozzarella wrapped in pancetta with a wild mushroom sauce served with spinach and skin on fries	14.50
GREENS & GRAINS SALAD (VE) wheatberry couscous, beetroot, broccoli, green beans, avocado, pomegranate, asparagus and Omega seeds with pineapple & ginger dressing	11.25	FISH AND CHIPS* beer-battered cod with triple cooked chips, mushy peas and a lime & chilli tartare sauce	13.95	SMOKED SPATCHCOCK GAMMON Beechwood smoked gammon with triple cooked chips, free-range fried egg and roasted pineapple	14.25
ADD TO ANY SALAD:		PAN-FRIED SEA BASS FILLETS* topped with lobster bouillabaisse sauce served with asparagus, tempura prawns and lemon & mint crushed potatoes	17.95	LEMON & THYME HALLOUMI (V) served with roasted Paris brown mushrooms, half roasted garlic, triple-cooked chips and a thyme-roasted heirloom tomato	13.95
CHARGRILLED CHICKEN	3.00	KING PRAWN & AVOCADO SALAD with pink grapefruit, mango, baby spinach, pomegranate and a pineapple & ginger dressing	12.95	SLOW-COOKED PORK BELLY* with a mini caramelised apple pie, chive mash, green beans and a red wine jus	15.25
SALMON	4.00			ADD SCALLOPS	4.00
CHARGRILLED HALLOUMI (V)	3.00				

Sides 3.50 EACH

ROCKET, ASPARAGUS & PINK ONION SALAD (VE)	
BEANS, BROCCOLI & SEEDS (V)	
PEAS, SMOKED PANCETTA & SPRING ONION	
SPICED ROASTED SQUASH & RED ONION (VE)	
SWEET POTATO FRIES (V)	
ROSEMARY & TRUFFLE OIL FRIES (V)	
BELGIAN FRIES (V) triple cooked chips with garlic mayo and Cajun spices	

Desserts

Enjoy our selection of freshly prepared desserts to finish.

BELGIAN CHOCOLATE BROWNIE (V) with chocolate gelato & Belgian chocolate sauce	6.50	BRITISH CHEESEBOARD (V) Nettle, Elsdon goats' cheese, Redesdale and Kielder cheese served with grapes, oatcakes, celery and Netherend farm butter	8.50	BLACK FOREST FLOWERPOT* (V) black cherries in kirsch, topped with Belgian chocolate mousse, chocolate soil and edible flowers	7.25
STRAWBERRY & PINK GIN MOUSSE BAR* (V) with a chewy toffee and oat crumble with Herefordshire blackcurrants in sauce	6.50	ADD PORT TO YOUR CHEESEBOARD	3.00	VEGAN CARAMEL BISCUIT CHEESECAKE (VE) with a cinnamon biscuit base served with caramelised banana	6.95
SCORCHED CARAMELISED PINEAPPLE† (VE) served with coconut sauce, passion fruit and a pecan brittle	6.75	RHUBARB & APPLE CRUMBLE (V) topped with demerara crumble and served with custard	5.95	ITALIAN GELATO PARLOUR (V) Choose any 3 scoops from:	5.50
FRESH STRAWBERRIES (V) with mascarpone gelato and raspberry sugar crunch	6.25	VEGAN OPTION AVAILABLE (VE)		CHOCOLATE STRAWBERRIES & CREAM MASCARPONE	
		BRAMLEY APPLE PIE (V) apple compote in a shortcrust pastry served with custard	5.75		
		VEGAN OPTION AVAILABLE (VE)			

Hot Drinks

All hot drinks are also available to takeaway.

FLAT WHITE	2.95
LATTE	2.95
CAPPUCCINO	2.95
AMERICANO	2.75
DOUBLE ESPRESSO	2.75
MOCHA	2.95
HOT CHOCOLATE	2.75
CHAI LATTE	2.95
BREAKFAST TEA	2.50
EARL GREY	2.50
PEPPERMINT TEA	2.50
GREEN TEA	2.50

Coconut, Soya or Oat Non-dairy milk alternatives are available

DO YOU NEED OUR ALLERGEN GUIDE? Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients.

If you have any questions, allergies or intolerances, please let us know before ordering.

* Contains alcohol. † Contains tree nuts and/or peanuts. (V) = made with vegetarian ingredients; (VE) = made with vegan ingredients.

However some of our preparation and cooking methods could affect this. If you require more information, please ask your server.