

# ALL·BAR·ONE

FOOD

## SMALL PLATES

**SOCIAL** - Share 5 plates 33.5 | **SOLO** - 3 plates 21.5

<b>BEEF BRISKET TACOS*</b>	9.5
Pulled beef brisket in gochujang sauce with avocado, pickled pink onion, little gem and chillies <i>596kcal</i>	
<b>KARAAGE STICKY CHICKEN</b>	8.95
With toasted sesame seeds, chilli, spring onion and chipotle jam <i>627kcal</i>	
<b>HALLOUMI FRIES (V)</b>	7.95
Southern fried dusting with smoked paprika & saffron aioli <i>529kcal</i>	
<b>HOUMOUS &amp; PITTA (VE)</b>	7.5
Topped with Ras-El-Hanout roasted chickpeas <i>829kcal</i>	
<b>DUCK GYOZA</b>	8.5
Pan-steamed with som tam dressing, chilli and spring onion <i>191kcal</i>	

### BIT ON THE SIDE

Stone baked garlic pesto flatbread (V)	7.95
Sweet potato fries (VE)	4.95
Heirloom tomato & feta (V)	4.75
Charred stem broccoli (VE)	4.5

Please refer to the sides section for calorie information

<b>CRISPY CAULIFLOWER BITES (VE)*</b>	8.5
With sweet chilli dip and lime <i>404kcal</i>	
<b>WILD CAUGHT ARGENTINIAN PRAWNS</b>	9.5
Pan-fried with garlic & chilli butter and sourdough to dip <i>512kcal</i>	
<b>SALT &amp; PEPPER CALAMARI</b>	8.5
With sweet chilli dip and lime <i>259kcal</i>	
<b>BUMBU BALI CHICKEN SKEWERS*</b>	8.95
Chargrilled with an Indonesian-style marinade, with slaw and sweet & sour pickled pink onion <i>507kcal</i>	
<b>CHORIZO &amp; HALLOUMI SKEWERS</b>	8.95
With tomato & coriander salsa <i>686kcal</i>	
<b>SPICY CORN RIBS (VE)</b>	7.95
Corn riblets with sriracha chili sauce <i>267kcal</i>	

### Tapas Tuesday

**Tues from 4pm 31.95**

Choose your favourite bottle of our house wine or 2 classic cocktails or 2 Aperol Spritz and 4 small plates.



## SHARING

All dishes serve 2

<b>ALL BAR ONE FAVOURITES BOARD*</b>	25.95
Chorizo & halloumi skewers, salt & pepper calamari, spicy corn ribs and bumbu bali chicken skewers <i>1719kcal</i>	
<b>NACHOS (V)</b>	11.5
Cheddar cheese, tomato & coriander salsa, sour cream, smashed avocado and jalapeños <i>700kcal</i>	

<b>TRIO OF FRIES (V)</b>	11.5
Fries with smoked paprika & saffron aioli, fries with Gran Moravia, truffle-infused oil & rosemary and sweet potato fries with sour cream & Ras-El-Hanout spices <i>1483kcal</i>	

## WRAPS & SANDWICHES

Available until 5pm

<b>CHICKEN &amp; BACON FOCACCIA</b>	11.95
Chargrilled chicken breast, smoked streaky bacon and roasted pepper mayo on toasted focaccia, with seasoned skin-on fries <i>1058kcal</i>	
<b>FISH FINGER BUN</b>	11.5
Panko crumbed fish fingers, little gem lettuce, tartare sauce, toasted seeded bun with seasoned skin-on fries <i>760kcal</i>	
<b>HALLOUMI &amp; ROASTED VEG FOCACCIA (V)</b>	10.95
Grilled halloumi, flamed peppers, roasted aubergine and avocado on toasted focaccia, with seasoned skin-on fries <i>1014kcal</i>	
<b>OUNPH! QUESADILLA (VE)</b>	10.95
Chargrilled beetroot chai tortilla with Pulled Oumph!, Violife melting mature slice, avocado, pea & coriander chutney and creamy coconut dressing with sweet potato fries <i>843kcal</i>	

<b>CHICKEN QUESADILLA</b>	11.5
Chargrilled tortilla with chicken breast, roasted peppers, chickpeas, smoky tomato sauce, Cheddar cheese and sour cream, with seasoned skin-on fries <i>715kcal</i>	

### Love to Lunch

**Mon-Fri 12-5pm**

**ADD A DRINK FOR AN EXTRA £1**

Choose from 1/2 pint of Pravha, 125ml glass of house wine, medium draught Diet Pepsi, Pepsi Max or R Whites or one of our handcrafted sodas

Upgrade to a pint of Pravha or 175ml glass of wine for an extra 1.5

Adults need around 2000 calories a day.

## FAVOURITES

<b>SEA BASS &amp; YELLOW THAI CURRY</b>	18.95
Pan-fried sea bass, sticky rice and yellow Thai curry sauce with a prawn cracker <i>1028kcal</i>	
<b>FISH &amp; CHIPS</b>	16.95
With crushed minted peas, tartare sauce and seasoned skin-on fries <i>774kcal</i>	
<b>CHICKEN &amp; CHORIZO SKEWERS</b>	15.95
With saffron aioli, slaw and sweet potato fries <i>1144kcal</i>	
<b>HALLOUMI &amp; VEG SKEWERS (V)</b>	15.5
Chargrilled halloumi, mushroom, pepper & courgette skewers, carrot & watercress salad and sweet potato fries <i>1305kcal</i>	
<b>PAELLA</b>	16.95
With king prawns, chorizo and squid <i>640kcal</i>	
<b>PAD THAI (V)</b>	11.95
Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snaps, beansprouts, sweet chilli and pine nuts. Choose - soy sauce or sriracha <i>526kcal</i>	
With chicken breast & prawn cracker <i>269kcal</i>   4	
With king prawns & prawn cracker <i>138kcal</i>   5	
<b>10oz RIBEYE STEAK*</b>	24.95
21 day aged steak with peppercorn sauce, cherry tomatoes, watercress and seasoned skin-on fries <i>1096kcal</i>	
Add onion rings (VE) <i>300kcal</i>   3.5	
Add king prawns <i>365kcal</i>   5	

## LEAVES & GRAINS

<b>CHICKEN, BACON &amp; AVOCADO SALAD</b>	14.95
Rich in Vitamin A, E, C, B6, Folate & Potassium Little gem and roquette lettuce, spinach, sugar snap peas, cherry tomatoes, focaccia croutons and a creamy lemon dressing <i>799kcal</i>	
<b>MAKI BOWL</b>	11.5
Sticky rice, cucumber, avocado, edamame beans, slaw and sriracha mayo	
With soy & sesame glaze salmon fillet <i>939kcal</i>	
With grilled fajita chicken <i>688kcal</i>	
<b>NOURISH BOWL (VE)</b>	11.5
Rich in Vitamin C, Folate & Potassium Quinoa & buckwheat grains, baby spinach, rocket, edamame beans, tomatoes, broccoli and pomegranate with an orange dressing <i>425kcal</i>	
<b>LAKSA COCONUT CURRY (VE)</b>	11.95
Pulled Oumph!, butternut squash, sweet peppers, sugar snaps and baby corn laksa curry served with sticky rice <i>437kcal</i>	

## A BIT ON THE SIDE

<b>STONE BAKED GARLIC PESTO FLATBREAD (V)</b>	7.95
Gran Moravia, rocket and sea salt <i>1245kcal</i>	
<b>SWEET POTATO FRIES (VE)</b>	4.95
<i>472kcal</i>	
<b>SEASONED SKIN-ON FRIES (VE)</b>	4.5
<i>401kcal</i>	
With smoked paprika and saffron aioli (V) <i>484kcal</i>	
With Gran Moravia, truffle-infused oil and rosemary (V) <i>459kcal</i>	

## BURGERS

Burgers are served with seasoned skin-on fries and topped with beef tomato and little gem lettuce in a linseed bun.

<b>BEEF BRISKET &amp; CHEESE</b>	16.95
Chargrilled beef patty, hand pulled BBQ beef brisket with cheesy sauce, mayo and tobacco onions <i>1329kcal</i>	
<b>KOREAN BBQ CHICKEN*</b>	16.5
Buttermilk chicken breast with Korean-style Gochujang sauce, mayo, cucumber, carrot, coriander and pickled pink onions <i>1030kcal</i>	
<b>CLASSIC CHEESE</b>	15.5
Chargrilled beef patty topped with smoked Cheddar cheese and mayo <i>1080kcal</i>	
<b>PLANT-BASED (VE)</b>	15.95
Meatless Farm™ patty with pickled pink onion, Violife melting mature slice, jalapeños and tomato & coriander salsa <i>942kcal</i>	

  

<b>EXTRAS</b>	
Buttermilk chicken breast <i>302kcal</i>	4
Chargrilled beef patty <i>241kcal</i>	3
Smoked streaky bacon <i>105kcal</i>	2
Smoked Cheddar (V) <i>166kcal</i>	1
Onion Rings (VE) <i>300kcal</i>	3.5
Grilled halloumi (V) <i>425kcal</i>	2

### Mates & Dates

**Sun - Thurs from 5pm**

2 courses 19 | 3 courses 23

Enjoy 2 or 3 courses from our Mates & Dates Set Menu.



## SUPERCHARGE MY BOWL

Smoked streaky bacon <i>105kcal</i>	2
Chicken breast <i>211kcal</i>	3.5
Grilled halloumi (V) <i>425kcal</i>	2
Feta (V) <i>276kcal</i>	2
King prawns <i>365kcal</i>	5
Salmon fillet <i>482kcal</i>	5
Chicken & chorizo skewer <i>239kcal</i>	5
Smashed avocado (V) <i>119kcal</i>	1.5

Adults need around 2000 calories a day.

# SWEET TOOTHS



## MINIS FOR SHARING

Perfect for two to share – mini double chocolate brownie with ginger ice cream, churros with chocolate dipping sauce, Little Moons Salted Caramel ice cream mochi and Very Berry sorbet mochi *1554kcal*

11.5

## BERRY MERINGUE MARTINI (V)

Berry meringue roulade, spiced fruit & rum compote and whipped cream *679kcal*

8.95

## POPCORN CHOCOLATE BROWNIE (V)

With vanilla ice cream and salted caramel sauce *859kcal*

7.5

## CHURROS

With chocolate sauce for dunking and raspberry sprinkles *891kcal*

7.5

## CARAMEL BISCUIT TORTE (VE)

Creamy coconut-based alternative topping on a cinnamon biscuit base, with fresh banana *728kcal*

7.5

## LITTLE MOONS TRIO (V)

Little Moons Coconut and Salted Caramel creamy artisan gelato, and Very Berry sorbet lovingly wrapped in soft and delight delicate mochi dough *211kcal*

7.5

# HOT DRINKS

All hot drinks are served with a shot of chocolate beans (V) *91kcal*

**ESPRESSO** *11kcal* 3.25

**AMERICANO** *11kcal* 3.25

**MACCHIATO** *36kcal* 3.5

**CAPPUCCINO** *119kcal* 3.5

**FLAT WHITE** *72kcal* 3.5

**MOCHA** *179kcal* 3.5

**LATTE** *110kcal* 3.5

**HOT CHOCOLATE** *250kcal* 3.5

**ICED COFFEE** *99kcal* 3.5

**TEAS** 3.25

Breakfast *24kcal*

Earl Grey *24kcal*

Rooibos *24kcal*

Camomile *0kcal*

Peppermint *0kcal*

Green *0kcal*

## EXTRAS

Add an espresso shot *11kcal* 0.5

Caramel flavoured syrup *63kcal* 0.5

Vanilla flavoured syrup *67kcal* 0.5

Our 100% Arabica coffee offers a medium body & delicate taste. Containing beans from plantations in Nicaragua, this coffee is linked to a project which supports the sustainable wellbeing of 26 small scale coffee producing farms.\*

AVAILABLE TO TAKE AWAY.

\*Not applicable for decaffeinated coffee (not Rainforest Alliance certified).

**LAVAZZA**  
TORINO, ITALIA 1895



### SUSTAINABLE MENU CHOICES

Food production contributes over 30% of global greenhouse gas emissions. We are working hard to reduce the emissions of our menus, by making small changes we can all make a big difference. You can find our low emission, planet friendly, dishes by looking for the leaf symbol. 🌿

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. (V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. \* = contains alcohol. Fish dishes may contain small bones. Vitamin C, D, A, B12 and Folate contribute to the normal function of the immune system. Potassium contributes to normal functioning of the nervous system. All calories are correct at the time of menu print. Live nutritional information is available online. Adults need around 2000kcal a day.