

## NIBBLES

PADRÓN PEPPERS   
OLIVES 


VEGETABLE CRISPS   
SMOKED ALMONDS 


TORTILLA CHIPS  
with Pico de Gallo salsa

## SMALL PLATES

ANY 3 FOR OR 5 FOR

We recommend 3 dishes each, or sharing 5 dishes between two

DUO OF HUMOUS   
Classic and pumpkin & apple humous with crisp tortilla chips

*Top Pick!* MAC & CHEESE   
In a smoky gooey cheddar sauce

BBQ CHICKEN WINGS  
Glazed with Korean inspired BBQ flavours of ginger, garlic and soy

MUSTARD GLAZED COCKTAIL SAUSAGES  
With a maple & Dijon mustard dip

SALT & PEPPER CALAMARI  
With a sweet chilli and lime dip

CHORIZO & HALLOUMI SKEWERS  
With Pico de Gallo salsa

STONEBAKED GARLIC FLATBREAD   
With rocket, Italian hard cheese and a balsamic vinegar dressing


PIL PIL KING PRAWNS  
With toasted ciabatta

*We love* KARAAGE STICKY CHICKEN  
With toasted sesame, chilli, spring onion and chipotle jam

HALLOUMI FRIES  
Southern fried dusting with smoked paprika & saffron aioli

FISH GOUJONS  
In a Panko crumb with saffron aioli


CHILLI 'NON' CARNE TACOS   
Filled with crushed avocado, chilli 'non' carne and a nacho crumb

VEGETABLE TEMPURA   
Courgette, padrón peppers and cauliflower in tempura batter with a creamy curried mango dip


## TAPAS TUESDAY

4 SMALL PLATES + BOTTLE OF HOUSE WINE  
Available from 4pm every Tuesday

## SHARING


ALL BAR ONE NACHOS   
Flour & beetroot chia tortillas topped with Monterey Jack cheese, Pico de Gallo salsa, sour cream, crushed avocado and jalapeños  
Add chilli 'non' carne 2.00  
Add pulled chicken 3.00

TRIO OF FRIES  
Fries with smoked paprika & saffron aioli, Fries with Parmesan, truffle oil and rosemary and Sweet Potato Fries with sour cream and Cajun dressing

VEGAN DIRTY NACHOS   
Flour & beetroot chia tortillas topped with spicy chickpeas, tomato, coriander, spring onions and a dairy-free Gouda style cheese alternative

## OUR SHARING BOARDS

THE GRAZING BOARD  
Chorizo and halloumi skewers, salt & pepper calamari, nachos, fish goujons with a saffron aioli and mustard glazed cocktail sausages

THE MEZZE BOARD   
Duo of humous, cheesy fondue with walnuts and celery, nachos & tempura battered vegetables

## OUR SIGNATURE BURGERS

Swap to sweet potato fries + £1.00

*We recommend*


THE ALL DIRTY ONE  
Handmade beef patty, crisp Prosciutto, melting gooey Raclette cheese and Caesar slaw served in a seeded bun with gherkin, lettuce, red onion, tomato and seasoned fries

THE CLASSIC  
Handmade beef patty with our signature burger sauce served in a seeded bun with gherkin, lettuce, red onion, tomato and seasoned fries






THE BACON & CHEESE  
Handmade beef patty, streaky bacon, smoked Cheddar and our signature burger sauce served in a seeded bun with gherkin, lettuce, red onion, tomato and seasoned fries

THE CHICKEN  
Buttermilk fried chicken served in a seeded bun with gherkin, lettuce, red onion, tomato and seasoned fries

*Love this*

THE PLANT BASED   
The revolutionary Beyond Meat® burger that looks and cooks like meat. Plant-based patty served with a dairy-free Gouda style cheese alternative, vegan mayonnaise, lettuce, tomato and crispy onions in a seeded bun with seasoned fries

### MAKE IT YOUR OWN

Bacon 1.50 Smoked Cheddar  1.00 Grilled halloumi  1.00 Extra patty 3.00 Smashed avocado  1.50  
Chilli 'non' carne  2.00 Pulled chicken 3.00 Fried egg  1.00


Simply ask our team to make your burger 'skinny' by swapping your bun for half an avocado and fries for salad

## MAINS

HALF ROAST CHICKEN  
Smoky & piquant, marinated with paprika, lemon, oregano and garlic served with seasoned fries & watercress

BAKED SALMON FILLET  
*2 of your 5 a day*  
Ras-El-Hanout spices, giant cous cous, pomegranate, pesto, broccoli and spinach

*Our Fave*


PAD THAI   
Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snap peas, beansprouts, sweet chilli and cashew nuts, served with your choice of Soy sauce or Sriracha  
Add chicken breast & prawn cracker  
Add king prawns & prawn cracker

THE CLUB SANDWICH  
Chargrilled chicken breast, bacon, lettuce and tomato in toasted sourdough with seasoned fries

FIRECRACKER CHICKEN,  
CHORIZO MAC & CHEESE  
Smoked Cheddar sauce with tobacco onions

TEMPURA FISH & CHIPS  
With mushy peas, tartare sauce and seasoned fries

CHICKEN KATSU  
Firecracker chicken with steamed sticky rice and a spiced coconut curry sauce


PLANT-BASED LASAGNE   
Topped with breadcrumbs, roasted butternut squash, peppers and courgette


CHICKEN & AVOCADO SALAD  
*3 of your 5 a day and rich in vitamin C and folate*  
Grilled chicken, avocado, cos lettuce, cherry tomatoes, Asian-style slaw and sugar snaps with a creamy lemon dressing


8oz RIBEYE STEAK  
With peppercorn sauce and Parmesan & rosemary fries  
Add tempura onion rings  
Add pan-fried king prawns

## NUTRITIOUS POWER-FOODS

Healthy, tasty dishes and salads created with nutritionist Sarah Jackson, to help you make delicious choices

SUPERGREEN NOODLE LAKSA   
*2 of your 5 a day and rich in Vitamin C and folate*  
Rice noodles, spiced coconut sauce with pak choi, broccoli, spinach & beansprouts

THE POWER OF FIVE<sup>+</sup>   
*5 of your 5 a day and 300 calories or less*  
Pan fried greens, butternut squash, aubergine, mushroom and peppers, toasted sesame seeds and miso sauce  
Add sticky rice for 2.00


BEETROOT, FETA & WALNUT SALAD   
*3 of your 5 a day and 500 calories or less, rich in vitamin B6 and potassium*  
Candied, golden and red beetroot, lentils, chargrilled carrot, sugar snap peas, cos lettuce, feta & toasted walnuts

WE RECOMMEND ADDING ANY OF THE BELOW TO THESE DISHES  
Chicken breast / Halloumi  / Salmon fillet / King prawns

## PERFECT FOR LUNCH


Served every day until 5pm  
Swap to sweet potato fries + £1.00

HANDMADE FISH FINGER WRAP  
Two lightly breaded fish goujons with cos lettuce, tartare sauce and seasoned fries

SMASHED AVOCADO, FETA & CHILLI   
Served open on a toasted ciabatta with seasoned fries

HANDMADE MEATBALL WRAP  
Beef meatballs, spicy tomato & onion sauce, Monterey Jack cheese, watercress, tobacco onions and seasoned fries

CHICKEN QUESADILLA  
Chargrilled tortilla with pulled chicken, black beans, peppers and lime. Served with sour cream and seasoned fries



LENTIL & CHICKPEA QUESADILLA   
Served in a beetroot & chia seed wrap with a dairy-free Gouda style cheese alternative, rocket and seasoned fries


BBQ CHICKEN, BACON & CHEESE MELT  
Served open on a toasted ciabatta with rocket and seasoned fries

## EXPRESS LUNCH & DRINK

Mon-Fri 12-5pm  
Any lunch dish with ½ pint of Amstel, 125ml glass of house wine, Twisted Tonics (0.07% VOL), Raspberry Cooler or draught soft drinks

## SIDE DISHES


SWEET POTATO FRIES   
ROCKET & PARMESAN SALAD  
MIXED SALAD 


FRIES   
With smoked paprika and saffron aioli   
With Parmesan, truffle oil and rosemary  
With chilli 'non' carne & Monterey Jack cheese 

## DESSERTS

INDULGENT SHARING BOARD  
Perfect for two to share – mini chocolate brownie & Biscoff cheesecake, churros with Dulce de Leche and raspberry & coconut sorbets

BELGIAN CHOCOLATE BROWNIE   
Served with bourbon vanilla ice cream

COCONUT & RASPBERRY SORBETS   
Served with berries and mint



BISCOFF CHEESECAKE   
Served with banana and toffee sauce

CHURROS  
Served with Dulce de Leche

## DATE NIGHT OR MATES NIGHT SET MENU

2 COURSES: 3 COURSES:  
Available Sunday – Thursday from 5pm. See reverse for full details

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, or you require our allergen information, please let us know before ordering.

 = made with vegetarian ingredients.  = made with vegan ingredients, <sup>+</sup> = contains alcohol, however some of our preparation and cooking methods could affect this. If you require more information, please ask your server. Fish dishes may contain small bones. One of your 5-a-day - A portion of fruit or veg for our meals is based on a minimum 80g serving size and 80g edible pulp and/or 150ml pure fruit juice for drinks. Vitamin C contributes to normal psychological function. Vitamin B6 contributes to the regulation of hormonal activity. Folate contributes to normal homocysteine metabolism. Potassium contributes to normal functioning of nervous system.



# FOOD

## DATE NIGHT OR MATES NIGHT SET MENU

Available Sunday – Thursday from 5pm

### STARTERS

- HUMOUS DUO 🍷
- CHILLI 'NON' CARNE TACOS 🍷
- SALT & PEPPER CALAMARI
- BBQ CHICKEN WINGS

### MAINS

- THE CLASSIC BURGER
- THE CHICKEN BURGER
- CHICKEN KATSU
- PLANT BASED LASAGNE 🍷
- BEETROOT, FETA & WALNUT SALAD 🍷
- 8oz RIBEYE STEAK (£5 supplement)

### DESSERTS

- BELGIAN CHOCOLATE BROWNIE 🍷
- COCONUT & RASPBERRY SORBETS 🍷
- CHURROS
- BISCOFF CHEESECAKE 🍷



ALL·BAR·ONE

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