

## NIBBLES

PADRÓN PEPPERS 🌱 3.95

OLIVES 🌱 2.95

VEGETABLE CRISPS 🌱 2.95

SMOKED ALMONDS 🌱 3.50

TORTILLA CHIPS 3.95  
with Pico de Gallo salsa

## SMALL PLATES

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

DUO OF HUMOUS 🌱 6.50

Classic and pumpkin & apple humous with crisp tortilla chips

*Top Pick!* MAC & CHEESE 🌱 6.95

In a smokey gooey cheddar sauce

MUSTARD GLAZED COCKTAIL SAUSAGES 6.95

With a maple & Dijon mustard dip

SALT & PEPPER CALAMARI 6.95

With a sweet chilli and lime dip

CHORIZO & HALLOUMI SKEWERS 6.95

With Pico de Gallo salsa

STONEBAKED GARLIC FLATBREAD 🌱 6.50

With rocket, Italian hard cheese and a balsamic vinegar dressing

PIL PIL KING PRAWNS 6.95

With toasted ciabatta

*We love* KARAAGE STICKY CHICKEN 7.50

With toasted sesame, chilli, spring onion and chipotle jam

HALLOUMI FRIES 6.50

Southern fried dusting with smoked paprika & saffron aioli

FISH GOUJONS 6.95

In a Panko crumb with saffron aioli

CHILLI 'NON' CARNE TACOS 🌱 6.50

Filled with crushed avocado, chilli 'non' carne and a nacho crumb

## SHARING

ALL BAR ONE NACHOS 🌱 10.50

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 9.50

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 🌱 10.50

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 19.50

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

## OUR SIGNATURE BURGERS

Swap to sweet potato fries + £1.00

*We recommend*

THE ALL DIRTY ONE 14.95

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 12.50

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 13.50

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 12.50

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

*Love this*

THE PLANT BASED 🌱 14.95

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 13.95

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

BAKED SALMON FILLET 14.95

*2 of your 5 a day*

Ras-El-Hanout spices, giant cous cous, pomegranate, pesto, broccoli and spinach

*Our Fave* PAD THAI 🌱 10.95

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 2.50  
Add king prawns & prawn cracker 3.00

THE CLUB SANDWICH 11.50

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

FIRECRACKER CHICKEN,  
CHORIZO MAC & CHEESE 13.50

Smoked Cheddar sauce with tobacco onions

TEMPURA FISH & CHIPS 13.50

With mushy peas, tartare sauce and seasoned fries

CHICKEN KATSU 13.50

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

PLANT-BASED LASAGNE 🌱 12.50

Topped with breadcrumbs, roasted butternut squash, peppers and courgette

CHICKEN & AVOCADO SALAD 12.95

*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 17.95

With peppercorn sauce and Parmesan & rosemary fries  
Add tempura onion rings 1.00  
Add pan-fried king prawns 3.00

## NUTRITIOUS POWER-FOODS

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

SUPERGREEN NOODLE LAKSA 🌱 10.95

*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† 🌱 9.95

*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 🌱 10.95

*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 2.50 / Halloumi 🌱 2.00 / Salmon fillet 4.00 / King prawns 3.00

## PERFECT FOR LUNCH

Served every day until 5pm

Swap to sweet potato fries + £1.00

HANDMADE FISH FINGER WRAP 9.50

Two lightly breaded fish goujons with cos lettuce, tartare sauce and seasoned fries

SMASHED AVOCADO, FETA & CHILLI 🌱 10.50

Served open on a toasted ciabatta with seasoned fries

HANDMADE MEATBALL WRAP 9.95

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

CHICKEN QUESADILLA 9.95

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

LENTIL & CHICKPEA QUESADILLA 🌱 9.50

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

BBQ CHICKEN, BACON & CHEESE MELT 10.50

Served open on a toasted ciabatta with rocket and seasoned fries

## SIDE DISHES

SWEET POTATO FRIES 🌱 4.95

ROCKET & PARMESAN SALAD 3.95

MIXED SALAD 🌱 3.95

FRIES 🌱 3.95

With smoked paprika and saffron aioli 🌱 4.95

With Parmesan, truffle oil and rosemary 4.95

With chilli 'non' carne & Monterey Jack cheese 🌱 4.95

## DESSERTS

INDULGENT SHARING BOARD 9.95

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

BELGIAN CHOCOLATE BROWNIE 🌱 5.95

Served with bourbon vanilla ice cream

COCONUT & RASPBERRY SORBETS 🌱 3.95

Served with berries and mint

BISCOFF CHEESECAKE 🌱 6.50

Served with banana and toffee sauce

CHURROS 6.95

Served with Dulce de Leche

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, † = 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



ALL·BAR·ONE

ALL·BAR·ONE