

# FOOD

Why not download our All Bar One App to order your food and drink?  
You can even pay your bill, all in the palm of your hand!

## 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

ANY 3 FOR £16 OR 5 FOR £26

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

DUO OF HOUMOUS  5.95  
Classic and pumpkin & apple humous  
with crisp tortilla chips

MAC & CHEESE  6.50  
In a smokey gooey cheddar sauce

BBQ CHICKEN WINGS 6.95  
Glazed with Korean inspired BBQ flavours  
of ginger, garlic and soy

STONE BAKED GARLIC  
FLATBREAD  5.95  
Topped with rocket, Italian hard cheese  
and a balsamic vinegar dressing

SALT & PEPPER CALAMARI 6.50  
With a sweet chilli and lime dip


CHORIZO & HALLOUMI SKEWERS 6.50  
With Pico de Gallo salsa

PIL PIL KING PRAWNS 6.50  
With toasted ciabatta

*We love*  
KARAAGE STICKY CHICKEN 6.95  
With toasted sesame, chilli, spring onion  
and chipotle jam

MUSTARD GLAZED COCKTAIL  
SAUSAGES 6.50  
With maple & Dijon mustard dip

*Top Pick*  
HALLOUMI FRIES 5.95  
Southern fried dusting with smoked  
paprika & saffron aioli

VEGETABLE TEMPURA  5.95  
Courgette, padrón peppers and cauliflower in tempura  
batter with a creamy curried mango dip


FISH GOUJONS 6.50  
In a Panko crumb with saffron aioli


## TAPAS TUESDAY

4 SMALL PLATES +  
BOTTLE OF HOUSE WINE £20  
Available from 4pm every Tuesday

## SHARING

THE GRAZING BOARD 18.95  
Chorizo and halloumi skewers, salt & pepper calamari, nachos,  
fish goujons with a saffron aioli and mustard glazed cocktail sausages

ALL BAR ONE NACHOS  9.50  
Flour & beetroot chia tortillas topped with Monterey Jack cheese,  
Pico de Gallo salsa, sour cream, crushed avocado and jalapeños  
Add pulled chicken 3.00

VEGAN DIRTY NACHOS  9.50  
Flour & beetroot chia tortillas topped with spicy chickpeas, tomato, coriander,  
spring onions and a dairy-free Gouda style cheese alternative

TRIO OF FRIES 8.95  
Fries with smoked paprika & saffron aioli, Fries with Parmesan, truffle oil and  
rosemary and Sweet Potato Fries with sour cream and Cajun dressing

## PERFECT FOR LUNCH

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

HANDMADE FISH FINGER WRAP 8.50  
Two lightly breaded fish goujons with cos lettuce,  
tartare sauce and seasoned fries

SMASHED AVOCADO,  
FETA & CHILLI  9.50  
Served open on a toasted ciabatta  
with seasoned fries

BBQ CHICKEN, BACON  
& CHEESE MELT 8.95  
Served open on a toasted ciabatta with  
rocket and seasoned fries

CHICKEN QUESADILLA 8.95  
Chargrilled tortilla with pulled chicken, black  
beans, peppers and lime. Served with sour cream  
and seasoned fries

LENTIL & CHICKPEA  
QUESADILLA  8.50  
Served in a beetroot & chia seed wrap with a  
dairy-free Gouda style cheese alternative,  
rocket and seasoned fries



## LUNCH & DRINK OFFER £9.95

Mon-Fri 12-5pm

Any lunch dish with ½ pint of Amstel, 125ml glass of house wine, draught soft drink or  
house soda flavoured with your choice of: lychee / passionfruit / raspberry

## ALL BAR ONE

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.

Please turn over  
for burgers &  
mains

# FOOD

## OUR SIGNATURE BURGERS

Swap to sweet potato fries + £1.00

*We recommend*

### THE ALL DIRTY ONE 13.95

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 10.95

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 12.50

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 11.50

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

*Love this*

### THE PLANT BASED 13.95

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 2.00 Extra patty 3.00 Smashed avocado 1.50 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

*Our Fave*

### PAD THAI 9.95

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 9.95

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

### FIRECRACKER CHICKEN, CHORIZO MAC & CHEESE 12.50

Smoked Cheddar sauce with tobacco onions

### PLANT-BASED LASAGNE 11.50

Topped with breadcrumbs, roasted butternut squash, peppers and courgette

### CHICKEN & AVOCADO SALAD 11.50

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 16.95

With peppercorn sauce and Parmesan & rosemary fries

Add tempura onion rings 1.00

Add pan-fried king prawns 3.00

### HALF ROAST CHICKEN 12.95

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

### CHICKEN KATSU 11.95

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

### BAKED SALMON FILLET 13.50

2 of your 5 a day

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

### TEMPURA FISH & CHIPS 12.50

With mushy peas, tartare sauce and seasoned fries

## NUTRITIOUS POWER-FOODS

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

### SUPER GREEN NOODLE LASKA 9.50

2 of your 5 a day & rich in vitamin C and folate

Flat rice noodles, spiced coconut sauce with pak choi, broccoli, spinach & beansprouts

### THE POWER OF FIVE+ 8.50

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

### BETROOT, FETA & WALNUT SALAD 9.50

3 of your 5 a day & 500 calories or less, rich in vitamin B6 and potassium

Pickled 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

## SIDES

### SWEET POTATO FRIES 4.25

### ROCKET & PARMESAN SALAD 3.50

### MIXED SALAD 3.50

### FRIES 3.25

With smoked paprika and saffron aioli 4.25

With Parmesan, truffle oil and rosemary 4.25

## DESSERTS

### BELGIAN CHOCOLATE BROWNIE 6.50

Served with bourbon vanilla ice cream

### COCONUT & RASPBERRY SORBETS 3.95

Served with berries and mint

### CARAMEL BISCUIT CHEESECAKE 6.50

A creamy coconut-based alternative to a cheese topping on a cinnamon biscuit base with toffee sauce and mint

### CHURROS 6.95

Served with Dulce de Leche

### DESSERT SHARING BOARD 9.95

Perfect for two to share - mini chocolate brownies & caramel biscuit cheesecake, churros with Dulce de Leche and raspberry & coconut sorbets

## DATE NIGHT OR MATES NIGHT SET MENU

2 COURSES: £11.95 3 COURSES: £14.95

Available Sunday – Thursday from 5pm