FOOD

ALL ABOUT GREAT FOOD

ORDER AT TABLE

Order and pay from the comfort of your table. Scan the QR code to start ordering now.

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SMALL PLATES

SOCIAL - Share 5 dishes between 2
SOLO - Get 3 dishes to yourself
STARTER - Pick any dish

TAPAS TUESDAY - Every Tuesday from 4pm, choose your favourite bottle of our house blend wine and four small plates

Upgrade to a premium wine or prosecco for +10

BURRATA (V)
With rocket, beef tomato & basil pesto | 443kcal

Top pick!

HALLOUMI FRIES (V)
Southern fried dusting with smoked paprika & saffron aioli | 537kcal

CRISPY MUSHROOMS (VE)
In a crisp batter with Som Tam dipping sauce, chillies & micro herbs | 145kcal

KARAAGE STICKY CHICKEN
With toasted sesame seeds, chilli, spring onion & chipotle jam | 498kcal

DUCK GYOZA
Pan-steamed with Som Tam dressing, chilli & spring onion | 213kcal

TOPPED HOUMOUS (VE)
With Ras-El-Hanout roasted chickpeas, herbs, chia tortilla & wholemeal pitta to dip | 941kcal

SALT & PEPPER CALAMARI
Sweet chilli & lime dip | 344kcal

Love this!

CRAB TACOS
Claw meat with avocado, pickled watermelon & micro herbs | 408kcal

CHORIZO & HALLOUMI SKEWERS
With tomato & coriander salsa | 705kcal

PANKO PRAWNS
With Som Tam dipping sauce, spring onions & micro herbs | 195kcal

ALL BAR ONE · TAPAS · ABO · ALL BAR ONE · TAPAS ·

WHY NOT PAIR YOUR SMALL PLATE WITH A SIDE? Charred Chilli Broccoli (VE) 3.95 | Sweet Potato Fries (VE) 4.25
Heirloom Tomato & Feta (V) 4.5 | Stone Baked Garlic Flatbread (V) 6.5
Please refer to the sides section for calorie information

SHARING

Love this!

ALL BAR ONE FAVOURITES BOARD
Chorizo & Halloumi Skewers with salsa, Salt & Pepper Calamari with sweet chilli & lime dip, Crispy Mushrooms with Som Tam dipping sauce and Nachos, serves two 1906kcal

TRIO OF FRIES
Fries with smoked paprika and saffron aioli, fries with Parmesan, truffle-infused oil and rosemary & sweet potato fries with sour cream & Ras-El-Hanout spices, serves two | 1521kcal

VEGAN NACHOS (VE)
Spicy chickpeas & tomato, smashed avocado, Violife melted mature and tomato & coriander salsa, serves two | 678kcal

NACHOS (V)
Cheddar cheese, tomato & coriander salsa, sour cream, smashed avocado & jalapeños, serves two | 692kcal

SIDES

STONE BAKED GARLIC FLATBREAD (V) .....
With garlic pesto butter, Gran Moravia, rocket & sea salt (V) | 1079kcal

SWEET POTATO FRIES (VE) | 472kcal .....

HEIRLOOM TOMATO & FETA (V) | 263kcal .....

SEASONED SKIN-ON FRIES (VE) | 401kcal .....

With smoked paprika and saffron aioli (V) | 484kcal .....

With Parmesan, truffle-infused oil and rosemary | 498kcal .....

CHARRED CHILLI BROCCOLI (VE) | 181kcal .....

HOUSE SLAW (V) | 92cal .....

SANDWICHES & WRAPS

Served everyday until 5pm. All served with seasoned skin-on fries. Swap to sweet potato fries +1

FISH FINGER SANDWICH
Panko crumbed fish fingers with little gem lettuce & tartare sauce | 805kcal

SMASHED AVOCADO, FETA & CHILLI (V)
Served open on toasted rustic bread | 930kcal

SMOKY JACKFRUIT WRAP (VE)
Little gem lettuce, fire roasted peppers, herby grains & chipotle jam | 553kcal

CHEESE & HAM TOASTIE
Smoked Cheddar cheese, ham, apricot, ginger & jeera chutney | 1014kcal

CHICKEN QUESADILLA
Chargrilled tortilla filled with pulled chicken breast, fire roasted peppers, smoky tomato sauce, mature Cheddar cheese & sour cream | 708kcal

LUNCH OFFER | 9.5 | Mon-Fri 12-5pm

Any sandwich or wrap with 1/2 pint of Amstel, 125ml glass of house wine, draught soft drink or house soda flavoured with your choice of: lychee / passion fruit / raspberry / strawberry

Choose a pint or 175ml glass of wine for an extra 1.5

NUTRITIOUS POWER-FOODS

HEALTHY, TASTY DISHES AND SALADS
Created with nutritionist Sarah Jackson, to help you make delicious choices

NOURISH BOWL (VE)
Rich in Vitamin C, Folate & Potassium
Quinoa & buckwheat grains, baby spinach, rocket, broad beans, heirloom tomatoes, broccoli & pomegranate with an orange dressing | 389kcal

THE POWER OF FIVE* (VE)
5 of your 5 a day and 300 calories
Pan-fried greens, butternut squash, aubergine, mushroom and peppers, toasted sesame seeds & miso sauce | 300kcal
Upgrade with sticky jasmine rice +2 | 180kcal

CHICKEN & AVOCADO SALAD
Rich in Vitamin A, E, C, B6, Folate & Potassium
Little gem lettuce, cherry tomatoes, rainbow carrots, sugar snaps, spinach, rocket & a creamy lemon dressing | 950kcal

SUPERCHARGE MY POWER-FOOD
Miso & Sesame Salmon Skewer* 269kcal 5 | Chicken & Chorizo skewer 239kcal 5 | Chicken breast 223kcal 3.5
Grilled Halloumi (V) 435kcal 2 | Feta (V) 276kcal 2
King prawns 97kcal 5

MAINS

10oz RIBEYE*
21 day aged steak with peppercorn sauce & seasoned skin-on fries | 1095kcal
Upgrade with onion rings (VE) | 270kcal 1

CHICKEN KATSU
Firecracker chicken breast with steamed sticky jasmine rice & a spiced coconut curry sauce | 995kcal

FISH & CHIPS
With mushy peas, tartare sauce & seasoned skin-on fries | 733kcal

PAD THAI (V)
Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snap peas, beansprouts, sweet chilli and pine nuts, served with your choice of Soy sauce or Sriracha | 553kcal
Upgrade with chicken breast & prawn cracker | 237kcal 3.5
Upgrade with king prawns & prawn cracker | 138kcal 5

THE CLUB SANDWICH
Chargrilled chicken breast, smoked streaky bacon, little gem lettuce, beef tomato & mayo in toasted sourdough. Served with seasoned skin-on fries | 1704kcal

KING PRAWN, CHORIZO & CHILLI PASTA
Linguine tossed with garlic & white wine, cherry tomatoes & parsley | 744kcal

Our fave!

ALL BAR ONE SKEWERS
Freshly prepared in house, chargrilled & served with slaw

- **CHICKEN & CHORIZO**
  With saffron aioli, wholemeal pittas & seasoned skin-on fries | 1701kcal
- **MISO & SESAME SALMON***
  With sticky jasmine rice | 997kcal

Adults need around 2000kcal a day

SIGNATURE BURGERS

All our burgers are served with beef tomato, little gem lettuce & mayo in a gherkin topped linseed bun. Swap to sweet potato fries +1

We reccomend!

THE DIRTY STACK
Double chargrilled beef patty, smoked streaky bacon, cheesy sauce, tobacco onions, Sriracha hot sauce, crushed hash brown & seasoned skin-on fries | 1548kcal

CHICKEN, AVOCADO & BACON
Rosemary buttermilk chicken breast, sliced avocado, streaky bacon, smoked Cheddar cheese & seasoned skin-on fries | 1340kcal

BEEF BRISKET & CHEESE
Chargrilled beef patty, hand pulled BBQ beef brisket with cheesy sauce, tobacco onions & seasoned skin-on fries | 1364kcal

KATSU CHICKEN
Rosemary buttermilk chicken breast with Katsu sauce & seasoned skin-on fries | 1066kcal

CLASSIC CHEESE
Chargrilled beef patty & smoked Cheddar cheese with seasoned skin-on fries | 1115kcal
Upgrade with bacon | 105kcal

BEYOND MEAT™ (VE)
The revolutionary Beyond Meat burger that looks and cooks like meat with pickled pink onion, Violife melting mature slice, tomato & coriander salsa & seasoned skin-on fries | 1006kcal

CUSTOMISE MY BURGER | Smoked streaky bacon | 105kcal 1.5 / Smoked Cheddar (V) | 166kcal 1 / Grilled halloumi (V) | 435kcal 2 / Smashed avocado (V) | 119kcal 2 / Fried egg (V) | 274kcal 1 / Extra chargrilled beef patty | 239kcal 3 / Extra buttermilk chicken burger | 293kcal 4

FOR *ALL* THE SWEET TOOTHS

DESSERTS

Delicious!

PORN STAR MARTINI ETON MESS* (V)
Champagne sorbet, crunchy meringue, whipped cream, passion fruit mango & peach compote with a dash of Absolut Vanilia vodka | 737kcal

CHURROS
Dusted with cinnamon & served with salted caramel sauce | 542kcal

DOUBLE CHOCOLATE BROWNIE (V)
With honeycomb ice cream & Belgian chocolate sauce | 827kcal

CARAMEL BISCUIT TORTE (VE)
A creamy coconut based alternative topping on a cinnamon biscuit base finished with fresh banana & toffee sauce | 815kcal

ALL BAR ONE DESSERT TASTING BOARD
Perfect for two to share – mini chocolate brownies & caramel biscuit torte, churros with salted caramel & porn star martini eton mess* | 1403kcal

DESSERT COCKTAILS

We've collaborated with Hotel Chocolat to create every chocolate & cocktail lovers dream.

ALL·BAR·ONE × HOTEL Chocolat.

CHOCOLAT MARTINI*
Hotel Chocolat Velvetised™ chocolate cream is blended with warm Havana Club rum, De Kuyper Crème de Cacao, oat milk and cocoa powder. Finished with chocolate flakes, this rich and creamy cocktail is the very definition of indulgence.

MIDNIGHT TIRAMISU*
Taking dessert to a whole new level, the classic combination of chocolate and coffee sees Hotel Chocolat Espresso Martini Velvetised™ cream paired with a kick of Tia Maria, Disaronno amaretto and oat milk. Finished with a dusting of cocoa powder.

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Allergen Information
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.