

ALL·BAR·ONE

FOOD

SMALL PLATES

| SOCIAL - Share 5 plates 31.5 SOLO - 3 plates 19.5 | | |
|---|------|--|
| BEEF BRISKET TACOS* | 8.5 | |
| Pulled beef brisket in gochujang sauce with with avocado, pickled pink onion, little gem and chillies 596kcal | | |
| KARAAGE STICKY CHICKEN | 7.95 | |
| With toasted sesame seeds, chilli, spring onion and chipotle jam 627kcal | | |
| HALLOUMI FRIES (V) | 6.95 | |
| Southern fried dusting with smoked paprika & saffron aioli 529kcal | | |
| HOUMOUS & PITTA (VE) | 6.5 | |
| Topped with Ras-El-Hanout roasted chickpeas 829kcal | | |
| DUCK GYOZA | 7.5 | |
| Pan-steamed with som tam dressing, chilli and spring onion 191kcal | | |
| CRISPY CAULIFLOWER BITES (VE)* | 7.5 | |
| With sweet chilli dip and lime 404kcal | | |
| WILD CAUGHT ARGENTINIAN PRAWNS | 8.5 | |
| Pan-fried with garlic & chilli butter and sourdough to dip 512kcal | | |
| HALLOUMI & RATATOUILLE BITES (V) | 7.5 | |
| Served in a crisp tartlet case with a roquette & pepper salad 487kcal | | |
| SALT & PEPPER CALAMARI | 7.5 | |
| With sweet chilli dip and lime 259kcal | | |
| BUMBU BALI CHICKEN SKEWERS* | 7.95 | |
| Chargrilled with an Indonesian-style marinade, with slaw and sweet & sour pickled pink onion 507kcal | | |
| CHORIZO & HALLOUMI SKEWERS | 7.95 | |
| With tomato & coriander salsa 686kcal | | |
| SPICY CORN RIBS (VE) | 6.95 | |
| Corn riblets with sriracha chili sauce 267kcal | | |

BIT ON THE SIDE

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|---|------|
| Stone baked garlic pesto flatbread (V) | 6.95 |
| Sweet potato fries (VE) | 4.5 |
| Heirloom tomato & feta (V) | 4.5 |
| Charred stem broccoli (VE) | 4.25 |
| Please refer to the sides section for calorie information | |

SHARING

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| ALL BAR ONE FAVOURITES BOARD* | 23.95 | |
| Chorizo & halloumi skewers, salt & pepper calamari, spicy corn ribs and bumbu bali chicken skewers 1719kcal | | |
| NACHOS (V) | 10.5 | |
| Cheddar cheese, tomato & coriander salsa, sour cream, smashed avocado and jalapeños 700kcal | | |
| TRIO OF FRIES (V) | 10.5 | |
| 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 1483kcal | | |

WRAPS & SANDWICHES

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| CHICKEN & BACON FOCACCIA | 10.5 | |
| Chargrilled chicken breast, smoked streaky bacon and roasted pepper mayo on toasted focaccia, with seasoned skin-on fries 1058kcal | | |
| FISH FINGER BUN | 9.5 | |
| Panko crumbed fish fingers, little gem lettuce, tartare sauce, toasted seeded bun with seasoned skin-on fries 760kcal | | |
| HALLOUMI & ROASTED VEG FOCACCIA (V) | 9.5 | |
| Grilled halloumi, flamed peppers, roasted aubergine and avocado on toasted focaccia, with seasoned skin-on fries 1014kcal | | |
| OUMPH! QUESADILLA (VE) | 9.5 | |
| Chargrilled beetroot chai tortilla with Pulled Oumph!, Violife melting mature slice, avocado, pea & coriander chutney and creamy coconut dressing with sweet potato fries 843kcal | | |
| CHICKEN QUESADILLA | 9.5 | |
| Chargrilled tortilla with chicken breast, roasted peppers, chickpeas, smoky tomato sauce, Cheddar cheese and sour cream, with seasoned skin-on fries 715kcal | | |
| Any sandwich or wrap with 1/2 pint of Pravha, 125ml glass of house wine, medium draught Diet Pepsi, Pepsi Max or R Whites or Mathieu Teisseire House Soda flavoured with your choice of: lychee / passion fruit / raspberry / strawberry. | | |
| Upgrade to a pint of Pravha or 175ml glass of wine for an extra 1.5 | | |

Adults need around 2000 calories a day.

FAVOURITES

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|---|-------|--|
| SEA BASS & YELLOW THAI CURRY | 15.95 | |
| Pan-fried sea bass, sticky rice and yellow Thai curry sauce with a prawn cracker 1028kcal | | |
| FISH & CHIPS | 14.5 | |
| With crushed minted peas, tartare sauce and seasoned skin-on fries 774kcal | | |
| CHICKEN & CHORIZO SKEWERS | 14.5 | |
| With saffron aioli, slaw and sweet potato fries 1144kcal | | |
| HALLOUMI & VEG SKEWERS (V) | 13.95 | |
| Chargrilled halloumi, mushroom, pepper & courgette skewers, carrot & watercress salad and sweet potato fries 1305kcal | | |
| PAELLA | 14.95 | |
| With king prawns, chorizo and squid 640kcal | | |
| PAD THAI (V) | 10.5 | |
| Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snaps, beansprouts, sweet chilli and pine nuts. Choose - soy sauce or sriracha 526kcal | | |
| With chicken breast & prawn cracker 269kcal 3.5 | | |
| With king prawns & prawn cracker 138kcal 5 | | |
| 10oz RIBEYE STEAK* | 22.5 | |
| 21 day aged steak with peppercorn sauce, cherry tomatoes, watercress and seasoned skin-on fries 1096kcal | | |
| Add onion rings (VE) 300kcal 3.5 | | |
| Add king prawns 365kcal 5 | | |

LEAVES & GRAINS

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|---|-------|--|
| CHICKEN, BACON & AVOCADO SALAD | 12.95 | |
| 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 799kcal | | |
| MAKI BOWL | 13.5 | |
| Sticky rice, cucumber, avocado, edamame beans, slaw and sriracha mayo | | |
| With soy & sesame glaze salmon fillet 939kcal | | |
| With grilled fajita chicken 688kcal | | |
| NOURISH BOWL (VE) | 9.95 | |
| Rich in Vitamin C, Folate & Potassium Quinoa & buckwheat grains, baby spinach, rocket, edamame beans, tomatoes, broccoli and pomegranate with an orange dressing 425kcal | | |
| LAKSA COCONUT CURRY (VE) | 9.95 | |
| Pulled Oumph!, butternut squash, sweet peppers, sugar snaps and baby corn laksa curry served with sticky rice 437kcal | | |

A BIT ON THE SIDE

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|---|------|--|
| STONE BAKED GARLIC PESTO FLATBREAD (V) | 6.95 | |
| Gran Moravia, rocket and sea salt 1245kcal | | |
| SWEET POTATO FRIES (VE) | 4.5 | |
| 472kcal | | |
| SEASONED SKIN-ON FRIES (VE) | 3.95 | |
| 401kcal | | |
| With smoked paprika and saffron aioli (V) 484kcal | | |
| With Gran Moravia, truffle-infused oil and rosemary (V) 459kcal | | |

BURGERS

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|---|-------|--|
| BEEF BRISKET & CHEESE | 15.5 | |
| Chargrilled beef patty, hand pulled BBQ beef brisket with cheesy sauce, mayo and tobacco onions 1329kcal | | |
| KOREAN BBQ CHICKEN* | 14.95 | |
| Buttermilk chicken breast with Korean-style Gochujang sauce, mayo, cucumber, carrot, coriander and pickled pink onions 1030kcal | | |
| CLASSIC CHEESE | 13.95 | |
| Chargrilled beef patty topped with smoked Cheddar cheese and mayo 1080kcal | | |
| PLANT-BASED (VE) | 14.5 | |
| Meatless Farm™ patty with pickled pink onion, Violife melting mature slice, jalapeños and tomato & coriander salsa 942kcal | | |

EXTRAS

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|---------------------------|-----|
| Buttermilk chicken breast | 4 |
| Chargrilled beef patty | 3 |
| Smoked streaky bacon | 1.5 |
| Smoked Cheddar (V) | 1 |
| Grilled halloumi (V) | 2 |

Mates & Dates

Sun - Thurs from 5pm

2 courses 16.5 | 3 courses 20.5

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

SUPERCARGE MY BOWL

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|--------------------------|-----|
| Chicken breast | 3.5 |
| Grilled halloumi (V) | 2 |
| Feta (V) | 2 |
| King prawns | 5 |
| Salmon fillet | 5 |
| Chicken & chorizo skewer | 5 |
| Smashed avocado (V) | 1.5 |

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*

BERRY MERINGUE MARTINI (V) 7.95
Berry meringue roulade, spiced fruit & rum compote and whipped cream *679kcal*

POPCORN CHOCOLATE BROWNIE (V) 6.5
With vanilla ice cream and salted caramel sauce *859kcal*

CHURROS 6.5
With chocolate sauce for dunking and raspberry sprinkles *891kcal*

CARAMEL BISCUIT TORTE (VE) 6.5
Creamy coconut-based alternative topping on a cinnamon biscuit base, with fresh banana *728kcal*

LITTLE MOONS TRIO (V) 6.5
Little Moons Coconut and Salted Caramel creamy artisan gelato, and Very Berry sorbet lovingly wrapped in soft and delight delicate mochi dough *211kcal*

HOT DRINKS

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

ESPRESSO *11kcal* 2.95
AMERICANO *11kcal* 2.95
MACCHIATO *36kcal* 3.15
CAPPUCCINO *119kcal* 3.15
FLAT WHITE *72kcal* 3.15
MOCHA *179kcal* 3.15
LATTE *110kcal* 3.15
HOT CHOCOLATE *250kcal* 3.15
ICED COFFEE *99kcal* 3.15

TEAS 2.95
Breakfast *24kcal*
Earl Grey *24kcal*
Rooibos *24kcal*
Camomile *0kcal*
Peppermint *0kcal*
Green *0kcal*

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.*

EXTRAS

Add an espresso shot *11kcal* 0.5
Caramel flavoured syrup *63kcal* 0.5
Vanilla flavoured syrup *67kcal* 0.5

AVAILABLE TO TAKE AWAY.

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



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.