

ALL·BAR·ONE

FOOD

SMALL PLATES

SOCIAL - Share 5 plates **33.5** | **SOLO** - 3 plates **21.5**

KARAAGE STICKY CHICKEN With toasted sesame seeds, chilli, spring onion and chipotle jam <i>627kcal</i>	8.95	CRISPY CAULIFLOWER BITES (VE)* With sweet chilli dip and lime <i>404kcal</i>	8.5
HALLOUMI FRIES (V) Southern fried dusting with smoked paprika & saffron aioli <i>529kcal</i>	7.95	WILD CAUGHT ARGENTINIAN PRAWNS Pan-fried with garlic & chilli butter and sourdough to dip <i>512kcal</i>	9.5
HOUMOUS & PITTA (VE) Topped with Ras-El-Hanout roasted chickpeas <i>829kcal</i>	7.5	SALT & PEPPER CALAMARI With sweet chilli dip and lime <i>259kcal</i>	8.5
		BUMBU BALI CHICKEN SKEWERS* Chargrilled with an Indonesian-style marinade, with slaw and sweet & sour pickled pink onion <i>507kcal</i>	8.95
		CHORIZO & HALLOUMI SKEWERS With tomato & coriander salsa <i>686kcal</i>	8.95

BIT ON THE SIDE

Stone baked garlic pesto flatbread (V)	7.95
Sweet potato fries (VE)	4.95
Heirloom tomato & feta (V)	4.5

Please refer to the sides section for calorie information

Tapas Tuesday

Tues from 4pm 31.95

Choose your favourite bottle of our house wine or 2 classic cocktails or 2 Aperol Spritz and 4 small plates.



SHARING

All dishes serve 2

NACHOS (V) Cheddar cheese, tomato & coriander salsa, sour cream, smashed avocado and jalapeños <i>700kcal</i>	11.5	TRIO OF FRIES (V) 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 <i>1483kcal</i>	11.5
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WRAPS & SANDWICHES

Available until 5pm

CHICKEN & BACON FOCACCIA Chargrilled chicken breast, smoked streaky bacon and roasted pepper mayo on toasted focaccia, with seasoned skin-on fries <i>1058kcal</i>	11.95	CHICKEN QUESADILLA Chargrilled tortilla with chicken breast, roasted peppers, chickpeas, smoky tomato sauce, Cheddar cheese and sour cream, with seasoned skin-on fries <i>715kcal</i>	10.95
FISH FINGER BUN Panko crumbed fish fingers, little gem lettuce, tartare sauce, toasted seeded bun with seasoned skin-on fries <i>760kcal</i>	10.95		
OUMPH! QUESADILLA (VE) Chargrilled beetroot chai tortilla with Pulled Oumph!, Violife melting mature slice, avocado, pea & coriander chutney and creamy coconut dressing with sweet potato fries <i>843kcal</i>	10.95		

Love to Lunch

Mon-Fri 12-5pm 11.95

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

FISH & CHIPS With crushed minted peas, tartare sauce and seasoned skin-on fries <i>774kcal</i>	16.5
CHICKEN & CHORIZO SKEWERS With saffron aioli, slaw and sweet potato fries <i>1144kcal</i>	15.95
HALLOUMI & VEG SKEWERS (V) Chargrilled halloumi, mushroom, pepper & courgette skewers, carrot & watercress salad and sweet potato fries <i>1305kcal</i>	15.5
PAD THAI (V) Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snaps, beansprouts, sweet chilli and pine nuts. Choose - soy sauce or sriracha <i>526kcal</i> With chicken breast & prawn cracker <i>269kcal</i> 3.5 With king prawns & prawn cracker <i>138kcal</i> 5	11.95
10oz RIBEYE STEAK* 21 day aged steak with peppercorn sauce, cherry tomatoes, watercress and seasoned skin-on fries <i>1096kcal</i> Add onion rings (VE) <i>300kcal</i> 3.5 Add king prawns <i>365kcal</i> 5	24.5

BURGERS

Burgers are served with seasoned skin-on fries and topped with beef tomato and little gem lettuce in a linseed bun.

BEEF BRISKET & CHEESE Chargrilled beef patty, hand pulled BBQ beef brisket with cheesy sauce, mayo and tobacco onions <i>1329kcal</i>	16.95
KOREAN BBQ CHICKEN* Buttermilk chicken breast with Korean-style Gochujang sauce, mayo, cucumber, carrot, coriander and pickled pink onions <i>1030kcal</i>	16.5
CLASSIC CHEESE Chargrilled beef patty topped with smoked Cheddar cheese and mayo <i>1080kcal</i>	15.5
BUTTERMILK CHICKEN & CHEESE Buttermilk chicken breast topped with Cheddar cheese, smoked streaky bacon and mayo <i>1245cal</i>	15.95
PLANT-BASED (VE) Meatless Farm™ patty with pickled pink onion, Violife melting mature slice, jalapeños and tomato & coriander salsa <i>942kcal</i>	15.95

EXTRAS

Buttermilk chicken breast <i>302kcal</i>	4
Chargrilled beef patty <i>241kcal</i>	3
Smoked streaky bacon <i>105kcal</i>	1.5
Smoked Cheddar (V) <i>166kcal</i>	1
Grilled halloumi (V) <i>425kcal</i>	2

LEAVES & GRAINS

CHICKEN, BACON & AVOCADO SALAD Rich in Vitamin A, E, C, B6, Folate & Potassium Little gem and rocket lettuce, spinach, sugar snap peas, cherry tomatoes, focaccia croutons and a creamy lemon dressing <i>799kcal</i>	14.5	LAKSA COCONUT CURRY (VE) Pulled Oumph!, butternut squash, sweet peppers, sugar snaps and baby corn laksa curry served with sticky rice <i>437kcal</i>	11.5
GRILLED FAJITA CHICKEN MAKI BOWL Sticky rice, cucumber, avocado, edamame beans, slaw, sriracha mayo and grilled fajita chicken <i>688kcal</i>	13.5		
NOURISH BOWL (VE) Rich in Vitamin C, Folate & Potassium Quinoa & buckwheat grains, baby spinach, rocket, edamame beans, tomatoes, broccoli and pomegranate with an orange dressing <i>425kcal</i>	11.5	SUPERCHARGE MY BOWL Chicken breast <i>211kcal</i> Grilled halloumi (V) <i>425kcal</i> Feta (V) <i>276kcal</i> King prawns <i>365kcal</i> Chicken & chorizo skewer <i>239kcal</i> Smashed avocado (V) <i>119kcal</i>	3.5 2 2 5 5 1.5

A BIT ON THE SIDE

STONE BAKED GARLIC PESTO FLATBREAD (V) Gran Moravia, rocket and sea salt <i>1245kcal</i>	7.95	HEIRLOOM TOMATO & FETA (V) <i>256kcal</i>	4.5
SWEET POTATO FRIES (VE) <i>472kcal</i>	4.95	HOUSE SALAD (V) <i>195kcal</i>	4.5
SEASONED SKIN-ON FRIES (VE) <i>401kcal</i> With smoked paprika and saffron aioli (V) <i>484kcal</i> With Gran Moravia, truffle-infused oil and rosemary (V) <i>459kcal</i>	4.5 4.95 4.95	HOUSE SLAW (V) <i>89kcal</i>	2.95
		ONION RINGS (VE) <i>300kcal</i>	3.5

SWEET TOOTH

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*



11.5

POPCORN CHOCOLATE BROWNIE (V)

With vanilla ice cream and salted caramel sauce *859kcal*

7.5

CHURROS

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

7.5

CARAMEL BISCUIT TORTE (VE)

Creamy coconut-based alternative topping on a cinnamon biscuit base, with fresh banana *728kcal*

7.5

LITTLE MOONS TRIO (V)

Little Moons Coconut and Salted Caramel creamy artisan gelato, and Very Berry sorbet lovingly wrapped in soft and delicate mochi dough *211kcal*

7.5

HOT DRINKS

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

ESPRESSO *11kcal*

3.15

AMERICANO *11kcal*

3.15

MACCHIATO *36kcal*

3.35

CAPPUCCINO *119kcal*

3.35

FLAT WHITE *72kcal*

3.35

MOCHA *179kcal*

3.35

LATTE *110kcal*

3.35

HOT CHOCOLATE *250kcal*

3.35

ICED COFFEE *99kcal*

3.35

TEAS

3.15

Breakfast *24kcal*

Earl Grey *24kcal*

Rooibos *24kcal*

Camomile *0kcal*

Peppermint *0kcal*

Green *0kcal*

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.