

ALL·BAR·ONE

FOOD

# SMALL PLATES

**SOCIAL** - Share 5 dishes between 2 for 31.5  
**SOLO** - Get 3 dishes to yourself for 19.95

**WILD CAUGHT ARGENTINIAN PRAWNS | 8.95**  
 Pan-fried with garlic & chilli butter and sourdough to dip *512kcal*

**HALLOUMI FRIES (V) | 7.5**  
 Southern fried dusting with smoked paprika & saffron aioli *537kcal*

**CRISPY POTATOES & OKRA (V) | 6.95**  
 With date & tamarind chutney and sesame seeds *276kcal*

**KARAAGE STICKY CHICKEN | 7.95**  
 With toasted sesame seeds, chilli, spring onion and chipotle jam *650kcal*

**DUCK GYOZA | 7.95**  
 Pan-steamed with som tam dressing, chilli and spring onion *190kcal*

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

## TAPAS TUESDAY | 24.95 Tues from 4pm

Choose your favourite bottle of our house blend wine or 2 classic cocktails + 4 small plates

**HOUMOUS & PITTA (VE) | 6.95**   
 Topped with Ras-El-Hanout roasted chickpeas *932kcal*

**SALT & PEPPER CALAMARI | 7.95**  
 With sweet chilli dip and lime *354kcal*

**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 *694kcal*

**ROASTED AUBERGINE & FETA (V) | 7.95**  
 Roasted aubergine, creamy red pepper & tomato sauce, crumbled feta and pomegranate seeds *363kcal*

**CRAB TACOS | 8.5**  
 Claw meat with avocado, pickled watermelon and micro herbs *408kcal*

**CRISPY MUSHROOMS (VE) | 6.95**  
 With som tam dipping sauce and chilli *132kcal*

# SHARING

All dishes serve two

**ALL BAR ONE FAVOURITES BOARD\* | 22.95**   
 Chorizo & halloumi skewers, salt & pepper calamari, houmous & pitta and bumbu bali chicken skewers *2488kcal*

**NACHOS (V) | 10.5**  
 Cheddar cheese, tomato & coriander salsa, sour cream, smashed avocado and jalapeños *697kcal*

**TRIO OF FRIES | 10.5**  
 Fries with smoked paprika and saffron aioli, fries with parmesan, truffle-infused oil and rosemary and sweet potato fries with sour cream & Ras-El-Hanout spices *1522kcal*

# WRAPS & SANDWICHES

AVAILABLE UNTIL 5PM

**CHICKEN & BACON FOCACCIA | 10.95**  
 Chargrilled chicken breast, smoked streaky bacon and roasted pepper mayo on toasted focaccia, with seasoned skin-on fries *1192kcal*

**FISH FINGER BUN | 9.95**  
 Panko crumbed fish fingers, little gem lettuce, tartare sauce, toasted seeded bun with seasoned skin-on fries *786kcal*

**FALAFEL WRAP\* (VE) | 9.95**   
 Beetroot chia wrap with sweet potato falafel, houmous, grains, baby watercress, apricot and ginger & jeera relish, with seasoned skin-on fries *689kcal*

## LOVE TO LUNCH | 9.95 Mon-Fri 12-5pm

Any sandwich or wrap with 1/2 pint of Amstel, 125ml glass of house wine, draught Pepsi or soft drink or house soda flavoured with your choice of: lychee / passion fruit / raspberry / strawberry  
 Upgrade to a pint or 175ml glass of wine for an extra 1.5

**CHICKEN QUESADILLA | 9.95**   
 Chargrilled tortilla with chicken breast, roasted peppers, smoky tomato sauce, Cheddar cheese and sour cream, with seasoned skin-on fries *709kcal*

**HALLOUMI & ROASTED VEG FOCACCIA (V) | 9.95**   
 Grilled halloumi, flamed peppers, roasted aubergine and avocado on toasted focaccia, with seasoned skin-on fries *1050kcal*



# FAVOURITES

**10oz RIBEYE STEAK\* | 21.5**  
 21 day aged steak with peppercorn sauce, cherry tomatoes, watercress and seasoned skin-on fries *1096kcal*  
 Add onion rings (VE) *300kcal* | 3.5  
 Add Argentinian prawns *365kcal* | 5

**CHICKEN & CHORIZO SKEWERS | 14.95**  
 With saffron aioli, slaw and sweet potato fries *1144kcal*

**HALLOUMI & CHARGRILLED VEG SKEWERS (V) | 14.5**  
 With houmous and sweet potato fries *1122kcal*

**FISH & CHIPS | 14.5**  
 With crushed minted peas, tartare sauce and seasoned skin-on fries *773kcal*

**PAELLA | 14.95**   
 With king prawns, chorizo and squid *652kcal*

**PAD THAI (V) | 10.95**   
 Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snaps, beansprouts, sweet chilli and pine nuts. Choose - soy sauce or sriracha *504kcal*  
 With chicken breast & prawn cracker *269kcal* | 3.5  
 With prawns & prawn cracker *138kcal* | 5

# LEAVES & GRAINS

**MAKI BOWL**  
 Sticky rice, cucumber, avocado, edamame beans, slaw and sriracha mayo  
 With soy & sesame glaze salmon fillet *939kcal* | 12.95  
 With grilled fajita chicken *687kcal* | 12.5

**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*

# BURGERS

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

**BEEF BRISKET & CHEESE | 15.5**  
 Chargrilled beef patty, hand pulled BBQ beef brisket with cheesy sauce and tobacco onions *1356kcal*

**CLASSIC CHEESE | 13.95**  
 Chargrilled beef patty topped with smoked Cheddar cheese *1107kcal*

**KOREAN BBQ CHICKEN | 14.95**  
 Buttermilk chicken breast with Korean-style Gochujang sauce, cucumber, carrot, coriander and pickled pink onions *1129kcal*

**PLANT-BASED (VE) | 14.5**   
 Meatless Farm™ patty with pickled pink onion, Violife melting mature slice, jalapeños and tomato & coriander salsa *970kcal*

**CUSTOMISE** | Smoked streaky bacon *105kcal* | 1.5  
 Smoked Cheddar (V) *166kcal* | 1 | Grilled halloumi (V) *431kcal* | 2 | Chargrilled beef patty *241kcal* | 3  
 Buttermilk chicken burger *371kcal* | 4

**BUTTERNUT SQUASH & FALAFEL BOWL\* (VE) | 9.95**   
 Source of Vitamin A  
 Roasted squash, pickled sweet & sour pink onions, fire roasted peppers, tomato & chickpea stew and omega & sesame seed sprinkle *707kcal*

**CHICKEN & AVOCADO SALAD | 12.5**   
 Rich in Vitamin A, E, C, B6, Folate & Potassium  
 Little gem lettuce, cherry tomatoes, rainbow carrots, sugar snaps, spinach, rocket and a creamy lemon dressing *597kcal*

**SUPERCHARGE MY BOWL** | Chicken breast *211kcal* | 3.5  
 Grilled halloumi (V) *431kcal* | 2 | Feta (V) *276kcal* | 2  
 King prawns *365kcal* | 5 | Salmon fillet *482kcal* | 5  
 Chicken & chorizo skewer *239kcal* | 5  
 Smashed avocado (V) *119kcal* | 1.5

# A BIT ON THE SIDE

**SWEET POTATO FRIES (VE) *472kcal* ..... 4.5**  
**SEASONED SKIN-ON FRIES (VE) *401kcal* ..... 3.95**  
 With smoked paprika and saffron aioli (V) *484kcal* ..... **4.5**  
 With parmesan, truffle-infused oil and rosemary *498kcal* ..... **4.5**

**STONE BAKED GARLIC FLATBREAD (V)**  
 Garlic pesto butter, Gran Moravia, rocket and sea salt *1078kcal* ..... **6.95**  
**HEIRLOOM TOMATO & FETA (V) *256kcal* ..... 4.5**  
**HOUSE SALAD (V) *195kcal* ..... 3.95**  
**CHARRED STEM BROCCOLI (VE)**  
 Toasted pine nuts and lemon dressing *203kcal* ..... **4.25**  
**HOUSE SLAW (V) *89kcal* ..... 2.95**  
**ONION RINGS (VE) *300kcal* ..... 3.5**

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.



## FOR THE SWEET TOOTH

### MINIS FOR SHARING | 10.5

Perfect for two to share - mini double chocolate brownie, red velvet cake and mango & passion fruit torte with honeycomb ice cream *907kcal*



### SALTED CARAMEL MARTINI (V) | 8.5

Salted caramel profiteroles, Irish cream mousse & cheesecake, with a dash of Irish cream liqueur *898kcal*

### DOUBLE CHOCOLATE BROWNIE (V) | 6.5

With honeycomb ice cream and Belgian chocolate sauce *868kcal*

### CARAMEL BISCUIT TORTE (VE) | 6.5

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

### AFFOGATO (V) | 4.5

Honeycomb ice cream with a shot of Lavazza espresso *230kcal*

## HOT DRINKS

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

ESPRESSO 0kcal	2.85
AMERICANO 25kcal	2.85
MACCHIATO 25kcal	3.05
CAPPUCCINO 96kcal	3.05
FLAT WHITE 61kcal	3.05
MOCHA 121kcal	3.05
LATTE 99kcal	3.05
HOT CHOCOLATE 167kcal	3.05
ICED COFFEE 88kcal	3.05



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.

### AVAILABLE TO TAKE AWAY.

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



**CUSTOMISE** | Add an espresso shot 50p *0kcal*  
Caramel *63kcal* or vanilla *67kcal* flavoured syrup 50p  
Swap to Alpro Oat *53kcal* 25p

### TEAS | Breakfast | Earl Grey | Rooibos | Camomile | Peppermint | Green | 2.85

24kcal      24kcal      24kcal      0kcal      0kcal      0kcal

### 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. 

Adults need around 2000 calories a day.

