

FOOD

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ALL ABOUT GREAT FOOD

Printed on FSC® certified paper
using vegetable based inks by
a printer who holds ISO 14001
environmental management
accreditation. This menu can
be recycled along with all other
paper and card recycling.

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. 🌿



SMALL PLATES

SOCIAL - Share 5 dishes between 2 for 30.95
SOLO - Get 3 dishes to yourself for 19.95
STARTER - Pick any dish

PAN-FRIED OCTOPUS | 9.5
Sautéed with chorizo, tomato, fire roasted peppers & crispy potatoes | 472kcal

BURRATA (V) | 8.95
With rocket, beef tomato & basil pesto | 443kcal

HALLOUMI FRIES (V) | 7.95
Southern fried dusting with smoked paprika & saffron aioli | 537kcal

CRISPY MUSHROOMS (VE) | 6.95
In a crisp batter with som tam dipping sauce, chillies & micro herbs | 145kcal

KARAAGE STICKY CHICKEN | 7.95
With toasted sesame seeds, chilli, spring onion & chipotle jam | 498kcal

WHY NOT PAIR YOUR SMALL PLATE WITH A SIDE?
Charred Stem Broccoli (VE) 208kcal 3.95 | Sweet Potato Fries (VE) 472kcal 4.5 | Heirloom Tomato & Feta (V) 260kcal 4.5 | Stone Baked Garlic Flatbread (V) 1079kcal 7.5

TAPAS TUESDAY - Every Tuesday from 4pm, choose your favourite bottle of our house blend wine and four small plates | 26
Upgrade to a premium wine or prosecco for +10

DUCK GYOZA | 7.95
Pan-steamed, som tam dressing, chilli, spring onion & micro herbs | 213kcal

TOPPED HOUMOUS (VE) | 6.95
With ras-el-hanout roasted chickpeas, herbs, chia tortilla & wholemeal pitta to dip | 941kcal

SALT & PEPPER CALAMARI | 7.95
Sweet chilli & lime dip | 344kcal

BUMBU BALI CHICKEN SKEWERS* | 8.5
Chargrilled with an Indonesian-style marinade, served with slaw and sweet & sour pickled pink onion | 538kcal

CHORIZO & HALLOUMI SKEWERS | 8.5
With tomato & coriander salsa | 705kcal

WILD CAUGHT ARGENTINIAN PRAWNS | 9.5
Pan-fried and served with garlic & chilli butter and rustic bread to dip | 373kcal

Love this!



SHARING

ALL BAR ONE FAVOURITES BOARD | 21.5
Chorizo & halloumi skewers, salt & pepper calamari, topped houmous & bumbu bali chicken skewers*, serves two | 2528kcal

NACHOS (V) | 10.95
Cheddar cheese, tomato & coriander salsa, sour cream, smashed avocado & jalapeños, serves two | 692kcal

Love this!

AUBERGINE FLATBREAD (V) | 10.95
Chargrilled aubergine, ras el hanout, feta, pomegranate & mint | 968kcal

PASTRAMI FLATBREAD | 10.95
Smoked pastrami, smashed squash, fire roasted peppers, jalapeños, Cheddar cheese & rocket | 1109kcal

WRAPS & TOASTIES

AVAILABLE MON-FRI UNTIL 5PM
Swap to sweet potato fries +1

FALAFEL WRAP* (VE) | 10.5
Beetroot chia wrap filled with sweet potato falafel, houmous, grains, baby watercress and apricot, ginger & jeera relish. Served with seasoned skin-on fries | 689kcal

SMOKED PASTRAMI & CHEESE TOASTIE | 10.5
On campailou bread with seasoned skin-on fries | 1055kcal

CHICKEN QUESADILLA | 9.95
Chargrilled tortilla filled with pulled chicken breast, fire roasted peppers, smoky tomato sauce, mature Cheddar cheese & sour cream, with seasoned skin-on fries | 708kcal

Delicious!

SIDES

STONE BAKED GARLIC FLATBREAD (V).....7.5
Garlic pesto butter, Gran Moravia, rocket & sea salt | 1079kcal

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

HEIRLOOM TOMATO & FETA (V) | 260kcal.....4.5

CHARRED STEM BROCCOLI (VE)
With toasted pine nuts & lemon dressing | 208kcal.....3.95

HOUSE SLAW (V) | 89cal.....3.5

ONION RINGS (VE) | 270kcal.....3.5

Adults need around 2000 calories a day.

LARGE PLATES

30 DAY AGED FILLET STEAK SKEWERS | 22.5
Prime cut British and Irish steak with beef dripping & thyme sauce, seasoned skin-on fries, cherry tomato & baby watercress | 947kcal

CHICKEN & CHORIZO SKEWERS | 15.5
With saffron aioli, slaw & sweet potato fries | 1112kcal

MISO SALMON SKEWERS* | 16.95
Korean grains, pak choi, spring onions, chilli & edamame beans | 868kcal
Upgrade with sticky jasmine rice | 180kcal 2
Our fave!

COD & CHIPS | 14.5
With crushed minted peas, tartare sauce & seasoned skin-on fries | 783kcal

CLUB SANDWICH | 11.5
Chargrilled chicken breast, smoked streaky bacon, little gem lettuce, beef tomato & mayo in toasted sourdough. Served with seasoned skin-on fries | 1314kcal

PAELLA | 15.5
Served with wild caught Argentinian prawns, chorizo & squid | 653kcal

CUSTOMISE | Smoked streaky bacon 105kcal 1.5 | Smoked Cheddar (V) 116kcal 1 | Grilled halloumi (V) 435kcal 2 | Smashed avocado (V) 119kcal 1.5 | Fried egg (V) 274kcal 1 | Extra chargrilled beef patty 239kcal 3 | Extra buttermilk chicken burger 293kcal 4 | Onion rings (VE) 270kcal 1

SALADS & BOWLS

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 & a creamy lemon dressing | 564kcal

PAD THAI | 11.5
Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snap peas, beansprouts, sweet chilli & 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

SALMON MAKI BOWL | 12.95
Source of Vitamin D and B12
Sticky rice, cucumber, avocado, edamame beans & slaw with sriracha mayo & sesame | 1015kcal

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

BEEF BRISKET & CHEESE BURGER | 15.5
Chargrilled beef patty, hand pulled BBQ beef brisket with cheesy sauce, tobacco onions & seasoned skin-on fries | 1361kcal

CLASSIC CHEESE BURGER | 13.95
Chargrilled beef patty and smoked Cheddar cheese with seasoned skin-on fries | 1111kcal

CHICKEN, BACON & AVOCADO BURGER | 15.5
Chargrilled chicken breast, sliced avocado, streaky bacon, smoked Cheddar cheese & seasoned skin-on fries | 1222kcal

BEYOND MEAT BURGER™ (VE) | 15.95
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

SUPERCHARGE MY BOWL | Argentinian prawn skewer 260kcal 5 | Miso salmon skewer* 269kcal 5 | Chicken & Chorizo skewer 239kcal 5 | Chicken breast 223kcal 3.5 | Smoked streaky bacon 105kcal 1.5 | Grilled Halloumi (V) 435kcal 2 | Feta (V) 2 276kcal | | Smashed avocado (V) 119kcal 1.5

BUTTERNUT SQUASH & FALAFEL BOWL* (VE) | 10.95
Source of Vitamin A
Roasted squash, pickled sweet & sour pink onions, fire roasted peppers, tomato & chickpea stew & omega & sesame seed sprinkle | 697kcal

NOURISH BOWL (VE) | 10.95
Rich in Vitamin C, Folate & Potassium.
Quinoa & buckwheat grains, baby spinach, rocket, edamame beans, heirloom tomatoes, broccoli & pomegranate with an orange dressing | 430kcal
Love this!

DESSERTS

PORN STAR MARTINI ETON MESS* (V) | 8.5
Champagne sorbet, crunchy meringue, whipped cream, passion fruit mango & peach compote with a dash of Absolut Vanilla vodka | 737kcal

SALTED CARAMEL MARTINI* (V) | 8.95
Salted caramel profiteroles, Irish cream mousse & cheesecake, with a dash of Irish cream liqueur | 899kcal

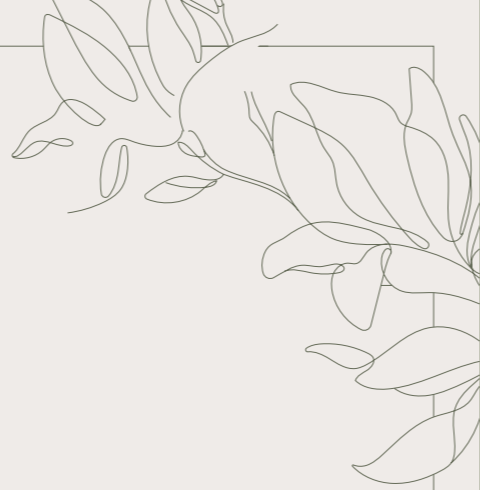
Delicious!

ALL BAR ONE DESSERT TASTING BOARD | 10.95
Perfect for two to share - mini chocolate fudge cake, red velvet cake and mango & passion fruit torte with honeycomb ice cream | 818kcal

DOUBLE CHOCOLATE BROWNIE (V) | 6.5
With honeycomb ice cream & Belgian chocolate sauce | 827kcal

CARAMEL BISCUIT TORTE (VE) | 6.5
A creamy coconut-based alternative topping on a cinnamon biscuit base finished with fresh banana & toffee sauce | 815kcal

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.



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