



### Important Information

The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size unless stated otherwise.

Reference Intakes, previously called Guideline Daily Amounts (GDAs), can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet.

They are based on official recommendations for an average adult, doing an average amount of physical activity and are a guide not a target.

All of our menu claims are approved by our Company Nutritionist .

This guide was last updated December 2018.

Reference Intakes (RIs) of an average adult:	
Nutrient	Reference Intake
Energy (kj/ kcal)	8400kJ/ 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

All Bar One Nutrition Guide		Typical nutrition values per average portion							
		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>Breakfasts</b>									
Full Breakfast	Cherry Orchard sausages, smoked back bacon, free range eggs, roast mushroom, plum tomato, baked beans and toasted sourdough	5,271	1,255	104	40	22	7	56	6
Smoked bacon rustic roll	with soured cream, chilli tomato jam & fresh coriander.	3,007	716	23	9	97	32	29	5
Goji berry granola pot	Fresh strawberries, banana and blueberries	1,378	328	12	10	46	30	7	0
Buttermilk pancakes	Served with maple syrup, banana, rippled blueberry yoghurt, and strawberries.	2,251	536	11	5	95	56	12	2
Top with smoked back bacon		322	77	4	2	0	0	10	2
Eggs Benedict	Toasted English muffin topped with with ham and poached free range eggs. Served with omega seed sprinkle and lemon hollandaise	3,079	733	49	14	38	5	35	3
Add half a sliced avocado		1,159	276	24	5	2	1	2	0
Eggs Royale	Toasted English muffin topped with Severn & Wye smoked salmon and poached free range eggs. Served with omega seed sprinkle and lemon hollandaise	3,390	807	57	16	38	5	35	4
Eggs Florentine	Toasted English muffin topped with sauted spinach, grilled mushrooms and poached free range eggs. Served with omega seed sprinkle and lemon hollandaise	3,078	733	51	17	39	6	27	2
Poached egg pot	Smashed avocado, two free range poached eggs topped with crumbled feta, chilli & chorizo.	2,213	527	43	15	3	1	28	2
Sausage Sandwich(2)	Grilled Cherry Orchard Sausages served in Sour Dough with Onion Maramalade	3,250	774	52	21	49	7	26	2
Smoked Bacon Sandwich		3,007	716	23	9	97	32	29	5

Lobster, bacon & avocado club.	Lobster mayonnaise, smoked back bacon, chopped cos & smashed avocado, served with a choice of salad or fries. Please see choice item for additional allergen information.	3,675	875	64	20	41	5	29	6
Severn & Wye Smoked salmon an	Served on toasted sourdough	3,031	722	56	23	17	2	38	3
Poached free range eggs with sea	Sauteed in garlic & parsley butter, served on toasted sourdough.	1,936	461	35	18	17	1	18	2
Smashed avocado with crumbled	Served on toasted sourdough	2,524	601	45	13	21	3	13	2
Sour Dough - Build Your Own		357	85	1	0	16	0	3	0
Smoked back bacon		322	77	4	2	0	0	10	2
Seasonal mushrooms		968	230	23	15	2	0	3	1
Smashed avocado		1,751	417	37	8	4	2	4	0
Beetroot houmous		483	115	6	1	11	6	4	1
Grilled halloumi		1,134	270	20	12	3	2	19	2
Crumbled feta		815	194	16	11	1	1	12	2
Poached free range eggs		647	154	11	3	0	0	13	0
Scrambled free range eggs		1,903	453	41	20	2	2	20	1
Chorizo		394	94	8	3	0	0	5	1
<b>Smoothies</b>									
Berry Blast		517	123	0	0	28	28	0	0
Broccoli boost		682	162	1	0	35	30	3	0
Super C		722	172	0	0	41	23	0	0

Starters and Sharers									
Stonebaked Garlic Flatbread	Topped with rocket and Italian hard cheese	4,421	1,053	59	28	101	8	27	4
Buttermilk Chicken Wings	Glazed with Korean inspired BBQ flavours of ginger, garlic and soy	2,758	657	26	7	46	25	58	3
Halloumi Fries (V)	With a chimichurri dip	2,237	533	41	19	11	4	30	4
Salt And Pepper Calamari	With a sweet chilli and lime dip	2,111	503	17	16	19	47	9	3
Chilli Non Carne Tacos (VE)	Filled with crushed avocado, chilli non carne and nacho crumb and served with a turtle bean & pineapple salsa	2,016	480	22	5	49	8	12	2
Chorizo & Halloumi Skewers	Served with pico de gallo salsa	2,163	515	48	23	7	4	13	4
Houmous Duo (V)	Beetroot & apple houmous and classic houmous served with warm flatbread	2,104	501	25	3	51	8	15	1
Pan fried king prawns	Pan-fried with tomato, chilli & paprika with baby kale & warm ciabatta	1,721	410	18	2	37	2	23	3
Crushed Avacado Bruschetta	With a tomato salsa	1,406	335	17	3	34	3	6	1
Seasonal mushroom tempura	Toasted sesame & miso dip	2,631	627	53	1	32	15	4	2
Ginger Teriyaki Chicken Skewers	Served with pickled vegetables and sesame seeds	1,408	335	5	1	31	21	42	3
Lobster mac n cheese	In a smoked applewood Cheddar sauce	1,630	388	20	13	31	4	20	3

Nutritious Power Foods									
The power of 5	Pan fried medley of greens, butternut squash, aubergine, mushroom and peppers with a toasted sesame and miso sauce, topped with a rice noodle cracker	1,240	295	7	1	40	26	10	1
Morrocan Squash salad (VE)	Roasted Butternut squash, spiced quinoa, chickpeas, sugar snap peas, pomegranate with a coconut and turmeric dressing	1,802	429	14	9	63	17	10	0
Supergreen Laksa (VE)	Vermicelli noodles, spiced coconut sauce with pak choi, broccoli, spinach and beansprouts	1,932	460	26	15	42	11	11	3
Avocado & black rice salad (VE)	Avocado with onion seeds, quinoa, soya beans, baby kale & chilli topped with coconut dressing and tortilla crisp	3,213	765	48	14	45	6	21	1
Mains									
Chimichurri beef fillet skewers	Served with seasoned fries, padron peppers and black rice salad	4,330	1,031	49	15	97	8	47	4
Tempura onion rings		3,616	861	67	17	61	3	1	5
Pan-fried king prawns		438	104	2	0	1	0	21	2
Fish & Chips	Tempura cod fillet, mushy peas, tartare sauce & fries	3,854	918	50	13	78	4	38	3
Smoked haddock & mustard fish	With bloody mary tartare sauce, served with fries or house salad	1,554	370	13	5	45	7	16	2
Chicken Burrito	With black beans, spiced rice, peppers, Monterey Jack cheese, crushed avocado and sour cream. Served with smoked paprika fries	3,931	936	49	23	81	12	38	4
Chicken katsu	Firecracker chicken with steamed sticky rice in a spiced coconut curry sauce	2,949	702	32	13	67	11	33	3
Add Garlic and lemon marinated halloumi		1,134	270	20	12	3	2	19	2
Add Chicken breast	Chicken breast	825	196	3	1	0	0	42	0
Pad Thai	With rice noodles, peppers, broccoli, free range egg, pak choi, sugar snaps, sweet chilli and peanuts	2,196	523	11	2	82	37	19	3
Sliced beef fillet		1,058	252	11	5	13	2	24	1

Add Tempura Seasonal Mushroom		2,148	512	48	0	17	0	3	1
Chicken, greens & grains	Grilled chicken, chopped spinach, spiced quinoa & brown rice, brocolli, soya beans and lemon oil dressing	4,050	964	31	4	92	18	72	1
Grilled Salmon Caesar Salad	Salmon fillet with cos lettuce, asparagus, croutons, classic Caesar dressing and Parmesan cheese	3,921	934	73	12	18	3	51	2
Grilled Chicken Caesar		3,075	732	52	8	17	3	50	2

Lunch									
Chicken Quesadilla	Chargrilled tortilla with pulled chicken, black beans, peppers, lime and mozzarella served with sour cream	1,881	448	20	9	46	8	19	2
Fillet Steak Sandwich	With Crispy shallots, onion chutney, watercress and Dijon mayonnaise	2,543	606	17	5	76	12	34	2
Grilled Chicken Focaccia	With crushed avacado, roasted red pepper, rocket SunBlush tomato and basil dressing	2,561	610	18	3	58	7	51	3
Lobster Mayonnaise sandwich	Served open - lobster mayonnaise and cos lettuce	3,675	875	64	20	41	5	29	6
Rainbow Wrap	Beetroot houmous, artichoke, kalamata olives, fire roasted peppers & dressed rocket leaves in a flour tortilla	1,842	439	20	5	45	10	10	2
Fish Finger Wrap	Two lightly breaded cod goujons in a flour tortilla with chopped cos lettuce and tartare sauce on the side	2,343	558	30	5	52	4	18	2

Burgers									
The Mexican	Handmade beef patty, chilli non carne, guacamole, nacho crumb and our signature burger sauce	5,425	1,292	72	28	113	14	46	4
The Bacon & Cheese	Handmade beef patty, smoked back bacon, smoked Cheddar and our signature burger sauce	5,719	1,362	85	33	101	11	47	5
The Vegan	Aubergine & harissa patty, beetroot houmous, fire roasted peppers served in an ancient grain bun instead of brioche	3,732	889	33	8	120	11	23	4
The Classic	Handmade beef patty with our signature burger sauce	4,471	1,065	57	21	101	11	35	3
The Skinny Burger	Handmade beef patty , half a bun, avocado and house salad instead of fries	2,948	702	48	17	31	9	30	1
The Chicken Burger	Cornflake coated buttermilk fried chicken, lettuce, tomato and mayonnaise	4,278	1,019	37	12	128	8	43	3
Plantbased Burger		4,436	1,056	62	18	77	10	36	4
Extra patty		1,277	304	17	7	2	0	37	1
Smoked back bacon		322	77	4	2	0	0	10	2
Smoked Cheddar		699	166	14	9	0	0	10	1
Grilled halloumi		710	169	13	5	1	1	13	1
Crushed avocado		584	139	12	3	2	1	1	0
Camembert		617	147	12	9	1	0	10	1
Caramelised onions		155	37	0	0	8	6	0	0
Fried egg		386	92	7	2	0	0	7	0
Red Onion Chutney		218	52	0	0	12	10	0	0
Add Beetroot Houmous		244	58	3	1	6	3	2	1



Sharing Boards									
Box-baked Camembert & Charcuterie	Fennel salalmi, Coppa ham, prosciutto crudo, red onion chutney, bread, olives and rocket	5,318	1,266	81	51	59	11	74	7
The Mezze Board	Pea, feta & mint falafels, kale pakora with jackfruit chutney, grilled halloumi, smashed avocado, houmous duo, warm breads and a quinoa, spiralised carrot & pomegranate salad	8,088	1,926	80	28	216	56	71	8
The Grazing Board	Chorizo and halloumi skewers, teriyaki chicken skewers, salt and pepper calamari, houmous, flatbreads and All Bar One nachos.	9,512	2,265	123	41	186	27	87	14
Extras									
All Bar One Nachos	Topped with Monterey Jack cheese, salsa, sour cream, guacamole and jalapenos.	3,831	912	54	28	70	8	34	6
All Bar One Nachos with Cilli Non	and pineapple and black bean salsa.	4,526	1,078	61	29	87	13	39	7
Trio of Fries	Fries with smoked paprika and saffron aioli, fries with Parmesan, truffle oil and rosemary & sweet potato fries with sour cream and cajun dusting.	4,954	1,180	72	20	115	18	17	5

Kids Menu									
Breakfast	Cherry Orchard sausage, free range egg, baked beans and toast.	2,019	481	29	10	30	5	23	2
Houmous & dippers	Classic houmous with warm flatbread, rustic bread and veg to dip	3,104	739	35	3	81	6	22	2
Little pad thai	With rice noodles, peppers, broccoli, free range egg, pak choi, sugar snaps and sweet chilli	1,183	282	7	2	41	18	13	2
Handmade mini beef burger slide	with a choice of steamed rice, fries or salad. Please see choice item for additional allergen information.	1,273	303	13	5	23	5	23	1
Grilled chicken breast	with a choice of steamed rice, fries or salad. Please see choice item for additional allergen information.	786	187	3	0	1	0	41	0
Cod goujons	with mushy peas, tartare sauce and a choice of steamed rice, fries or salad. Please see choice item for additional allergen information.	1,287	306	17	3	23	2	14	1
Fresh fruit	banana & strawberries	538	128	0	0	27	25	2	0
Child raspberry sorbet		666	158	0	0	38	37	0	0
Child vanilla ice cream		1,022	243	14	8	26	26	4	0
Chocolate brownie	served with vanilla ice cream	1,929	459	20	10	65	50	5	0
Add fries (Child)		744	177	8	3	24	0	2	1
Add salad and fries (Child)		1,011	241	9	3	35	4	4	1
Add salad (Child)		402	96	2	0	17	5	2	0
Add steamed rice (Child)		752	179	2	0	38		3	1

Sides									
Fries		1,674	399	18	6	54	1	5	1
Sweet potato fries		2,123	505	30	5	55	15	3	1
Fries with smoked paprika and saffron aioli		2,027	483	26	7	57	2	6	2
Fries with Parmesan, truffle oil and rosemary		2,174	518	28	11	55	1	12	2
Fries with burnt end chilli & monteray jack melt		2,476	590	31	14	58	3	19	2
Tempura onion rings		3,616	861	67	17	61	3	1	5
Lobster mac n cheese		1,630	388	20	13	31	4	20	3
Mixed salad	brown rice, quinoa & preserved lemon.	803	191	4	0	33	10	5	0
Add Grilled Salmon Fillet		1,588	378	24	4	2	0	40	0
Add grilled flatbread		802	191	1	0	38	3	8	0
Desserts									
Churros	Dusted with cinnamon sugar and served with dulce de leche.	3,642	867	19	5	159	94	16	1
Belgian Chocolate Brownie	Served with bourbon vanilla ice cream	3,054	727	32	16	101	74	7	0
Chocolate & Avocado pot	Served with fresh berries	1,180	281	15	10	30	28	3	0
Ajay's cheesecake	Raspberry, hazelnut & chocolate praline cheesecake with chocolate sauce	2,197	523	34	19	50	41	5	0
Raspberry & Coconut Sorbets	Served with raspberries and mint	2,260	538	26	24	70	67	5	0
Croissant	Served with butter and jam	935	223	25	16	0	0	0	0
Pain Au Chocolate	With chocolate and hazelnut filling	1,785	425	23	11	47	14	6	1
Belgium Triple Choc Flpot Muffin		2,121	505	25	6	63	40	6	1
Blueberry Cheesecake Muffin		1,945	463	23	4	57	31	6	1
Carrot Cake Flower Pot Muffin		1,928	459	24	4	55	31	6	1
Lemon White Choc Muffin		1,940	462	22	4	60	37	6	0
Raspberry & Pistachio Traybake		630	150	7	1	20	12	2	0