

ALL·BAR·ONE

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 **March 2017**.

REFERENCE INTAKES (RIs) OF AN AVERAGE ADULT

Nutrient	Reference Intake
Energy (kJ/ KCal)	8400/ 2000
Fat (g)	70
Saturates (g)	20
Carbohydrates (g)	260
Sugars (g)	90
Protein (g)	50
Salt (g)	6

BREAKFAST & BRUNCH	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Full Breakfast	4,154	989	68.9	21.8	39.1	8.1	50.1	4.89
<i>Add pan-fried spinach and onion potato hash</i>	1,738	414	19.9	4.0	50.9	2.8	7.3	0.26
Vegetarian Breakfast (V)	3,520	838	49.9	12.4	58.0	15.7	36.3	3.72
Blueberry Bircher (V)	2,218	528	20.3	9.0	67.9	34.2	15.7	1.07
Buttermilk Pancakes (V)	2,062	491	7.1	1.3	95.2	58.3	8.9	1.26
<i>Add smoked back bacon</i>	322	77	4.1	1.5	0.0	0.0	9.8	1.86
Eggs Florentine (V)	3,078	733	51.0	16.9	38.8	5.7	27.1	2.14
Eggs Benedict	3,079	733	48.7	13.9	38.2	4.8	34.5	3.19
Eggs Royale	3,390	807	57.1	16.4	37.8	4.9	34.7	3.72
<i>Add half avocado</i>	1,159	276	24.4	5.1	2.4	0.6	2.4	0.19
Protein Power-Up	1,564	372	23.9	5.3	7.4	0.2	34.5	3.66
Huevos Rancheros (V)	2,459	585	35.4	8.4	38.2	5.4	21.3	1.57
Smoked Bacon Rustic Roll	3,007	716	22.7	9.5	96.9	32.0	28.9	4.78
Severn & Wye Smoked Salmon & Free Range Scrambled Eggs	3,031	722	55.6	22.9	17.3	2.2	37.7	3.37
Poached Free Range Eggs with Seasonal Mushrooms	1,936	461	34.8	17.9	17.4	0.7	18.3	1.89
Smashed Avocado with Crumbled Feta (V)	1,875	446	28.5	12.7	27.2	2.6	16.9	2.40
Toasted Sourdough (V)								
<i>Add On Choice Items:</i>								
Smoked back bacon	322	77	4.1	1.5	0.0	0.0	9.8	1.86
Chorizo	394	94	8.1	2.9	0.4	0.0	4.6	0.62
Seasonal mushrooms (V)	968	230	23.0	14.6	2.1	0.4	2.7	1.07
Smashed avocado (V)	722	172	12.3	2.1	10.6	1.1	1.5	0.25
Beetroot houmous (V)	483	115	5.6	1.0	11.4	5.7	4.0	1.03
Grilled halloumi (V)	992	236	24.3	16.0	3.5	1.9	0.5	2.10
Crumbled feta (V)	815	194	15.8	10.5	0.8	0.8	12.4	1.69
Free range poached eggs (V)	647	154	11.4	3.3	0.0	0.0	12.9	0.36
Free range scrambled eggs (V)	1,903	453	40.5	19.5	1.8	1.8	20.4	0.60
Brunch Board	4,774	1,137	79.6	35.5	45.3	6.5	56.3	5.37
Poached Egg Pot	1,683	401	31.0	12.1	8.5	0.2	22.3	1.95

SMALL PLATES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Stonebaked Garlic Flatbread (V)	4,421	1,053	59.0	27.7	101.1	7.7	27.1	3.62
Lamb Kibbeh	2,323	553	20.4	5.2	78.2	10.7	13.6	2.84
Crispy Duck Dumplings	1,679	400	13.5	2.9	58.4	33.2	10.4	2.28
Salt & Pepper Calamari	2,111	503	17.1	16.5	18.6	47.2	8.9	2.82
Patatas Bravas (VE)	1,189	283	7.8	1.4	45.5	5.8	5.8	0.87
Chorizo & Halloumi Skewers	2,163	515	47.8	23.3	6.7	3.5	13.4	4.14
Feta & Spinach Bourek (V)	1,273	303	8.9	4.8	48.2	21.2	6.4	1.43
Pan-Fried King Prawns	1,721	410	18.5	2.0	37.5	1.7	22.9	2.86
Crushed Avocado & Tomato Bruschetta (VE)	2,287	545	17.7	2.6	77.3	7.3	14.7	2.34
Buttermilk Chicken Wings	2,758	657	26.4	6.7	46.3	25.2	57.7	2.67
Ginger Teriyaki Chicken Skewers	1,407	335	4.9	0.8	31.5	20.7	42.0	2.77
Houmous Duo (V)	3,003	715	29.2	3.3	85.9	9.3	22.3	2.30

OUR SHARING BOARDS								
The Deli Board	9,286	2,211	127.1	64.8	145.7	20.1	115.0	15.28
The Mezze Board (V)	6,908	1,645	66.7	23.7	211.5	53.4	39.9	6.38
The Grazing Board	9,512	2,265	123.2	41.4	186.4	27.0	87.1	13.97

CHIPS & DIPS

Trio of Fries	4,954	1,180	72.3	20.2	114.7	17.8	16.8	5.48
All Bar One Nachos (V)	3,831	912	53.8	28.1	70.5	8.2	33.9	5.91
All Bar One Nachos with BBQ Pulled Pork	5,986	1,425	82.1	35.3	103.6	32.4	62.6	7.53

LUNCH	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chicken Quesadilla	1,777	423	13.9	5.4	53.6	11.6	18.6	2.42
Fillet Steak Sandwich	2,543	606	17.3	5.0	76.4	11.9	34.4	2.33
Grilled Chicken Focaccia	2,561	610	18.2	2.7	58.1	7.3	50.7	2.97
Kale & Houmous Flatbread (V)	2,650	631	22.6	2.1	87.0	23.9	16.0	1.94
Fish Finger Wrap	2,343	558	30.1	5.3	52.1	4.4	18.1	1.78
Chargrilled Chicken and Avocado Salad	2,596	618	40.8	5.3	11.4	8.0	45.7	1.42
Feta, Carrot, & Quinoa Salad (V)	2,628	626	31.9	12.5	60.1	18.9	21.8	3.83
<i>Add On Choice Items:</i>								
Side salad	803	191	3.7	0.4	33.4	10.4	4.6	0.15
Fries	1,691	403	17.8	6.3	55.0	0.7	5.6	1.30
Sweet potato fries	2,123	505	30.1	4.9	55.0	14.8	3.2	1.38
Tomato, vegetable and quinoa soup	512	122	0.6	0.0	21.9	6.9	5.4	1.64

OUR BURGERS

Classic

Beef Burger	4,060	967	42.3	16.1	94.7	9.8	50.7	2.84
Grilled Chicken	3,569	850	27.9	9.0	94.1	9.8	55.0	2.42
Sun-Dried Tomato, Beetroot and Mozzarella Veggie Burger	3,800	905	45.0	32.3	99.1	17.5	15.7	5.47

The Smoky

Beef Burger	5,905	1,406	67.9	28.2	122.7	27.3	75.0	4.63
Grilled Chicken	5,414	1,289	53.5	21.1	122.1	27.3	79.3	4.21
Sun-Dried Tomato, Beetroot and Mozzarella Veggie Burger	5,646	1,344	70.6	44.4	127.1	35.0	40.0	7.26

The Spanish

Beef Burger	4,089	974	41.3	15.4	101.1	8.2	48.5	3.12
Grilled Chicken	3,598	857	26.9	8.3	100.5	8.2	52.8	2.70
Sun-Dried Tomato, Beetroot and Mozzarella Veggie Burger	3,830	912	44.0	31.6	105.5	15.9	13.5	5.75

The Californian

Beef Burger	5,349	1,274	40.9	15.3	97.2	6.3	56.4	3.11
Grilled Chicken	4,858	1,157	26.5	8.2	96.6	6.3	60.7	2.69
Sun-Dried Tomato, Beetroot and Mozzarella Veggie Burger	5,090	1,212	43.6	31.5	101.6	14.0	21.4	5.74

OUR BURGERS CONTINUED	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
The Hipster								
Beef Burger	5,248	1,250	62.7	21.5	115.7	19.5	53.7	4.52
Grilled Chicken	4,757	1,133	48.3	14.4	115.1	19.5	58.0	4.10
Sun-Dried Tomato, Beetroot and Mozzarella Veggie Burger	4,989	1,188	65.4	37.7	120.1	27.2	18.7	7.15
The French								
Beef Burger	4,925	1,173	53.1	24.2	113.9	19.3	58.6	3.71
Grilled Chicken	4,434	1,056	38.7	17.2	113.3	19.3	62.9	3.29
Sun-Dried Tomato, Beetroot and Mozzarella Veggie Burger	4,665	1,111	55.8	40.4	118.3	26.9	23.6	6.34
The Skinny								
Beef Burger	2,308	549	19.5	8.1	33.4	7.5	42.2	1.01
Grilled Chicken	1,817	433	5.1	1.1	32.9	7.5	46.5	0.60
Sun-Dried Tomato, Beetroot and Mozzarella Veggie Burger	2,048	488	22.2	24.3	37.9	15.1	7.2	3.65
The Wagyu	5,911	1,407	74.3	28.3	130.5	37.4	53.8	6.57
Make It Your Own								
<i>Add On Choice Items:</i>								
Extra patty	1,277	304	16.9	7.4	1.9	0.0	36.6	0.62
Smoked back bacon	322	77	4.1	1.5	0.0	0.0	9.8	1.86
Smoked cheddar (V)	699	166	14.0	8.7	0.0	0.0	10.2	0.72
Grilled halloumi (V)	710	169	12.5	4.8	1.3	0.7	12.7	1.05
Crushed avocado (V)	1,159	276	24.4	5.1	2.4	0.6	2.4	0.19
Camembert (V)	617	147	11.7	8.9	0.5	0.1	10.0	0.55
Pulled pork	1,117	266	12.6	4.2	21.6	18.0	16.4	0.79
Fried egg (V)	386	92	7.1	2.0	0.0	0.0	6.9	0.20
Beetroot (V)	88	21	0.1	0.0	3.8	3.5	0.9	0.08

MAIN PLATES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Steak Frites	4,572	1,089	66.3	31.0	62.0	3.0	62.4	2.97
<i>Add On Choice Items:</i>								
Tempura onion rings	3,616	861	67.2	17.3	60.8	2.9	1.3	4.51
Pan-fried king prawns	438	104	2.4	0.4	1.3	0.1	20.6	2.01
Fish & Chips	3,854	918	49.8	13.4	78.1	4.1	38.4	3.49
Smoked Haddock & Mustard Fishcakes	1,220	291	17.5	3.7	27.5	5.6	5.6	1.85
<i>Add On Choice Items:</i>								
House salad	803	191	3.7	0.4	33.4	10.4	4.6	0.15
Fries	1,691	403	17.8	6.3	55.0	0.7	5.6	1.30
Chicken Burrito	3,260	776	35.9	15.2	83.9	7.4	33.2	3.37
<i>Add On Choice Items:</i>								
House salad	803	191	3.7	0.4	33.4	10.4	4.6	0.15
Fries	1,691	403	17.8	6.3	55.0	0.7	5.6	1.30
Piri-Piri Half Chicken	1,890	450	27.1	9.0	9.1	5.3	43.4	3.82
<i>Add On Choice Items:</i>								
House salad	803	191	3.7	0.4	33.4	10.4	4.6	0.15
Fries	1,691	403	17.8	6.3	55.0	0.7	5.6	1.30
BBQ Smoked Ribs	6,274	1,494	90.2	11.3	90.5	98.5	37.4	3.00
Chicken Katsu	2,949	702	32.3	13.4	67.0	11.3	33.2	3.29
Pad Thai (V)	2,196	523	11.3	2.4	82.2	36.9	19.2	2.85
<i>Add On Choice Items:</i>								
Chicken breast	1,195	285	6.7	1.8	13.5	1.9	42.6	1.02
Pan-fried king prawns	772	184	4.9	0.8	13.5	1.9	21.4	1.80
Sliced beef fillet	1,058	252	11.1	4.7	13.5	1.9	24.4	0.68
Superfood Salad (VE)	1,848	440	10.4	1.3	68.3	21.0	14.0	0.48
<i>Add On Choice Items:</i>								
Garlic & lemon marinated halloumi	822	196	20.2	13.3	2.9	1.6	0.4	1.74
Chicken breast	825	196	3.2	1.1	0.0	0.0	41.9	0.47
Pan-fried king prawns	477	114	2.6	0.4	1.4	0.1	22.5	2.19
Crispy Duck Salad	2,385	568	29.3	6.3	31.9	30.3	41.8	2.29
Miso Rice Bowl (VE)	1,992	474	15.4	2.4	66.1	22.6	9.1	2.68
<i>Add On Choice Items:</i>								
Chicken breast	825	196	3.2	1.1	0.0	0.0	41.9	0.47
Pan-fried king prawns	477	114	2.6	0.4	1.4	0.1	22.5	2.19
Sliced beef fillet	1,058	252	11.1	4.7	13.5	1.9	24.4	0.68

SIDES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Rustic Bread and Oil (V)	2,985	711	42.9	14.3	66.9	2.5	12.3	1.40
Fries (V)	1,691	403	17.8	6.3	55.0	0.7	5.6	1.30
Sweet Potato Fries (V)	2,123	505	30.1	4.9	55.0	14.8	3.2	1.38
Tempura Onion Rings (V)	3,616	861	67.2	17.3	60.8	2.9	1.3	4.51
Pan-Fried Potato Hash with Spinach and Onion (V)	1,738	414	19.9	4.0	50.9	2.8	7.3	0.26
House Salad (VE)	803	191	3.7	0.4	33.4	10.4	4.6	0.15

DESSERTS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Churros (V)	3,642	867	18.8	5.4	158.7	93.9	15.5	1.48
Belgian Chocolate Brownie with Bourbon Vanilla Ice Cream (V)	3,054	727	31.8	15.6	100.9	73.8	7.1	0.46
Baked Sicilian Lemon Cheesecake with Blueberry Compote (V)	2,344	558	31.5	18.7	59.7	23.7	7.8	0.89
Chocolate, Mascapone & Orange Flavour Mousse Cake (V)	1,050	250	15.7	9.8	21.0	17.2	4.8	0.16
Salted Caramel Chocolate Torte with Hazelnut Ice Cream (V)	2,249	535	25.4	10.4	71.3	55.6	4.7	0.37
Bourbon Pecan Pie with Cinnamon Ice Cream (V)	2,269	540	31.2	9.4	57.5	43.9	6.2	0.07
Raspberry Sorbet (V)	992	236	0.2	0.0	56.9	55.8	0.2	0.19
Trio Of Ice Creams (V)	1,334	318	17.5	9.3	34.5	32.7	5.0	0.17
Vegan Rice Pudding (V)	1,403	334	19.6	10.6	35.0	30.7	3.3	0.85

ESPRESSO	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Patisserie								
Croissant with Butter and Jam (V)	2779	662	47.7	25.4	50.0	20.1	7.2	1.1
Pain Au Chocolat (V)	1,785	425	22.8	11.2	47.4	14.3	6.1	0.80
Triple Chocolate Muffin (V)	2,121	505	25.0	5.5	62.8	39.8	6.0	0.60
Blueberry Cheesecake Muffin (V)	1,945	463	23.2	3.6	57.4	31.2	5.5	0.60
Carrot Cake Muffin (V)	1,928	459	23.9	3.6	54.6	31.2	5.6	0.60
Lemon & White Chocolate Muffin (V)	1,940	462	22.1	4.0	59.8	36.8	5.5	0.48
Raspberry & Pistachio Traybake (V)	630	150	7.0	1.2	19.7	12.4	2.0	0.14

SMALL APPETITES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Slider Beef Burgers	1,273	303	13.1	4.9	23.0	5.0	23.1	0.95
Grilled Chicken Breast	786	187	2.5	0.4	1.3	0.0	40.9	0.21
Battered Cod and Mushy Peas with Tartare Sauce	1,266	301	16.7	2.8	24.5	2.0	12.7	1.54
<i>Add On Choice Items:</i>								
Steamed rice	752	179	1.6	0.4	37.9	0.0	3.2	1.05
Fries	744	177	7.9	2.8	24.2	0.3	2.4	0.57
Fries and salad	1,011	241	9.1	2.9	35.2	3.8	3.9	0.62
Salad	402	96	1.8	0.2	16.7	5.2	2.4	0.08
Breakfast with Sausage, Egg, Toast and Beans	1,971	469	26.7	8.9	32.2	5.8	23.7	2.30
Little Meze	3,100	738	34.4	3.4	80.5	5.5	21.7	1.88
Little Pad Thai	1,641	391	18.6	2.6	41.2	18.5	12.8	1.44
Fresh Fruit Bananas & Strawberries	538	128	0.4	0.1	27.3	25.2	1.8	0.01
Vanilla Ice Cream - Two scoops	1,022	243	13.9	7.9	25.7	25.6	3.7	0.15
Raspberry Sorbet - Two scoops	666	158	0.1	0.0	38.0	37.2	0.1	0.12
Chocolate Brownie with Vanilla Ice Cream	1,929	459	19.8	9.8	64.8	49.6	4.6	0.27

All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering. Full allergen information for food and drink is available, upon request. Some of our dishes contain alcohol, please ask a member of staff. (V) = made with vegetarian ingredients, however some of our preparation and cooking methods could affect this. (VE) = made with vegan ingredients, however some of our preparation and cooking methods could affect this.