

NIBBLES

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| OLIVES (VE) 2.95 | PADRÓN PEPPERS (VE) 3.25 | PRETZEL MIX (V) 2.95 |
| VEGETABLE CRISPS (VE) 2.95 | TORTILLA CHIPS (VE) 3.25 | PISTACHIO NUTS 2.95 |

SMALL PLATES

ANY 3 FOR £15 OR 5 FOR £25

We recommend 3 dishes each, or sharing 5 dishes between two

SALT AND PEPPER CALAMARI 5.75

With a sweet chilli and lime dip

CRUSHED AVOCADO BRUSCHETTA 5.50

With tomato salsa

CHORIZO & HALLOUMI SKEWERS 5.75

With pico de gallo salsa

PAN FRIED KING PRAWNS 5.95

Pan-fried with tomato, chilli & paprika with baby kale & warm ciabatta

STONEBAKED GARLIC FLATBREAD (V) 5.50

With rocket and Italian hard cheese

LOBSTER MAC N CHEESE† 5.95

In a smoked applewood Cheddar sauce

BUTTERMILK CHICKEN WINGS 6.50

Glazed with Korean inspired BBQ flavours of ginger, garlic and soy

HALLOUMI FRIES (V) 4.95

With a Chimichurri dip

GINGER TERIYAKI CHICKEN SKEWERS† 5.95

Served with pickled vegetables and sesame seeds

SEASONAL MUSHROOM TEMPURA† 4.95

Toasted sesame & miso dip

CHILLI NON CARNE TACOS 5.50

Filled with crushed avocado, chilli non carne, nacho crumb and served with a turtle bean & pineapple salsa

HOUMOUS DUO (V) 5.50

Beetroot & apple houmous and classic houmous, served with flatbreads

SHARING

Enjoy our chef's selection of flavours from around the globe. Perfect for two to share

ALL BAR ONE NACHOS (V) 8.50

Topped with Monterey Jack cheese, salsa, sour cream, guacamole and jalapeños

Add chilli non carne and pineapple & black bean salsa (v) 2.00

BOX-BAKED CAMEMBERT & CHARCUTERIE 12.95

Fennel salami, coppa ham, prosciutto crudo, red onion chutney, bread, olives and rocket

THE MEZZE BOARD (V) 14.95

Pea, feta & mint falafels, kale pakora, grilled halloumi, smashed avocado, houmous duo, warm breads and a quinoa salad

THE GRAZING BOARD† 15.95

Chorizo and halloumi skewers, teriyaki chicken skewers, salt and pepper calamari, houmous, flatbread and All Bar One nachos

TRIO OF FRIES 8.50

Three buckets 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

OUR SIGNATURE BURGERS

All our burgers are served in a brioche bun with a dill gherkin and fries. Swap to sweet potato fries +£0.75

THE BACON & CHEESE 10.50

Handmade beef patty, smoked back bacon, smoked Cheddar and our signature burger sauce

THE CLASSIC 9.75

Handmade beef patty with our signature burger sauce

THE SKINNY 9.75

Handmade beef patty, half a bun, avocado and house salad instead of fries

THE MEXICAN 11.50

Handmade beef patty, chilli non carne, guacamole, nacho crumb and our signature burger sauce

THE VEGAN 9.95

Aubergine & harissa patty, beetroot houmous, fire roasted peppers, served in an ancient grain bun instead of brioche

THE CHICKEN 9.75

Cornflake coated buttermilk fried chicken, lettuce, tomato and mayonnaise

BUILD YOUR OWN

Smoked back bacon 1.50 / Smoked Cheddar (V) 1.00 / Grilled halloumi (V) 1.00
Smashed avocado (VE) 1.00 / Chilli non carne (VE) 2.00 / Fried egg (V) 1.00 / Extra patty 3.00

MAIN PLATES

CHIMICHURRI BEEF FILLET SKEWERS 12.95

Served with seasoned fries, padrón peppers and black rice salad

PIRI-PIRI HALF BONELESS CHICKEN 10.95

Served with coleslaw and a choice of fries or house salad

SMOKED HADDOCK & MUSTARD FISHCAKES† 8.95

With bloody mary tartare sauce, served with fries or house salad

9oz RIBEYE 15.95

With a peppercorn sauce and Parmesan & rosemary fries

Add pan-fried King Prawns 3.00 / Onion rings 1.00

CHICKEN BURRITO 8.95

With black beans, spiced rice, peppers, Monterey Jack cheese, smashed avocado and sour cream. Served with smoked paprika fries

FISH & CHIPS 11.50

Tempura cod fillet, mushy peas, tartare sauce and fries

CHICKEN KATSU 10.95

Firecracker chicken with steamed sticky rice in a spiced coconut curry sauce

SALMON CAESAR SALAD 11.50

Salmon fillet with cos lettuce, asparagus, croutons, classic Caesar dressing and Parmesan cheese

CHICKEN, GREENS & GRAINS 9.50

Grilled chicken, chopped spinach, spiced quinoa & brown rice, broccoli, soya beans and lemon oil dressing

PAD THAI (V) 8.50

With rice noodles, peppers, broccoli, free range egg, pak choi, sugar snaps, sweet chilli and peanuts

Add Chicken breast 2.50 / Tempura mushrooms (v) 2.00
King prawns 3.00 / Beef fillet 3.50

NUTRITIOUS POWER-FOODS

Healthy, tasty dishes and salads created with nutritionist Sarah Jackson, to help you make delicious choices

SUPERGREEN NOODLE LAKSA 8.50

2 of your 5 a day and rich in Vitamin C and folate
Vermicelli noodles, spiced coconut sauce with pak choi, broccoli, spinach and beansprouts

AVOCADO & BLACK RICE SALAD 8.95

2 of your 5 a day, rich in Vitamin C and Vitamin B6
Avocado with onion seeds, quinoa, soya beans, baby kale & chilli topped with coconut dressing and tortilla crisp
We love adding salmon to this salad

THE POWER OF FIVE 7.50†

5 of your 5 a day and 300 calories or less
Pan fried medley of greens, butternut squash, aubergine, mushroom and peppers with a toasted sesame and miso sauce, topped with a rice noodle cracker
Add a side of rice for 2.00

MOROCCAN SQUASH SALAD 8.50

2 of your 5 a day, rich in Vitamin C and 450 calories or less
Roasted butternut squash, spiced quinoa, chickpeas, sugar snap peas, pomegranate with a coconut and turmeric dressing

WE RECOMMEND ADDING ANY OF THE BELOW TO THESE DISHES

Chicken breast 2.50 / Halloumi (v) 2.00 / Salmon fillet 4.00
King prawns 3.00 / Tempura mushrooms (v) 2.00

PERFECT FOR LUNCH £7

Served until 5pm. All sandwiches and wraps are served with a choice of salad or fries (swap to sweet potato fries +£0.75)

FISH FINGER WRAP

Two lightly breaded cod goujons with cos lettuce and tartare sauce

RAINBOW WRAP

Beetroot houmous, artichoke, avocado, carrot, peppers & rocket leaves

FILLET STEAK SANDWICH

With crispy shallots, onion chutney, watercress and Dijon mayonnaise
2.50 supplement

GRILLED CHICKEN FOCACCIA

With smashed avocado, roasted red pepper, rocket, SunBlush® tomato and basil dressing

CHICKEN QUESADILLA

Chargrilled tortilla with pulled chicken, black beans, peppers, lime and mozzarella. Served with sour cream

LOBSTER MAYONNAISE SANDWICH†

Served open, lobster mayonnaise and cos lettuce
Add smoked back bacon 1.50

See our drinks menu for a delicious range of twisted tonics and freshly-made smoothies

LITTLE THINGS

SEASONED FRIES 3.00

with smoked paprika and saffron aioli (v) 3.75
with Parmesan, truffle oil and rosemary 3.75
with chilli non carne & Monterey Jack cheese (v) 4.00

SWEET POTATO FRIES (V) 3.75

RUSTIC BREAD & OIL (V) 3.50

DRESSED MIXED SALAD 3.50

SWEET TREATS

CHURROS (V) 6.50

Dusted with cinnamon sugar and served with Dulce de Leche

BELGIAN CHOCOLATE BROWNIE (V) 5.25

Served with bourbon vanilla ice cream

RASPBERRY & COCONUT SORBETS 3.00

Served with raspberries and mint

AJAY'S CHEESECAKE (V) 5.50

A dessert specially created by our head-chef 'Ajay' from All Bar One York
Raspberry, hazelnut & chocolate praline cheesecake with chocolate sauce

RICH CHOCOLATE & AVOCADO POT 5.50

Served with fresh berries

DATE NIGHT OR MATES NIGHT

Get that much needed date night in the diary at All Bar One

2 COURSE SET MENU FOR £10

Available Sunday-Thursday from 5pm, ask a member of our team for the menu

Please visit our website to view our nutritional information at www.allbarone.co.uk/nutritional-info

Nutritious Powerfoods - Vitamin C contributes to normal psychological function, Vitamin B6 contributes to the regulation of hormonal activity, Folate contributes to normal homocysteine metabolism. Our Skinny burger contains 30% less energy than our classic burger

All our food is prepared in a kitchen where cross contamination may occur and our menu descriptions do not include all ingredients. Some dishes may contain small bones. Full allergen information is available upon request. If you have a question, food allergy or intolerance, please let us know before placing your order.

† This dish contains alcohol. (V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation and cooking methods could affect this. If you require more information, please ask your server.

FOOD TO BE SHARED, CELEBRATED & ENJOYED

From tasty small plates and sharing boards to nutritious power-foods – we have the perfect choice for whatever the occasion.

Join us for brunch, lunch with friends or a cosy date night. Relax and enjoy with a glass of the good stuff at All Bar One.

TAPAS TUESDAY

4 SMALL PLATES & A BOTTLE
OF WINE FOR £20

Choose our house wine or one of our selected 'must try' wines for an additional £5

Available from 4pm every Tuesday

FOOD

ALL·BAR·ONE

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