

NIBBLES

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| OLIVES (VE) 2.95 | PADRÓN PEPPERS (VE) 3.50 | PRETZEL MIX (V) 2.95 |
| VEGETABLE CRISPS (VE) 2.95 | TORTILLA CHIPS (VE) 3.50 | PISTACHIO NUTS 2.95 |

SMALL PLATES

ANY 3 FOR £16 OR 5 FOR £26

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

- SALT AND PEPPER CALAMARI 6.25**
With a sweet chilli and lime dip
- CRUSHED AVOCADO BRUSCHETTA 5.95**
With tomato salsa
- CHORIZO & HALLOUMI SKEWERS 6.25**
With pico de gallo salsa
- PULLED CHICKEN TACOS 6.50**
Filled with pulled chicken, crushed avocado, red pepper, black beans, nacho crumb and served with a turtle bean & pineapple salsa
- PAN FRIED KING PRAWNS 6.50**
Pan-fried with tomato, chilli & paprika with baby kale & warm ciabatta
- STONEBAKED GARLIC FLATBREAD (V) 5.95**
With rocket and Italian hard cheese
- SEASONAL MUSHROOM TEMPURA† 5.50**
Sesame & miso dip
- BUTTERMILK CHICKEN WINGS 6.95**
Glazed with Korean inspired BBQ flavours of ginger, garlic and soy
- HALLOUMI FRIES 5.50**
With a Chimichurri dip
- GINGER TERIYAKI CHICKEN SKEWERS† 6.50**
Served with pickled vegetables and sesame seeds
- LOBSTER MAC N CHEESE† 6.50**
In a smoked applewood Cheddar sauce
- CHILLI NON CARNE TACOS 5.95**
Filled with crushed avocado, chilli non carne, nacho crumb and served with a turtle bean & pineapple salsa
- HOUMOUS DUO 5.95**
Beetroot & apple houmous and classic houmous, served with flatbreads

TAPAS TUESDAY

4 SMALL PLATES + BOTTLE OF WINE £20
Available from 4pm every Tuesday

SHARING

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

- ALL BAR ONE NACHOS (V) 8.95**
Topped with Monterey Jack cheese, salsa, sour cream, guacamole and jalapeños
Add chilli non carne and pineapple & black bean salsa (v) 2.00
Add pulled chicken and pineapple & black bean salsa 3.00
- BOX-BAKED CAMEMBERT & CHARCUTERIE 13.50**
Fennel salami, coppa ham, prosciutto crudo, red onion chutney, bread, olives and rocket
- THE MEZZE BOARD (V) 15.50**
Pea, feta & mint falafels, kale pakora, grilled halloumi, smashed avocado, houmous duo, warm breads and a quinoa salad
- THE GRAZING BOARD† 16.50**
Chorizo and halloumi skewers, teriyaki chicken skewers, salt and pepper calamari, houmous, flatbread and All Bar One nachos
- TRIO OF FRIES 8.95**
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 11.25**
Handmade beef patty, smoked back bacon, smoked Cheddar and our signature burger sauce
- THE CLASSIC 10.25**
Handmade beef patty with our signature burger sauce
- THE SKINNY 10.25**
Handmade beef patty, half a bun, avocado and house salad instead of fries
- THE MEXICAN 12.25**
Handmade beef patty, chilli non carne, Monterey Jack cheese, guacamole, nacho crumb and our signature burger sauce
We love adding pulled chicken to this burger
- THE VEGAN 10.75**
Aubergine & harissa patty, beetroot houmous, fire roasted peppers, served in an ancient grain bun instead of brioche
- THE CHICKEN 10.25**
Cornflake coated buttermilk fried chicken, lettuce, tomato and mayonnaise

MAKE IT YOUR OWN

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

MAIN PLATES

- CHIMICHURRI BEEF FILLET SKEWERS 13.50**
Served with padrón peppers, black rice salad and your choice of seasoned fries or house salad
- PIRI-PIRI HALF BONELESS CHICKEN 11.95**
Served with coleslaw and a choice of fries or house salad
- SMOKED HADDOCK & MUSTARD FISHCAKES† 9.75**
With bloody mary tartare sauce, served with fries or house salad
- 9oz RIBEYE 16.95**
With a peppercorn sauce and Parmesan & rosemary fries
Add pan-fried King Prawns 3.00 / Onion rings 1.00
- CHICKEN BURRITO 9.75**
With black beans, spiced rice, peppers, Monterey Jack cheese, smashed avocado and sour cream. Served with smoked paprika fries
- FISH & CHIPS 11.95**
Tempura cod fillet, mushy peas, tartare sauce and fries
- CHICKEN KATSU 11.50**
Firecracker chicken with steamed sticky rice in a spiced coconut curry sauce
- SALMON CAESAR SALAD 11.95**
Salmon fillet with cos lettuce, asparagus, croutons, classic Caesar dressing and Parmesan cheese
- CHICKEN, GREENS & GRAINS 9.95**
Grilled chicken, chopped spinach, spiced quinoa & brown rice, broccoli, soya beans and lemon oil dressing
- PAD THAI (V) 8.95**
With rice noodles, peppers, broccoli, free range egg, pak choi, sugar snaps, sweet chilli and peanuts
Add Chicken breast 2.50 / Tempura mushrooms (ve) 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 8.95**
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
Served with Sriracha sauce
- AVOCADO & BLACK RICE SALAD 9.50**
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 7.95†**
5 of your 5 a day and 300 calories or less
Char-grilled medley of greens, butternut squash, aubergine, mushroom, peppers and onion seeds with a sesame and miso sauce, topped with a rice noodle cracker
Add a side of rice for 2.00
- MOROCCAN SQUASH SALAD 8.95**
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 (ve) 2.00

PERFECT FOR LUNCH £7.50

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 3.25**
with smoked paprika and saffron aioli (v) 4.00
with Parmesan, truffle oil and rosemary 4.00
with chilli non carne & Monterey Jack cheese (v) 4.00
- SWEET POTATO FRIES 4.00**
- RUSTIC BREAD & OIL (V) 3.75**
- DRESSED MIXED SALAD 3.50**

SWEET TREATS

- CHURROS (V) 6.75**
Served with a rich chocolate sauce
- BELGIAN CHOCOLATE BROWNIE (V) 5.50**
Served with bourbon vanilla ice cream
- RASPBERRY & COCONUT SORBETS 3.50**
Served with raspberries and mint
- AJAY'S CHEESECAKE (V) 5.75**
A dessert specially created by our head-chef 'Ajay' from All Bar One York
Raspberry, hazelnut & chocolate praline cheesecake with chocolate saucee
- RICH CHOCOLATE POT 5.75**
Served with fresh berries

COCKTAILS

The perfect after-dinner treat - see our drinks menu for our full cocktail list and prices

- ESPRESSO MARTINI †**
Ketel One vodka, Tia Maria and coffee
- A DAY FOR ROSÉ †**
Ketel One vodka, white zinfandel rosé, apple juice, lemon juice, strawberries & raspberries
- PORN STAR MARTINI †**
Absolut Vanilia vodka, passion fruit and lime.
Served with a shot of Prosecco
- NEGRONI RISTRETTO †**
A pick me up twist on the classic - Bombay sapphire gin, Campari, Martini Rosso and Tia Maria

DATE NIGHT OR MATES NIGHT

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

2 COURSE SET MENU FOR £10.95 OR ADD A THIRD COURSE FOR £13.95

Available Sunday - Thursday from 5pm, see the reverse of this menu for dishes included within this promotion. Please ask a member of our team to see the full 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 and drink 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) or = 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

DATE NIGHT OR MATES NIGHT

2 COURSES £10.95
3 COURSES £13.95

SMALL PLATES

Buttermilk Chicken Wings
Salt & Pepper Calamari
Crushed Avocado Bruschetta (VE)
Seasonal Mushroom Tempura (VE)

MAINS

Chicken Burrito
The Classic Burger & Fries
9oz Ribeye (£5 Supplement)
Supergreen Noodle Laksa (VE)
Pad Thai (V)

DESSERTS

Churros (V)
Raspberry & Coconut Sorbets (VE)
Belgian Chocolate Brownie (V)
Ajay's Cheesecake (V)

Available Sunday – Thursday from 5pm,
ask a member of our team for more details



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