


# ALL·BAR·ONE

## VEGAN MENU #PLANTPOWER


AVAILABLE THROUGHOUT JANUARY & FEBRUARY  
2 COURSES £10.95 / 3 COURSES £13.95

LIMITED EDITION


### SMALL PLATES


CRUSHED AVOCADO BRUSCHETTA 5.50   
With tomato salsa


CHILLI NON CARNE TACOS 5.50   
Filled with chilli non carne, smashed avocado and nacho crumb

CAULIFLOWER WINGS 5.75   
Mango chutney and raita-style sauce

### MAINS

LENTIL & CHICKPEA QUESADILLA 7.50   
With a gooey cheese alternative produced from coconut oil and a rocket salad  
*Add a side of seasoned fries +£3*

SPICED CAULIFLOWER SHANK 9.25   
Giant couscous, mint, spinach, pomegranate and a coconut dressing

MISO TOFU BOWL † 9.95 

**Specially created for All Bar One  
by @naturallystefanie**


Tofu, raw broccoli, spinach, cashew nuts,  
aubergine, peppers, freekeh grains and  
a sesame & miso sauce



VEGAN LASAGNE 10.25 

Topped with roasted butternut squash, peppers & courgette


SWEET POTATO & CREAMY COCONUT AMOK CURRY 9.75   
Spinach, spring onion, chilli, coriander and fried okra served with a crispy tortilla


THE POWER OF FIVE † 7.75   
Chargrilled medley of greens, butternut squash, aubergine, mushroom, peppers  
and nigella seeds with a sesame & miso sauce and rice noodle cracker  
*Add a side of sticky rice +£2*


THE PLANT BASED BURGER 12.95 

The revolutionary Beyond Meat® burger that looks and tastes like meat!  
Plant-based patty, cheese alternative made from coconut oil,  
lettuce, tomato, vegan mayonnaise. Served with seasoned fries  
*+£4 supplement for vegan set menu*

### DESSERTS

BISCOFF BANANA 5.75   
Coconut mousse, toffee sauce,  
biscoff crumb and pecan brittle

RASPBERRY & COCONUT  
SORBETS 3.25   
Served with berries and mint


RICH CHOCOLATE POT 5.75   
With fresh berries

TURN OVER FOR OUR LIMITED  
EDITION MINDFUL DRINKS

VEGANUARY

A FRESH START TO THE NEW YEAR



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) 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.

# ALL·BAR·ONE MINDFUL DRINKING



LIMITED EDITION

## DELICIOUS DRINKS WITHOUT THE CALORIES

### DA-SH WATER 2.95

British sparkling spring water infused with wonky fruit & vegetables with a natural lift without the sugars, fake flavours or calories

0 calories, no sugar, no sweeteners

- 🍷 INFUSED WITH CUCUMBER 
- 🍷 INFUSED WITH RASPBERRY 

### REFRESHING JUICES 2.95

Low in calories and delightfully refreshing.

Choose from our two flavours below:

- 🍷 STRAWBERRY & CRACKED BLACK PEPPER COOLER  38 calories
- 🍷 RASPBERRY, APPLE & ROSE COOLER  30 calories

### 🍷 ORIGINAL KOMBUCHA 4.25

A traditional fermented drink made from black tea and yeast using ancient craft methods and ethically sourced organic ingredients

## LOW OR NO ALCOHOL

### SEEDLIP

*"What to drink when you're not drinking"™*

The world's first non-alcoholic spirit

### 🍷 SEEDLIP SPICE 94

Nutmeg, cloves and grapefruit. Our twist is partnered with Fever-tree Ginger beer, orange and rosemary

### 🍷 SEEDLIP GARDEN 108

Clean, fresh herbal flavours with blends of home-grown hay and sweet peas. Paired with Fever-tree Elderflower tonic, cucumber and fresh mint

### 🍷 ELDERFLOWER & CUCUMBER TWISTED TONIC

Fever-Tree Elderflower tonic & cucumber bitters  
0.07%

### 🍷 GINGER & ORANGE TWISTED TONIC

Fever-Tree Ginger beer & orange bitters  
0.07%

### OLD MOUT CIDER

Berries & Cherries  
0.05%

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