

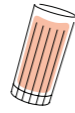
## First things first... NIBBLES

|  |      |
|--|------|
| <b>EDAMAME BEANS (VE)</b>                        | 5.5  |
| With a ginger & soy dressing <i>295kcal</i>      |      |
| <b>NOCELLARA OLIVES (VE)</b>                     | 3.95 |
| <i>246kcal</i>                                   |      |
| <b>FOCACCIA WITH OIL &amp; BALSAMIC DIP* (V)</b> | 5.5  |
| <i>709kcal</i>                                   |      |
| <b>HOT HONEY POPCORN (V)</b>                     | 3.95 |
| <i>227kcal</i>                                   |      |

## Tapas Tuesday

Tues from 4pm 33.95

Choose your favourite bottle of our house blend wine or 2 classic cocktails + 4 small plates.



## SMALL PLATES

Our small plates are perfect for grazing - great to share with a group or to enjoy on your own.

**SOCIAL** 5 plates to share **34**     **SOLO** 3 plates **22**

|   |      |   |      |
|---|------|---|------|
| <b>BEEF BRISKET TACOS*</b>  | 9.5  | <b>DUCK GYOZA</b>   | 8.95 |
| Pulled beef brisket in gochujang sauce with avocado, pickled pink onion, little gem and chillies <i>614kcal</i> |      | Pan-steamed with ginger & soy dressing, chilli and spring onion <i>191kcal</i>                                  |      |
| <b>KARAAGE STICKY CHICKEN</b>   | 8.95 | <b>GARLIC &amp; CHILLI KING PRAWNS</b>  | 9.5  |
| With toasted sesame seeds, chilli, spring onion and chipotle jam <i>608kcal</i>                                 |      | Pan-fried king prawns with garlic & chilli butter and served with toasted sourdough bread to dip <i>624kcal</i> |      |
| <b>HALLOUMI FRIES (V)</b>   | 8.5  | <b>SALT &amp; PEPPER CALAMARI</b>   | 8.95 |
| Southern fried dusting with smoked paprika & saffron aioli <i>529kcal</i>                                       |      | With sweet chilli dip and lime <i>260kcal</i>   |      |
| <b>HOUMOUS &amp; FLATBREAD (VE)</b>   | 7.95 | <b>BUMBU BALI CHICKEN SKEWERS*</b>  | 8.95 |
| Topped with Ras-El-Hanout roasted chickpeas <i>944kcal</i>  |      | Chargrilled with an Indonesian-style marinade, with slaw and sweet & sour pickled pink onion <i>515kcal</i>     |      |
| <b>CRISPY CAULIFLOWER BITES* (VE)</b>   | 8.5  | <b>MUSHROOM ARANCINI (V)</b>  | 8.5  |
| With sweet chilli dip and lime <i>406kcal</i>   |      | Crispy Porcini mushroom & cheddar Arancini served with lovage pesto <i>273kcal</i>                              |      |
| <b>BURRATA* (V)</b>   | 8.95 | <b>ANTIPASTO MEAT SELECTION</b>   | 8.95 |
| With cranberry & raisin toast, balsamic-glazed beetroot and a rocket & pomegranate salad <i>519kcal</i>         |      | A selection of cured meats; Coppa, Fennel and Milano salami <i>413kcal</i>                                      |      |

## SHARING

Perfect to share between 2-4 people. Fancy a glass of wine or two? See our drinks menu for our full wine range.

|  |       |
|--|-------|
| <b>CHARCUTERIE BOARD</b>   | 26.95 |
| Baked Camembert with an apricot & ginger chutney, a selection of cured meats, toasted focaccia bread and Nocellera olives <i>2055kcal</i>  |       |
| <b>NACHOS (V)</b>  | 12.5  |
| Cheddar cheese, tomato & coriander salsa, sour cream, smashed avocado and jalapeños <i>700kcal</i>   |       |
| <b>ALL BAR ONE FAVOURITES BOARD*</b>   | 25.95 |
| Bumbu Bali chicken skewers, salt & pepper calamari, crispy cauliflower bites and mushroom arancini <i>1373kcal</i>   |       |
| <b>TRIO OF FRIES (V)</b>   | 12.5  |
| Fries with smoked paprika and saffron aioli, fries with Gran Moravia, truffle-infused oil and rosemary and sweet potato fries with sour cream & Ras-El-Hanout spices <i>1464kcal</i> |       |

## Bit on the side

|   |      |
|---|------|
| <b>STONE BAKED GARLIC PESTO FLATBREAD (V)</b>   | 7.95 |
| Topped with Gran Moravia, Lovage Pesto and sea salt <i>1264kcal</i>                                       |      |
| <b>SWEET POTATO FRIES (VE)</b>  | 5.5  |
| <i>455kcal</i>  |      |
| <b>SEASONED SKIN-ON FRIES (VE)</b>  | 4.95 |
| <i>401kcal</i>  |      |
| With smoked paprika and saffron aioli (v) <i>484kcal</i>  |      |
| With Gran Moravia, truffle-infused oil and rosemary (v) <i>457kcal</i>                                    |      |
| <b>HOUSE SALAD* (VE)</b>  | 4.5  |
| With roasted red peppers, balsamic-glazed beetroot and cherry tomatoes in a lemon dressing <i>225kcal</i> |      |
| <b>MAC &amp; CHEESE (V)</b>   | 4.95 |
| <i>425kcal</i>  |      |
| With BBQ beef brisket <i>684kcal</i>  |      |
| <b>ONION RINGS (VE)</b>   | 4.5  |
| <i>580kcal</i>  |      |

## MAINS

|  |       |
|--|-------|
| <b>PAN-FRIED SEA BASS</b>  | 19.5  |
| A yellow Thai curry seafood sauce, infused with lobster and king prawns, served with sticky Jasmine rice, broccoli and tomato salsa <i>1216kcal</i>                |       |
| <b>FISH &amp; CHIPS</b>  | 16.95 |
| Battered haddock with crushed minted peas, tartare sauce and seasoned skin-on fries <i>774kcal</i>   |       |
| <b>CHICKEN MILANESE</b>  | 16.95 |
| Crispy chicken breast with a dressed rocket salad, roasted pepper mayo and seasoned skin-on fries <i>1298kcal</i>  |       |
| <b>10oz RIBEYE STEAK</b>   | 25.5  |
| 21-day aged steak with beef dripping & thyme sauce, watercress and seasoned skin-on fries <i>1134kcal</i>  |       |
| With onion rings <i>580kcal</i>  |       |
| <b>SURF &amp; TURF</b>   | 30.5  |
| 21-day aged 10oz Ribeye steak with king prawns, beef dripping & thyme sauce, watercress and seasoned skin-on fries <i>1402kcal</i>                                 |       |
| With onion rings <i>580kcal</i>  |       |
| <b>PAD THAI (V)</b>  | 11.95 |
| Rice noodles, Copper Maran egg, pak choi, baby corn, broccoli, sugar snaps, beansprouts, sweet chilli and pine nuts. Choose - soy sauce or sriracha <i>559kcal</i> |       |
| With chicken breast & prawn cracker <i>291kcal</i>   |       |
| With king prawns & prawn cracker <i>327kcal</i>  |       |

## BURGERS

Burgers are served with seasoned skin-on fries and topped with beef tomato and little gem lettuce in a toasted brioche-style bun. Upgrade to sweet potato fries (VE) *455kcal*

|  |       |
|--|-------|
| <b>ALL BAR ONE SIGNATURE BURGER</b>  | 17.95 |
| Chargrilled beef patty, hand-pulled BBQ beef brisket with cheesy sauce, mayo and panko fried onion rings <i>1448kcal</i>               |       |
| <b>KOREAN BBQ CHICKEN BURGER*</b>  | 17.5  |
| Buttermilk chicken breast with Korean-style gochujang sauce, kimchi, cucumber, mayo, coriander and pickled pink onions <i>1030kcal</i> |       |
| With smoked streaky bacon <i>105kcal</i>   |       |
| <b>FALAFEL &amp; SPINACH BURGER (VE)</b>   | 16.5  |
| Falafel & spinach patty with flat mushroom, pickled pink onion, Applewood slice, jalapeños and tomato & coriander salsa <i>952kcal</i> |       |
| <b>CLASSIC CHEESEBURGER</b>  | 16.5  |
| Chargrilled beef patty topped with smoked Cheddar cheese and mayo <i>1073kcal</i>  |       |
| With smoked streaky bacon <i>105kcal</i>   |       |
| <b>HALLOUMI &amp; AVO BURGER (V)</b>   | 16.5  |
| Grilled halloumi & smashed avocado with tomato salsa and mayo <i>1094kcal</i>  |       |



## HALO BOWLS

Choose your base, then add toppings to make your perfect bowl.

|  |           |   |           |   |             |
|--|-----------|---|-----------|---|-------------|
| <b>BANG BANG SALAD (VE)</b>  | 10.95     | <b>POKE BOWL (V)</b>  | 10.95     | <b>LAKSA COCONUT CURRY (VE)</b>   | 11.5        |
| Mixed leaf salad with slaw, mango, red chillis and lemon topped with spiced mixed seeds and a ginger & soy dressing <i>257kcal</i> |           | Sticky Jasmine rice, cucumber, avocado, edamame beans and slaw, dressed with sriracha mayo and a ginger & soy dressing <i>587kcal</i> |           | Butternut squash, aubergine and sugar snap peas in a laksa curry sauce served with sticky Jasmine rice <i>523kcal</i> |             |
| ADD YOUR TOPPINGS  |           |   |           |   |             |
| <b>BUTTERMILK CHICKEN BREAST</b>   | 302kcal 4 | <b>GRILLED CHICKEN BREAST</b>   | 232kcal 4 | <b>HALLOUMI (V)</b>   | 421kcal 3.5 |
|  |           |   |           | <b>KING PRAWNS</b>  | 268kcal 4   |
|  |           |   |           | <b>SWEETCORN FRITTERS (VE)</b>  | 245kcal 3.5 |

## LUNCH

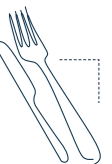
Available until 5pm

|  |       |  |       |
|--|-------|--|-------|
| <b>CHICKEN &amp; BACON FOCACCIA</b>  | 11.95 | <b>CHICKEN QUESADILLA</b>  | 11.5  |
| Chargrilled chicken breast, smoked streaky bacon and roasted pepper mayo on toasted focaccia, with seasoned skin-on fries <i>1072kcal</i>  |       | Chargrilled tortilla with chicken breast, roasted peppers, chickpeas, smoky tomato sauce, Cheddar cheese and sour cream with seasoned skin-on fries <i>724kcal</i> |       |
| <b>FISH FINGER BUN</b>   | 11.95 | <b>SALMON &amp; DILL FISHCAKE*</b>   | 11.95 |
| Panko crumbed fish fingers, little gem lettuce and tartare sauce in a toasted brioche-style bun with seasoned skin-on fries <i>750kcal</i> |       | Served with a poached Copper Maran egg, hollandaise sauce and seasoned skin-on fries <i>844kcal</i>  |       |
| <b>HALLOUMI &amp; ROASTED VEG FOCACCIA (V)</b>   | 10.95 |  |       |
| Grilled halloumi, flamed peppers, roasted aubergine and avocado on toasted focaccia, with seasoned skin-on fries <i>956kcal</i>            |       |  |       |
| <b>MUSHROOM &amp; APPLEWOOD QUESADILLA (VE)</b>  | 10.95 |  |       |
| Chargrilled chia tortilla with flat mushrooms, Applewood slices and avocado, with tomato salsa and sweet potato fries <i>704kcal</i>       |       |  |       |

Love To Lunch

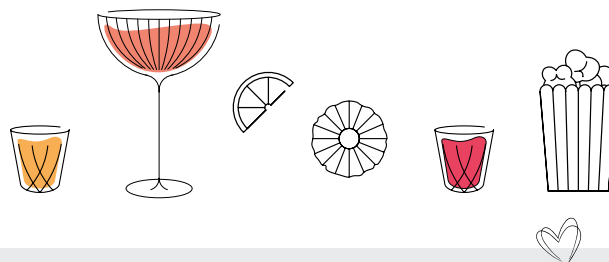
Mon-Fri 12-5pm 13.5

Any lunch choice with ½ pint of Pravha, 125ml glass of house wine, Stylish Soda, draught soft drink or bottle of Lucky Saint. Upgrade to a pint or 175ml glass of wine for an extra 1.5



## SOMETHING SWEET

|   |      |
|---|------|
| <b>BLUEBERRY &amp; LEMON TORTE (VE)</b><br>With strawberries, a non-dairy coconut yoghurt alternative and a mixed berry coulis <i>507kcal</i> | 7.95 |
| <b>POPCORN CHOCOLATE BROWNIE (V)</b><br>With vanilla ice cream and salted caramel sauce <i>981kcal</i>  | 7.95 |
| <b>STICKY TOFFEE RUM PUDDING (V)</b><br>With ginger ice cream <i>793kcal</i>  | 7.95 |
| <b>CHURROS</b><br>With chocolate sauce for dunking <i>494kcal</i>   | 7.95 |



### MINIS FOR SHARING

Perfect for two to share – mini triple chocolate brownie with ginger ice cream, blueberry & lemon torte and churros with chocolate sauce for dunking *1239kcal*

11.95

## LIQUID DESSERT

Please see our main drinks menu for our full range and pricing.

### STRAWBERRY BLONDE

Sipsmith London Dry gin, honey syrup, strawberry purée, lemon juice and apple juice.

### ESPRESSO MARTINI

Chase vodka, Kahlua coffee liqueur, sugar syrup and coffee - utterly delicious.

### PORNSTAR MARTINI

One of our most popular cocktails. Absolut Vanilia vodka, passion fruit and a shot of Prosecco make it sweet but sour with a frothy top.

### SALTED CARAMEL OLD FASHIONED

Warm, salty and sweet with Woodford Reserve Kentucky bourbon whiskey, Angostura Bitters and salted caramel syrup.

## HOT DRINKS

All hot drinks are served with a shot of chocolate beans (V) *91kcal*

|                                     |      |   |      |
|-------------------------------------|------|---|------|
| <b>ESPRESSO</b> <i>11kcal</i>       | 3.25 | <b>MOCHA</b> <i>195kcal</i>             | 3.5  |
| <b>AMERICANO</b> <i>36kcal</i>      | 3.25 | <b>LATTE</b> <i>110kcal</i>             | 3.5  |
| <b>MACCHIATO</b> <i>36kcal</i>      | 3.5  | <b>ICED MATCHA LATTE</b> <i>115kcal</i> | 3.95 |
| <b>CAPPUCCINO</b> <i>112kcal</i>    | 3.5  | <b>MATCHA CAPPUCCINO</b> <i>85kcal</i>  | 3.95 |
| <b>HOT CHOCOLATE</b> <i>289kcal</i> | 3.5  |   |      |
| <b>ICED COFFEE</b> <i>99kcal</i>    | 3.5  |   |      |
| <b>FLAT WHITE</b> <i>72kcal</i>     | 3.5  | <b>A SELECTION OF TEAS</b>              | 3.25 |

## CUSTOMISE

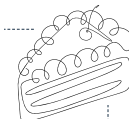
|  |      |
|--|------|
| Add an espresso shot <i>11kcal</i>                 | 0.5  |
| Caramel flavoured syrup <i>63kcal</i>              | 0.5  |
| Vanilla flavoured syrup <i>67kcal</i>              | 0.5  |
| Swap to a milk alternative oat drink <i>43kcal</i> | 0.25 |

## CAKES

|  |      |
|--|------|
| <b>STICKY GINGER LOAF (V)</b> <i>289kcal</i>       | 2.75 |
| <b>BLUEBERRY MUFFIN (V)</b> <i>548kcal</i>         | 2.95 |
| <b>TRIPLE CHOCOLATE BROWNIE (V)</b> <i>585kcal</i> | 2.95 |

Coffee and Cake

Enjoy any hot drink & cake for £5.50



A 100% Arabica, Rainforest Alliance Certified blend\*\*, containing coffee from territories where the Lavazza Foundation supports various communities of coffee producers.

### AVAILABLE TO TAKE AWAY!

\*\*Not applicable for decaffeinated coffee (not Rainforest Alliance certified).



### SUSTAINABLE MENU CHOICES

Food production accounts for 30% of global greenhouse gas emissions. At All Bar One, we're dedicated to cutting our menu's carbon footprint. By making small changes, we can all help create a healthier planet. Look for our leaf symbol 🌿 to find our low-emission, planet-friendly dishes.

Where table service is offered, a discretionary service charge of 10% may be added.

Our easy-to-use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know [before](#) ordering.

(V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. \* = contains alcohol. Fish dishes may contain small bones. All calories are correct at the time of menu print. Live nutritional information is available online. Adults need around 2000kcal a day.