

# ALL·BAR·ONE

## SMALL PLATES

ANY 3 FOR £16 OR 5 FOR £26

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

### STONEBAKED GARLIC

#### FLATBREAD (V) 5.95

Topped with rocket and Italian hard cheese with an extra virgin olive oil and balsamic vinegar dressing

### BUTTERMILK CHICKEN

#### WINGS 6.95

Southern fried buttermilk chicken wings glazed with Korean inspired BBQ flavours of ginger, garlic and soy

### CRISPY DUCK DUMPLINGS 6.50

Served with a papaya and peanut salad

### SALT & PEPPER CALAMARI 5.95

Tossed in a citrus, red pepper and pink peppercorn seasoning with a sweet chilli & lime dip

### PATATAS BRAVAS (VE) 5.50

Crisp potatoes in a lightly spiced tomato & roasted red pepper sauce

### CHORIZO & HALLOUMI SKEWERS 6.25

Served with pico de gallo salsa

### FETA & SPINACH BOUREK (V) 6.25

Crisp pastry parcels served with chilli tomato jam

### PAN-FRIED KING PRAWNS 6.50

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

### HOUMOUS DUO (V) 5.50

Beetroot & apple houmous and classic houmous. Served with flatbread, rustic breads and crudités

### CRUSHED AVOCADO

#### & TOMATO BRUSCHETTA (VE) 5.95

With Kalamata olives and red onion

### GINGER TERIYAKI

#### CHICKEN SKEWERS 6.25

Served with pickled vegetables and sesame seeds

### LAMB KIBBEH 7.50

Turmeric spiced rice shells filled with minced lamb with a quinoa salad and peppercorn yoghurt

## CHIPS & DIPS

### 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

### ALL BAR ONE NACHOS (V) 8.95

Topped with Monterey Jack cheese, salsa, sour cream, guacamole and jalapeños. Add BBQ pulled pork with pineapple and black bean salsa 2.00

## Our sharing boards

Enjoy our chef's selection of flavours from around the globe.

### THE MEZZE BOARD (V) 15.00

Feta & spinach boureks, kale pakora with jackfruit chutney, grilled halloumi, smashed avocado, houmous duo, warm breads and a quinoa, spiralised carrot & pomegranate salad

### THE GRAZING BOARD 16.00

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

### THE DELI BOARD 18.00

Fennel salami, Coppa ham, Parma ham, box-baked camembert, red onion chutney, Iberico ham croquetas, bread and olives, cornichons and guindilla chillies

## 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

## Our burgers

All our burgers are served in a glazed brioche bun with a dill gherkin and fries. Choose from our own recipe handmade beef burger, grilled chicken or sun-dried tomato, beetroot and mozzarella veggie burger. Try our sweet potato fries +£1

### THE SMOKY 11.50

BBQ pulled pork and smoked Cheddar cheese

### THE SPANISH 11.95

Manchego rarebit and chorizo

### THE CALIFORNIAN 10.50

Smoked back bacon and crushed avocado

### THE HIPSTER 10.50

Garlic portobello mushroom with fire-roasted peppers, beetroot chutney and houmous

### THE FRENCH 10.95

Camembert and red onion chutney

### THE CLASSIC 9.50

With our signature burger sauce

### THE SKINNY 9.50

Half a bun, avocado and chopped salad instead of fries

550kcal or less (At least 40% fewer calories per 100g than our Classic)

### THE WAGYU 14.50

Pressed 100% Wagyu beef burger with smoked Cheddar, Dijon mustard mayo and chilli tomato jam

### MAKE IT YOUR OWN

Choose a burger and make it your own by adding any of the following:

Extra patty 3.00

Fried egg (V) 1.00

Beetroot (V) 1.00

Grilled halloumi (V) 2.00

Crushed avocado (V) 1.00

Caramelised onions (V) 1.00

Smoked back bacon 1.50

Camembert (V) 2.00

Pulled Pork 2.00

## MAIN PLATES

### STEAK FRITES 16.95

21 day aged 9oz rib-eye. Served with peppercorn sauce, watercress and Parmesan and rosemary fries

Tempura onion rings 1.50

Pan-fried king prawns 4.00

### FISH & CHIPS 11.95

Tempura line-caught cod fillet, mushy peas, tartare sauce, lemon and 'fish & chip shop' style seasoning

### SMOKED HADDOCK & MUSTARD FISHCAKES 9.50

With Bloody Mary sauce and coleslaw. Served with fries or house salad

### CHICKEN BURRITO 8.95

With black beans, spiced rice, peppers, Monterey Jack cheese, crushed avocado and sour cream. Served with fries or house salad

### PIRI-PIRI HALF CHICKEN 10.95

Marinated with lemon & garlic, with coleslaw. Served with fries or house salad

### BBQ SMOKED RIBS 14.50

Cornish kiln smoked ribs glazed with BBQ sauce. Served with fries and coleslaw

### CHICKEN KATSU 11.50

Firecracker chicken with steamed sticky rice in a Caribbean inspired curry sauce

### PAD THAI (V) 7.95

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

Chicken breast 3.00

Pan-fried king prawns 4.00

Sliced beef fillet 4.50

### SUPERFOOD SALAD (VE) 7.95

Baby kale with quinoa, chickpeas, spiced cauliflower, spiralised carrot, mint, coriander, pomegranate, pineapple & ginger dressing and Omega seed sprinkle

1848kJ/440kcal

Garlic & lemon marinated halloumi 2.00

Chicken breast 3.00

Pan-fried king prawns 4.00

### CRISPY DUCK SALAD 12.50

Crispy duck glazed with honey & sesame, on pak choi, carrot, cucumber, red chilli, coriander & spring onion

### MISO RICE BOWL (VE) 8.95

With pak choi, broccoli, peppers and sugar snaps. Topped with a carrot, pea shoots and sesame salad. Served with sriracha and soy

1992kJ/474kcal

Chicken breast 3.00

Pan-fried king prawns 4.00

Sliced beef fillet 4.50

## £7 LUNCH

Served until 4pm. All sandwiches are served with a choice of salad, fries or a mug of tomato, vegetable and quinoa soup (try our sweet potato fries +£1)

### FILLET STEAK SANDWICH

+ £2.50 supplement

With crispy shallots, onion chutney, watercress and Dijon mayonnaise on the side

### CHARGRILLED CHICKEN AND AVOCADO SALAD

With cherry tomatoes, cucumber, gem lettuce and Omega seed sprinkle. Served with honey & mustard dressing on the side

### KALE & HOUMOUS FLATBREAD (V)

Warm flatbread with kale pakora, jackfruit chutney, pomegranate & baby kale leaf drizzled with red & pink peppercorn yoghurt

### CHICKEN QUESADILLA

Chargrilled tortilla with pulled chicken, black beans, peppers, lime and mozzarella. Served with pineapple & habanero ketchup

### GRILLED CHICKEN FOCACCIA

With crushed avocado, roasted red pepper, rocket, SunBlush® tomato & basil dressing

### FETA, CARROT & QUINOA SALAD (V)

Baby kale, spiralised carrot, quinoa, Kalamata olives and beetroot houmous with a pineapple & ginger dressing

### FISH FINGER WRAP

Two lightly battered cod goujons in a flour tortilla with gem lettuce and tartare sauce on the side

## SIDES

Rustic bread and oil (V) 2.50

Fries (V) 3.00

Sweet potato fries (V) 3.75

Tempura onion rings (V) 3.00

Pan-fried hash with spinach and onion (V) 2.00

House salad with giant couscous, pomegranate and lentil tabbouleh (VE) 3.50

Fancy a two course early week treat?

Turn over for our EARLY WEEK SET MENU

Too early for all this?

Turn over for our BREAKFAST & BRUNCH MENU

# ALL·BAR·ONE

## Breakfast & Brunch

Relax we serve breakfast until midday weekdays and 1pm at the weekend

### COLD PRESSED JUICES

#### COLDPRESS PUMPKIN POWER 3.50

Pumpkin, ginger, cinnamon, carrot, pineapple, apple, lemon

#### COLDPRESS MEAN GREENS 3.50

Celery, cucumber, lemon, lettuce, spinach, pear, pineapple

#### COLDPRESS JUICY ROOTS 3.50

Beetroot, carrot, lemon, ginger, apple

#### FULL BREAKFAST 7.50

Cumberland & damson sausages, smoked back bacon, free range eggs, portobello mushroom, plum tomato, baked beans and toasted sourdough

Vegetarian option available (V)

Add pan-fried spinach and onion potato hash 2.00

#### HUEVOS RANCHEROS (V) 6.50

A traditional Mexican breakfast. Grilled tortilla topped with pico de gallo & black bean salsa, two fried free range eggs, avocado, spring onion & red chilli

#### BLUEBERRY BIRCHER (V) 4.75

Oats and Greek-style yoghurt, with blueberry compote served with banana, blueberries and Omega seed sprinkle

#### PROTEIN POWER-UP 7.50

Severn & Wye smoked salmon, poached free range egg, avocado, pink grapefruit served with a watercress and breakfast radish salad topped with Omega seed sprinkle

This dish is high in protein, 1564kJ/372kcal

#### BUTTERMILK PANCAKES (V) 5.95

Served with maple syrup, banana, blueberries, raspberries and strawberries

Top with smoked back bacon 1.50

#### SMOKED BACON RUSTIC ROLL 5.50

With sour cream, chilli tomato jam and fresh coriander

Add pan-fried potato hash with spinach and onion 2.00

#### EGGS BENEDICT 6.95

Toasted English muffin topped with ham and poached free range eggs. Served with Omega seed sprinkle and lemon hollandaise

Add half a sliced avocado 1.00

#### EGGS ROYALE 7.50

Toasted English muffin topped with Severn & Wye smoked salmon and poached free range eggs. Served with Omega seed sprinkle and lemon hollandaise

Add half a sliced avocado 1.00

#### EGGS FLORENTINE (V) 6.95

Toasted English muffin topped with sautéed spinach, grilled portobello mushrooms and poached free range eggs. Served with Omega seed sprinkle and lemon hollandaise

Add half a sliced avocado 1.00

#### SEVERN & WYE SMOKED SALMON AND FREE RANGE SCRAMBLED EGGS 7.50

Served on toasted sourdough

#### SMASHED AVOCADO WITH CRUMBLED FETA (V) 5.50

Served on toasted sourdough

#### POACHED FREE RANGE EGGS WITH SEASONAL MUSHROOMS (V) 5.50

Sautéed in garlic & parsley butter, served on toasted sourdough

#### TOASTED SOURDOUGH (V) 5.50

Add two toppings of your choice: Smashed avocado (V), crumbled feta (V), grilled halloumi (V), beetroot houmous (V), seasonal mushrooms (V), smoked back bacon, chorizo, free range poached eggs (V), free range scrambled eggs (V)

### RISE & SHINE

#### ANY BREAKFAST & A HOT DRINK £6

Available until midday on weekdays

A £2 supplement applies to the Full Breakfast and Vegetarian breakfasts

### BRUNCH BOARD 15.00

For two to share

Severn & Wye smoked salmon and scrambled eggs, toasted sourdough with smashed avocado, beetroot houmous, grilled feta, seasonal mushrooms sautéed in garlic & parsley butter, poached free range eggs and a choice of cold pressed juice

### BRUNCH COCKTAILS

After all, a brunch without a cocktail is just a sad, late breakfast

#### MIMOSA ! 5.95

Prosecco and orange juice

#### BLOODY MARY ! 7.50

Ciroc vodka, tomato juice. Spiced the way you like it.

Licensing hours apply

## Espresso

ALL·BAR·ONE

### CHOOSE ANY HOT DRINK & A PATISSERIE ITEM FOR £3.95

Available until midday on weekdays

#### PATISSERIE

##### CROISSANT (V) 1.95

Served with butter and jam

##### PAIN AU CHOCOLAT (V) 1.95

With a chocolate hazelnut filling

##### MUFFIN (V) 2.75

Ask a member of our team for today's flavours

##### RASPBERRY & PISTACHIO

TRAYBAKE (V) 1.95

Available to take away

##### ESPRESSO 1.95 / 2.30

AMERICANO 2.30

FLAT WHITE 2.45

CAPPUCCINO 2.45

Add extra espresso shot 40p

Add flavoured syrup 40p

(Choose from: hazelnut, caramel or vanilla)

#### COFFEE

##### MACCHIATO 2.45

LATTE 2.45

MOCHA 2.45

FAIRTRADE HOT CHOCOLATE 2.45

A soya alternative is available. Just ask a member of our team

#### TEAS

Available to take away

##### TEAS 1.95

Breakfast

Earl Grey

Rooibos

Camomile

Peppermint

Green

## Early Week Set Menu

Available from 5pm, Sunday to Thursday

### ENJOY ANY 2 COURSES FOR £10

ADD AN EXTRA COURSE FOR £3

#### APPETISERS

##### PATATAS BRAVAS (VE)

Crisp potatoes in a lightly spiced tomato & roasted red pepper sauce

##### BUTTERMILK CHICKEN WINGS

Southern fried buttermilk chicken wings glazed with Korean inspired BBQ flavours of ginger, garlic and soy

##### SALT & PEPPER CALAMARI

Tossed in a citrus, red pepper & pink peppercorn seasoning with a sweet chilli and lime dip

##### CRUSHED AVOCADO & TOMATO BRUSCHETTA (VE)

With Kalamata olives and red onion

#### MAIN PLATES

##### CLASSIC BURGER

Choose from our own recipe handmade beef burger, grilled chicken or veggie burger with our signature burger sauce

Add smoked back bacon 1.50

##### CHICKEN BURRITO

With black beans, spiced rice, peppers and Monterey Jack cheese, crushed avocado and sour cream. Served with fries or house salad

##### SUPERFOOD SALAD (VE)

Baby kale with quinoa, chickpeas, spiced cauliflower, spiralised carrot, mint, coriander, pomegranate, pineapple & ginger dressing and Omega seed sprinkles

##### PAD THAI (V)

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

Chicken breast 3.00

Pan-fried king prawns 4.00

Sliced beef fillet 4.50

##### STEAK FRITES

21 day aged 9oz rib-eye. Served with peppercorn sauce, watercress and Parmesan and rosemary fries

+ £5 supplement

Tempura onion rings 1.50

#### DESSERTS

##### CHURROS (V)

Dusted with cinnamon sugar and served with dulce de leche

##### RASPBERRY SORBET (VE)

Three scoops

##### BELGIAN CHOCOLATE BROWNIE (V)

Served with bourbon vanilla ice cream

##### CHOCOLATE, MASCARPONE & ORANGE MOUSSE CAKE (V)

1050kJ/250kcal