

ALL·BAR·ONE

SMALL PLATES

ANY 3 FOR £15 OR 5 FOR £25

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

STONEBAKED GARLIC FLATBREAD (V) 5.50

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

LITTLE MEZZE (V) 5.95

Harissa and sweet potato falafel, giant couscous, pomegranate & lentil tabbouleh, tzatziki and houmous

CRISPY DUCK DUMPLINGS 5.95

Served with som tam salad. Tangy and sour, this Thai green papaya & peanut salad is an ideal bed for sticky gyozas

SLOW-COOKED PORK 6.95

Served with creamed potato, apple & vanilla ketchup and pork crackling

SALT AND PEPPER CALAMARI 5.50

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

PATATAS BRAVAS (V) 4.95

Crisp potatoes in a lightly spiced tomato & roasted red pepper sauce. Served with garlic & saffron aioli

CHORIZO & HALLOUMI SKEWERS 5.75

Served with 'pico de gallo' salsa

GINGER TERIYAKI CHICKEN SKEWERS 5.75

Served with pickled vegetables and sesame seeds
346 calories

FETA & SPINACH BOUREK (V) 5.75

Four crisp pastry parcels served with chilli tomato jam. Originally from North Africa, these little parcels of pastry are a delicious street food snack

LEMONGRASS & CHILLI TEMPURA KING PRAWNS 5.95

Served with pineapple & black bean salsa

CRUSHED AVOCADO & TOMATO BRUSCHETTA (V) 5.50

Topped with Kalamata olives

HOUMOUS DUO (V) 4.95

Red pepper and black olive houmous and traditional houmous. Served with flatbread and rustic breads

TAPAS TUESDAY

4 SMALL PLATES & A BOTTLE OF WINE FOR £20

Enjoy one of our selected range of discovery wines for an additional £5

Available from 4pm every Tuesday

SIDES

Breads & 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 and
pomegranate & lentil tabbouleh (v) 3.50

Our sharing boards

Perfect for two or three to share

DELI BOARD 18.00

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

METRO BOARD 23.00

Crispy duck dumplings, salt & pepper calamari, Iberico ham croquettes, pulled chicken quesadillas, ginger teriyaki chicken skewers, SunBlush® tomatoes, piri piri houmous served with breads, olives and dips

CHIPS & DIPS

ALL BAR ONE NACHOS (V) 8.50

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

Add BBQ pulled pork with pineapple & black bean salsa 2.00

TRIO OF FRIES (V) 8.50

Three buckets of fries:
Fries with smoked paprika & saffron aioli, fries with Parmesan, truffle oil & rosemary, sweet potato fries with sour cream & Cajun dusting

MAIN PLATES

STEAK FRITES 15.95

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

Tempura onion rings 1.50

Pan-fried king prawns 4.00

FISH & CHIPS 10.95

Tempura sea bass, mushy peas, tartare sauce, lemon and 'fish & chip shop' style seasoning

SMOKED SALMON FISHCAKES 8.95

With lemon hollandaise and coleslaw.

Served with fries or house salad

CHICKEN BURRITO 8.50

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

PERI-PERI HALF CHICKEN 10.50

Marinated with lime & garlic, with coleslaw and grilled corn. Served with fries or house salad

BBQ RACK OF RIBS 13.50

A full rack of ribs. Served with fries and coleslaw. Bursting with traditional Korean BBQ flavours of ginger, garlic and soy

CHICKEN KATSU 10.95

Firecracker chicken with steamed sticky rice in a Caribbean curry sauce

SUPERFOOD SALAD (VEGAN) 7.50

Mixed leaves, giant couscous, pomegranate & lentil tabbouleh, butternut squash and beetroot. Topped with omega-3 seed sprinkles and served with a pineapple, lemongrass & ginger dressing

321 calories

Garlic & lemon marinated halloumi 2.00

Chicken breast 3.00

Pan-fried king prawns 4.00

STICKY CRISPY DUCK SALAD 11.95

Crispy duck marinated with plum hoi sin ketchup and sesame. Tossed in a shredded salad with pea shoots, coriander, spring onion, peanuts, chilli, cucumber and miso & ginger dressing

MISO RICE BOWL (VEGAN) 8.50

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

Served with sriracha and soy

449 calories

Chicken breast 3.00

Pan-fried king prawns 4.00

Sliced beef fillet 4.50

PAD THAI (V) 7.50

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

Our famous burgers

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

THE WAGYU 13.95

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

THE CALIFORNIAN 9.95

Smoked back bacon, crushed avocado and our signature burger sauce

THE SMOKY 10.95

BBQ pulled pork and smoked Cheddar cheese

THE FRENCH (V) 10.50

Camembert and red onion chutney

THE MATADOR 11.50

Manchego rarebit and chorizo

THE HIPPY (V) 9.95

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

THE SKINNY 8.95

Half a bun, avocado and chopped salad
500kcal or less (At least 40% fewer calories per 100g than our Classic)

THE CLASSIC 8.95

With our signature burger sauce

MAKE IT YOUR OWN

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

Extra patty 3.00

Fried egg 1.00

Beetroot 1.00

Grilled halloumi 2.00

Crushed avocado 1.00

Caramelised onions 1.00

Smoked back bacon 1.50

Camembert 2.00

Pulled Pork 2.00

£6.50 LUNCH

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

CHICKEN QUESADILLA

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

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, and gem lettuce and omega-3 seed sprinkles. Served with honey & mustard dressing

HALLOUMI & HOUMOUS WRAP (V)

With sweet chilli, grated carrot, fresh coriander and roasted fire-roasted red pepper

GRILLED CHICKEN FOCACCIA

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

FETA, ROASTED PEPPER AND HERITAGE CARROT SALAD (V)

With houmous, avocado and rocket, topped with a lemon & extra virgin olive oil dressing, omega-3 seed sprinkles and pomegranate

FISH FINGER WRAP

Tempura cod in a flour tortilla with gem lettuce and tartare sauce on the side

DESSERTS

CHURROS (V) 6.50

Dusted with cinnamon sugar and served with dulce de leche. Enough to share

BELGIAN CHOCOLATE BROWNIE (V) 5.00

Served with bourbon vanilla ice cream

LEMON TORTE (V) 5.50

Served with raspberry sorbet

CHOCOLATE, ORANGE & MASCARPONE MOUSSE CAKE (V) 4.75

250 calories

TOFFEE POPCORN CHEESECAKE (V) 5.50

Dulce de leche, hazelnut ice cream

BOURBON PECAN PIE (V) 5.95

Served with cinnamon ice cream

RASPBERRY SORBET (V) 3.00

TRIO OF ICE CREAMS (V) 3.75

Your choice of cinnamon, hazelnut and bourbon vanilla scoops

CHECK with client whether this section is (a) correct, (b) to be retained

HARD SHAKES

Alcoholic milk shakes.
Our latest indulgent creation, made with light cream and served in a mini milk bottle

RED BERRY 7.50

Absolut Cherrys vodka, Chambord black raspberry liqueur, raspberry purée and sugar syrup

KEY LIME PIE 7.50

Absolut Vanilia vodka, Malibu and lime

JÄGER FRAPPÉ 7.50

Jägermeister, Absolut Vanilia vodka and Cazcabel coffee tequila

RISE & SHINE

ANY BREAKFAST & A HOT DRINK £6

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

Available until midday on weekdays

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

Citric vodka, tomato juice and a dash of Tempranillo Cabernet. Spiced the way you like it

BREAKFAST MARTINI | 6.95

Citric vodka, orange liqueur, peach schnapps, marmalade and orange juice

Licensing hours apply

FULL BREAKFAST 7.50
Cumberland & damson sausages, smoked back bacon, free range eggs, portobello mushroom, plum tomato, baked beans and toast
Your undisputed breakfast dish of choice. And why change a classic?
VEGETARIAN BREAKFAST (V) 7.50
Vegetarian sausages, free range eggs, portobello mushroom, plum tomato, baked beans and toast
MANGO & PASSION FRUIT GRANOLA (V) 4.50
With Greek-style yoghurt and banana. Served with our special blend of goji berries, sunflower, pumpkin and chia seeds granola

BUTTERMILK PANCAKES (V) 5.75
Served with maple syrup, banana, blueberries, raspberries and strawberries
SMOKED BACK BACON 1.50
BOOST BREAKFAST (V) 6.25
Grilled portobello mushrooms, poached free range egg, plum tomato and avocado. Served on toast with houmous and sweet chilli sauce
EGGS ROYALE 6.95
Toasted English muffin topped with Severn & Wye smoked salmon and poached free range eggs. Served with omega-3 seed sprinkle and lemon hollandaise
Half a sliced avocado 1.00

EGGS FLORENTINE (V) 6.75
Toasted English muffin topped with sautéed spinach, grilled portobello mushrooms and poached free range eggs. Served with omega-3 seed sprinkle and lemon hollandaise
EGGS BENEDICT 6.75
Toasted English muffin topped with ham and poached free range eggs. Served with omega-3 seed sprinkle and lemon hollandaise
SMOKED BACON POTATO HASH 4.95
Served with spinach, pan-fried onions and a poached free range egg

PROTEIN POWER-UP 6.95
Severn and Wye smoked salmon, avocado, poached free range egg and watercress. Served with omega-3 seed sprinkle and lemon dressing
This dish is high in protein, which contributes to the maintenance of muscle mass. 373 calories
HUEVOS RANCHEROS (V) 6.25
Lightly scrambled free range eggs and fresh cornander served with avocado, black bean salsa, pineapple & habanero ketchup and grilled tortillas
SMOKED BACON RUSTIC ROLL 4.95
With soured cream, chilli tomato jam and fresh coriander
Pan-fried potato hash with spinach and onion 2.00

MORNING MEETING?

Our breakfast spread will set your team up for the day

£8 PER HEAD (min. 10 people)

Speak to our team for details

ALL·BAR·ONE

BREAKFAST

Relax, we serve breakfast until midday on weekdays and 1pm on weekends

CHECK with client whether this section is (a) correct, (b) to be retained

Set menu

Available from 5pm, Sunday to Thursday

ENJOY ANY 2 COURSES FOR £10

STARTERS

CHORIZO & HALLOUMI SKEWERS

SZECHUAN COATED CALAMARI

HOUMOUS DUO (V)

CRUSHED AVOCADO & TOMATO BRUSCHETTA (VEGAN)

MAIN PLATES

CLASSIC BURGER
+ Smoked back bacon 1.50

SMOKED SALMON FISHCAKES

PERI-PERI GRILLED CHICKEN BREAST

PAD THAI (V)
+ Chicken breast 3.00
+ Wild Argentinian king prawns 4.00
+ Sliced beef fillet 4.50

STEAK FRITES
+ £5 supplement
+ Tempura onion rings 1.50

DESSERTS

CHURROS

COLOMBIAN CHOCOLATE BROWNIE

RASPBERRY SORBET
Three scoops

CHOCOLATE, ORANGE & MASCARPONE MOUSSE CAKE
250 calories

PICK ME UP

ANY HOT DRINK & A PÂTISSERIE ITEM £3.95

Available until midday on weekdays

TEAS & JUICES

Available to take away

TEAS 1.95
Breakfast / Earl Grey / Rooibos / Camomile / Peppermint / Green

JUICES 2.60
Apple / Orange / Tomato / Pineapple / Mango & passion fruit / Cranberry

FIREFLY X.XX
Peach & green tea / Kiwi, lime & mint

COFFEE & PÂTISSERIE

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
Add extra espresso shot 40p
Add flavoured syrup 40p
(Choose from: hazelnut, caramel or vanilla)

ESPRESSO 1.95 / 2.30

AMERICANO 2.30

WITH MILK 2.45
Flat white / Cappuccino / Macchiato / Latte / Mocha / Fairtrade hot chocolate
A soya alternative is available.
Just ask a member of our team.

Waiting for Espresso logo to go here