

## NIBBLES

OLIVES (VE) 2.95	PADRÓN PEPPERS (VE) 3.75	PRETZEL MIX (V) 2.95
VEGETABLE CRISPS (VE) 2.95	TORTILLA CHIPS (VE) 3.75	PISTACHIO NUTS 2.95

## SMALL PLATES

ANY 3 FOR £17 OR 5 FOR £27

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

### SALT AND PEPPER CALAMARI 6.75

With a sweet chilli and lime dip

### CRUSHED AVOCADO BRUSCHETTA 6.75

With tomato salsa

### CHORIZO & HALLOUMI SKEWERS 6.75

With pico de gallo salsa

### PAN FRIED KING PRAWNS 6.95

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

### STONEBAKED GARLIC FLATBREAD (V) 5.95

With rocket and Italian hard cheese

### LOBSTER MAC N CHEESE+ 6.95

In a smoked applewood Cheddar sauce

### BUTTERMILK CHICKEN WINGS 7.50

Glazed with Korean inspired BBQ flavours of ginger, garlic and soy

### HALLOUMI FRIES (V) 5.95

With a Chimichurri dip

### GINGER TERIYAKI CHICKEN SKEWERS+ 7.25

Served with pickled vegetables and sesame seeds

### SEASONAL MUSHROOM TEMPURA+ 6.25

Toasted sesame & miso dip

### CHILLI NON CARNE TACOS 6.50

Filled with crushed avocado, chilli non carne, nacho crumb and served with a turtle bean & pineapple salsa

### HOUMOUS DUO (V) 6.50

Beetroot & apple houmous and classic houmous, served with flatbreads

## SHARING

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

### ALL BAR ONE NACHOS (V) 9.95

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

Add chilli non carne and pineapple & black bean salsa (v) 2.00

### BOX-BAKED CAMEMBERT & CHARCUTERIE 13.95

Fennel salami, coppa ham, prosciutto crudo, red onion chutney, bread, olives and rocket

### THE MEZZE BOARD (V) 15.95

Pea, feta & mint falafels, kale pakora, grilled halloumi, smashed avocado, houmous duo, warm breads and a quinoa salad

### THE GRAZING BOARD+ 16.95

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

### TRIO OF FRIES 9.50

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 11.95

Handmade beef patty, smoked back bacon, smoked Cheddar and our signature burger sauce

### THE CLASSIC 10.95

Handmade beef patty with our signature burger sauce

### THE SKINNY 10.95

Handmade beef patty, half a bun, avocado and house salad instead of fries

### THE MEXICAN 12.95

Handmade beef patty, chilli non carne, guacamole, nacho crumb and our signature burger sauce

### THE VEGAN 11.75

Aubergine & harissa patty, beetroot houmous, fire roasted peppers, served in an ancient grain bun instead of brioche

### THE CHICKEN 10.95

Cornflake coated buttermilk fried chicken, lettuce, tomato and mayonnaise

### BUILD YOUR OWN

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

## MAIN PLATES

### CHIMICHURRI BEEF FILLET SKEWERS 13.95

Served with seasoned fries, padrón peppers and black rice salad

### PIRI-PIRI HALF BONELESS CHICKEN 12.95

Served with coleslaw and a choice of fries or house salad

### SMOKED HADDOCK & MUSTARD FISHCAKES+ 10.50

With bloody mary tartare sauce, served with fries or house salad

### 9oz RIBEYE 17.50

With a peppercorn sauce and Parmesan & rosemary fries

Add pan-fried King Prawns 3.00 / Onion rings 1.00

### CHICKEN BURRITO 10.50

With black beans, spiced rice, peppers, Monterey Jack cheese, smashed avocado and sour cream. Served with smoked paprika fries

### FISH & CHIPS 12.95

Tempura cod fillet, mushy peas, tartare sauce and fries

### CHICKEN KATSU 12.50

Firecracker chicken with steamed sticky rice in a spiced coconut curry sauce

### SALMON CAESAR SALAD 12.50

Salmon fillet with cos lettuce, asparagus, croutons, classic Caesar dressing and Parmesan cheese

### CHICKEN, GREENS & GRAINS 10.50

Grilled chicken, chopped spinach, spiced quinoa & brown rice, broccoli, soya beans and lemon oil dressing

### PAD THAI (V) 9.95

With rice noodles, peppers, broccoli, free range egg, pak choi, sugar snaps, sweet chilli and peanuts  
Add Chicken breast 2.50 / Tempura mushrooms (v) 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 9.50

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

### AVOCADO & BLACK RICE SALAD 9.95

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 8.50+

5 of your 5 a day and 300 calories or less  
Pan fried medley of greens, butternut squash, aubergine, mushroom and peppers with a toasted sesame and miso sauce, topped with a rice noodle cracker  
Add a side of rice for 2.00

### MOROCCAN SQUASH SALAD 9.50

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 (v) 2.00

## PERFECT FOR LUNCH £8.50

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 3.50

with smoked paprika and saffron aioli (v) 4.25  
with Parmesan, truffle oil and rosemary 4.25  
with chilli non carne & Monterey Jack cheese (v) 4.50

### SWEET POTATO FRIES (V) 4.25

### RUSTIC BREAD & OIL (V) 3.95

### DRESSED MIXED SALAD 3.75

## SWEET TREATS

### CHURROS (V) 6.75

Dusted with cinnamon sugar and served with Dulce de Leche

### 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 sauce

### RICH CHOCOLATE & AVOCADO POT 5.75

Served with fresh berries

## 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

Available Sunday-Thursday from 5pm, ask a member of our team for the menu

Please visit our website to view our nutritional information at [www.allbarone.co.uk/nutritional-info](http://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 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) = 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 TO BE SHARED, CELEBRATED & ENJOYED

From tasty small plates and sharing boards to nutritious power-foods – we have the perfect choice for whatever the occasion.

Join us for brunch, lunch with friends or a cosy date night. Relax and enjoy with a glass of the good stuff at All Bar One.

## TAPAS TUESDAY

4 SMALL PLATES & A BOTTLE  
OF WINE FOR £25

Choose our house wine or one of our selected  
'must try' wines for an additional £5

Available from 4pm every Tuesday

# FOOD

 ALLBARONE

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