

Dinner

HARBAR

KITCHEN | BAR | TERRACE

Bites

House Marinated Olives **VG** 211 kcal 5

Salt Crusted Sourdough, butter or olive oil balsamic **V** 317 kcal 5

Starters

Lamb Kofta, pickled red cabbage, guindilla pepper, cucumber mint yoghurt, pitta 518 kcal 9

Caramelised Parsnip & Caraway Soup, celeriac croutons **VG** 311 kcal 9

Chargrilled Squid, burnt chilli, rocket, aioli 388 kcal 8.5

Sticky Beef Flour Taco, slow cooked brisket, spiced BBQ sauce, guacamole and sour cream 455 kcal 10

Twice Baked Cheese Soufflé, mature cheddar, glazed cheese crust **V** 516 kcal 9.5

Add - Smoked Haddock 114 kcal 4

Severn & Wye Smoked Salmon, soda bread, lemon 214 kcal 12

Market Crudities, chickpea and beetroot hummus, crackers and seeds **V,VGA** 306 kcal 8

Mains

Crispy Sea Bass Fillet, Jerusalem artichokes, samphire and crab sauce 808 kcal 22

Roast Butternut Squash Risotto, toasted pine nuts, crisp fried sage **V** 692 kcal 19

Grilled Salmon Fillet, soba noodles, tamari sauce, choy sum, sesame seeds 711 kcal 23

Roast Rump of Lamb, harissa yoghurt, charred courgette and baby aubergine, hazelnut, pomegranate, mint green sauce 892 kcal 26

Teriyaki Duck Rice Bowl, sesame, pak choi, green onion, chilli 671 kcal 19

HarBAR Fish & Chips, thick cut chips, crushed peas, tartare sauce 825 kcal 19.5

Chicken Jalfrezi, fragrant basmati rice, naan bread 912 kcal 22

Crispy Fried Chicken Burger, mature cheddar, chipotle mayonnaise, slaw, brioche bun, fries 921 kcal 18

Grilled

Mixed Grill, marinated chicken skewer, lamb chop, bavette steak, merguez sausage, chargrilled pitta, grilled chilli pepper, hummus dip, feta salad 1458 kcal 29.5

Marinated Swordfish Steak, baby new potato, fine beans, olives tomato, green sauce 714 kcal 22

HarBAR Burger, mature cheddar, lettuce, tomato, pickled red onion, relish burger sauce, brioche bun, fries 590 kcal 18

Vegan Burger, vegan cheddar cheese, lettuce, tomato, pickled red onion, brioche bun, fries **VG** 792 kcal 17

8oz Sirloin, roast tomato, flat mushroom, watercress, thick cut chips 681 kcal 31.95

8oz Ribeye, roast tomato, flat mushroom, watercress, thick cut chips 716 kcal 32.95

Add a steak sauce - Béarnaise 397 kcal | Peppercorn 201 kcal | Chimichurri 182 kcal 3 each

Sides

French Fries **V** 225 kcal 5

Thick Cut Chips **V** 294 kcal 5

Mixed Salad House Dressing **V** 148 kcal 5

New Potatoes, parsley, butter **V** 537 kcal 5

Wilted Greens, garlic and chilli **V** 189 kcal 5

Basmati Rice, chilli, spring onion and coriander **V** 236 kcal 5

Mac 'n' Cheese 285 kcal 6

The finer details

V vegetarian | **VG** vegan | **VGA** vegan option available

Our food and drinks are prepared in areas where cross-contamination may occur, and our menu descriptors do not include all ingredients.

If you have any allergies, intolerances, or other dietary requirements, or if you require allergen information, please let us know before ordering.

A discretionary gratuity of 12.5% is added to the total bill and divided fairly between the team and independently from the business.

Adults require approximately 2000 kcal a day.

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