

Lunch

HARBAR

KITCHEN | BAR | TERRACE

Bites

House Marinated Olives **VG** 211 kcal 5

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

Small Plates

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

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

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

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

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

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

Large Plates

HarBAR Fish & Chips, crushed peas, tartare sauce 844 kcal 19.5

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

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

8oz Ribeye Steak, tomato, flat mushroom, watercress, thick cut chips 716 kcal 30

8oz Sirloin Steak, tomato, flat mushroom, watercress, thick cut chips 681 kcal 29

Add Steak Sauces - Béarnaise 397 kcal | Peppercorn 201 kcal | Chimichurri 182 kcal 3

Burgers *all served with fries*

HarBAR Burger, mature cheddar, lettuce, tomato, pickled red onion, relish, burger sauce 785 kcal 18

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

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

Sandwiches

Chicken Club, roast chicken, streaky bacon, egg, guacamole, lettuce, tomato 664 kcal 12

Smoked Salmon & Dill Cream Cheese Bagel, red onion, capers 516 kcal 10

Chickpea Falafel Wrap, lettuce, tomato, red onion, cucumber, mint, lemon tahini, hot sauce **VG** 488 kcal 9

Marinated Chicken Skewer, tzatziki, tomato salad, leavened flatbread 608 kcal 12

Salads

Freekeh Grains, falafel, red cabbage, spinach, pomegranate molasses **V** 611 kcal 12

Cumin Roast Squash, puy lentils, quinoa, edamame, rocket and maple dressing **V** 578 kcal 12

Caesar Salad, gem lettuce, shaved Parmesan, olive oil croutons, anchovy, soft boiled hen's egg, Caesar dressing 309 kcal 10

Add - Chicken 134 kcal | Salmon 108 kcal | Halloumi 287 kcal

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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