

SO BAR

Sandwiches

ALL SERVED WITH STRAW FRIES & MIXED SALAD GARNISH
GLUTEN FREE WRAPS AVAILABLE ON REQUEST £1.50 SUPPLEMENT

- ROASTED VEGETABLE WRAP** ^{1,6,7}
Baby gem lettuce, peppers, aubergines, courgettes, avocado, mayonnaise
- STEAK CIABATTA** ^{1,6,7}
Minute steak, caramelised onions, cheddar cheese, tomato chutney
- CRISPY DUCK WRAP** ^{1,6,11}
Crispy duck, spring onions, beanshoots, rocket, cucumber & hoisin sauce
- SALT BEEF WRAP** ^{1,6,7,10}
Slow cooked salt beef brisket, pickles, rocket, caramelised onions, mustard mayonnaise, beef dipping pot
- FISH FINGER WRAP** ^{1,3,4,6,7}
Crispy breaded cod goujons, baby gem lettuce, cucumber, sweet chilli mayonnaise
- CHICKEN OR PRAWN SATAY WRAP** ^{1,2,5,6,8}
Asian salad, baby gem lettuce, peanut sauce
- SO BAR CLUB CIABATTA** ^{1,2,4,5,6,7}
Grilled chicken, bacon, tomato, baby gem lettuce, Caesar sauce
- TUNA CHILLI MELT CIABATTA** ^{1,4,6,7}
Tuna mayonnaise, Cheddar cheese, spring onions

Light Meals

- HOMEMADE CARROT BREAD (VG)** ¹
Roasted garlic bulb, olive oil, sea salt flakes
- HUMMUS & OLIVES & HALLOUMI (V)** ⁷
Warm flatbread, olive oil, sea salt
- GYOZA** ^{1,3,6,7}
Crispy Asian dumplings, sweet chilli dip, Asian salad & ketchup manis
- VEGETABLE (V)** ^{1,3,6,7}
CHICKEN ^{1,3,6,7}
- SHIO-RAMEN** ^{1,2,3,4}
Shredded duck, poultry stock, shiitake mushrooms, stir fried vegetables, noodles, free range egg
- BREADED SQUID** ^{1,2,3,6,7,14}
Asian salad, chipotle chilli mayonnaise
- CHICKEN OR KING PRAWN SATAY** ^{1,2,5,6,8}
Chargrilled marinated chicken or king prawns, Asian salad, coconut & peanut butter sauce
- CHICKEN** ^{7,9,5}
KING PRAWN ^{8,9,5}
COMBO ^{9,5,0}

Burgers

- ALL SERVED WITH STRAW FRIES & ASIAN SALAD
- SPICY BEAN BURGER (V)** ^{1,6,7} 11.50
Breaded bean burger in a sourdough bun, baby gem lettuce, tomato, guacamole
- CRISPY CHICKEN** ^{1,3,6,7} 11.95
Breaded chicken breast in a sourdough bun, baby gem lettuce, tomato, sweet chilli mayonnaise
- SO BAR CLASSIC** ^{1,6,7,10} 12.50
Homemade beef patty in a sourdough bun, baby gem lettuce, tomato, roasted pepper mayonnaise
- ADD: Cheddar ⁷, Bacon or Halloumi ⁷ 1.50
- (v) vegetarian

Allergen Key:

1 - Wheat | 2 - Crustaceans | 3 - Eggs | 4 - Fish | 5 - Peanuts | 6 - Soya | 7 - Dairy | 8 - Nuts | 9 - Celery
10 - Mustard | 11 - Sesame Seeds | 12 - Sulphur/Alcohol | 13 - Lupin Flour | 14 - Molluscs

Mains

- KATSU CURRY** ^{1,3,6,7} 12.95
Breaded or grilled chicken in an aromatic Japanese curry sauce, steamed rice, Asian salad & pickled ginger
- PAD THAI** ^{4,5,6,11} 8.95
A world famous dish consisting of dry wok rice noodles, egg, Asian greens, beansprouts, chilli, crushed peanuts, shrimp crackers
- VEGETABLE (v) or (Vegan option available)** ^{5,6,11} 9.95
CHICKEN ^{2,4,5,6,11} 11.50
PRAWN ^{2,4,5,6,11} 12.50
- THAI RED CURRY** ^{1,2,9} 9.95
Traditional coconut curry with lime leaf & coriander, steamed rice & prawn crackers
- VEGETABLE (V)** ^{1,2,9} 10.95
CHICKEN ^{1,2,9} 11.95
BEEF ^{1,2,9} 12.50
KING PRAWN ^{1,2,9} 12.95
COMBO (BEEF, CHICKEN & KING PRAWNS) ^{1,2,9} 13.95
- KARAHI CURRY** ⁹ 9.95
Traditional Indian curry, red peppers, pak choi, sugarsnap peas, steamed rice & shrimp crackers
- VEGETABLE (V)** ⁹ 10.50
CHICKEN ⁹ 11.95
KING PRAWN ^{2,9} 12.95
- WOK FRIED DUCK** ^{1,3,4,6,8,11} 12.95
Crispy shredded duck, plum sauce, egg noodles, Asian vegetables, coriander, shrimp crackers
- SALMON CUTLETS** ^{1,3,4,6,8,11} 12.95
Marinated salmon, shitake mushroom, vegetable stir fry, egg noodles, soy & sweet chilli sauce
- LAMB KOFTAS** ^{1,3,6,7} 12.95
Spicy marinated lamb kofta skewers, flatbread, tzatziki, vegetable salad, straw fries
- TRADITIONL SATAY** ^{1,2,5,6,8} 7.50
chargrilled marinated chicken or prawns with a mild peanut sauce, Asian salad, steamed rice
- CHICKEN** ^{1,2,5,6,8} 11.95
KING PRAWN ^{1,2,5,6,8} 12.95
COMBO (CHICKEN & KING PRAWNS) ^{1,2,5,6,8} 12.95

Sharing Boards (for 2 or more)

- VEGETARIAN PLATTER (V) OR (VG) AVAILABLE** ^{1,3,6,7} 17.50
Vegetable gyoza, Mediterranean vegetables, spicy bean burger, hummus, pearl barley, flatbread, olives & Asian salad
- MEAT PLATTER** ^{1,3,5,6,8,10,11} 17.50
Crispy duck salad, chicken satay, chicken gyoza, spiced lamb koftas, flatbread, Asian salad, satay sauce, chilli dip, ketchup manis

Salads

- SUPERFOOD SALAD (VG)** ⁸ 9.95
Walnuts, rice noodles, pearl barley, blueberries, grapes, mixed leaves, pickled ginger, sweet & sour dressing
- GRILLED CHICKEN** ^{1,2,5,6,8} 11.95
GRILLED HALLOUMI ^{7,8} 11.95
SMOKED SALMON ^{4,7,8} 12.50
- CAESAR SALAD** ^{1,3,4,7} 9.95
Baby gem lettuce, croutons, soft free range boiled egg, Parmesan shavings, Caesar dressing, crispy pancetta
- BREADED CHICKEN** ^{1,3,4,6,7} 11.50
KING PRAWNS ^{1,2,3,4,7} 12.50
COMBO ^{1,2,3,4,7} 13.00
- CRISPY DUCK SALAD** ^{1,3,4,7} 8.95 / 13.95
Mixed leaves, pineapple, cucumber, beansprouts, hoisin sauce

Side Orders

- CRUSTY BREAD & JERSEY BUTTER ^{1,7}
- HOMEMADE CARROT BREAD (VG) ¹
- WOK EGG FRIED RICE ³
- STRAW FRIES ^{1,6}
- CHUNKY CHIPS ^{1,6}
- THAI PRAWN CRACKERS ^{1,6}

To Finish

- JERSEY DAIRY ICE CREAM - 3 SCOOPS ^{1,3,7}
Vanilla, chocolate or strawberry
- HOMEMADE STICKY TOFFEE MUFFIN ^{1,3,7}
Jersey Dairy vanilla ice cream, rich toffee sauce
- DARK CHOCOLATE & WALNUT BROWNIE ^{1,3,7,8}
Jersey Dairy vanilla ice cream, chocolate sauce
- WINTER BERRY SUNDAE ^{1,3,7}
Mixed berry compote, whipped cream, meringue, Jersey Dairy vanilla ice cream

Beverages

- ESPRESSO
- DOUBLE ESPRESSO
- CAPPUCCINO
- AMERICANO
- LATTE
- TEA
- HOT CHOCOLATE

Liqueur Coffees

- IRISH (WHISKEY)
- ROYAL (BRANDY)
- MONTE CRISTO (KAHLUA & COINTREAU)
- RUSSIAN (VODKA)
- CALYPSO (TIA MARIA)
- CARIBBEAN (DARK RUM)

White Wine

2.50	PINOT GRIGIO ANCORA (ITALY) (VG)	175ml - 250ml	BOT
2.95	Fresh & generous with gentle floral & citrus aromas	3.90 / 5.60	16.50
2.95	FALSE BAY CHINON BLANC (SOUTH AFRICA)	4.15 / 5.85	19.70
2.95	Fresh & fruity with apple & floral undertones		
2.95	CHÂTEAU DE JANNIÈRE MUSCADET SUR LIE (FRANCE)	4.65 / 6.65	19.90
2.95	Dry, light bodied citrus like taste with a versatile range of food pairings		
3.50	DOMAINE DU TARIQUET SAUVIGNON BLANC (FRANCE)	4.65 / 6.65	19.95
	A solid wine with good fruit & balance.		
	DOMAINE DU TARIQUET CHARDONNAY (FRANCE)	4.70 / 6.80	20.20
	Soft & round on the palate. Good acidity with a Crisp finish		
5.50	TARINGI, MARLBOROUGH, SAUVIGNON BLANC (NEW ZEALAND)	5.15 / 7.60	22.40
	Classic gooseberry & grassy nose, tropical fruit on the palate		

Red Wine

5.50	MONTEPULCIANO D'ABRUZZO ANCORA (ITALY)	3.85 / 5.50	16.70
5.50	Ruby red in colour with bold inviting aromas of cherries & spices that explode from the glass		
	FALSE BAY OLD SCHOOL SYRAH (SOUTH AFRICA) (VG)	4.15 / 5.85	17.50
	Deep colour, rich & ripe fruits, spicy flavours		
	CAMPO VIEJO RIOJA TEMPRANILLO (SPAIN) (VG)	4.95 / 7.20	21.60
1.95	A cherry-red Rioja with intense rich flavours of ripe red cherries & strawberries, followed by sweet vanilla & spice		
2.50	CHÂTEAU LOS BOLDOS TRADITION RESERVE MERLOT (CHILE)	5.20 / 7.40	22.10
2.50	Savoury & plummy fruit with clean acidity & sturdy structure		
2.50	DON CRISTOBAL BARREL SELECTION MALBEC (ARGENTINA)	6.30 / 8.95	26.95
2.50	Fullbodied with plump dark fruit flavours & smoky finish		
2.50	RAPAURA SPRINGS PINOT NOIR (NEW ZEALAND) (VG)	7.30 / 10.45	31.30
2.50	Classic cranberry and red current aromas giving a wine with bite and texture. Generous quantities of red fruits make this delicious on its own or with food		

Rosé Wine

6.50	PINOT GRIGIO ANCORA (ITALY) (VG)	3.90 / 5.60	16.50
6.50	Dry, fresh & fruity rosé with delicate aromas of red berries		
6.50	BURLESQUE WHITE ZINFANDEL ROSE (AMERICA) (VG)	4.15 / 5.85	17.50
6.50	Luscious strawberry ice cream on the nose supported by a bright, berry fruited palate		

Bubbles

6.50	LUNETTA PROSECCO (ITALY) (VG)	20CL BOTTLE 6.95	22.95
6.50	LUNETTA ROSÉ SPARKLING (ITALY) (VG)	20CL BOTTLE 6.95	22.95
	CHARLES CHEVALIER BRUT (FRANCE)		37.50
	CHARLES CHEVALIER ROSÉ (FRANCE)		41.00

(VG) VEGAN

Please inform your server of any allergies before placing your order, allergens listed are correct at time of print. We cannot guarantee the total absence of allergens in our dishes. All dishes are prepared in a kitchen using gluten, nuts, celery, fish, seafood & dairy products.

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