

SO BAR

## Sandwiches

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

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

## Light Meals

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

## Burgers

- ALL SERVED WITH STRAW FRIES & ASIAN SALAD
- SPICY BEAN BURGER (V)** <sup>1,6,7</sup> 11.50  
Breaded bean burger in a sourdough bun, baby gem lettuce, tomato, guacamole
- CRISPY CHICKEN** <sup>1,3,6,7</sup> 11.95  
Breaded chicken breast in a sourdough bun, baby gem lettuce, tomato, sweet chilli mayonnaise
- SO BAR CLASSIC** <sup>1,6,7,10</sup> 12.50  
Homemade beef patty in a sourdough bun, baby gem lettuce, tomato, roasted pepper mayonnaise
- ADD: Cheddar <sup>7</sup>, Bacon or Halloumi <sup>7</sup> 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** <sup>1,3,6,7</sup> 12.95  
Breaded or grilled chicken in an aromatic Japanese curry sauce, steamed rice, Asian salad & pickled ginger
- PAD THAI** <sup>4,5,6,11</sup> 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)** <sup>5,6,11</sup> 9.95  
**CHICKEN** <sup>2,4,5,6,11</sup> 11.50  
**PRAWN** <sup>2,4,5,6,11</sup> 12.50
- THAI RED CURRY** <sup>1,2,9</sup> 9.95  
Traditional coconut curry with lime leaf & coriander, steamed rice & prawn crackers
- VEGETABLE (V)** <sup>1,2,9</sup> 10.95  
**CHICKEN** <sup>1,2,9</sup> 11.95  
**BEEF** <sup>1,2,9</sup> 12.50  
**KING PRAWN** <sup>1,2,9</sup> 12.95  
**COMBO (BEEF, CHICKEN & KING PRAWNS)** <sup>1,2,9</sup> 13.95
- KARAHI CURRY** <sup>9</sup> 9.95  
Traditional Indian curry, red peppers, pak choi, sugarsnap peas, steamed rice & shrimp crackers
- VEGETABLE (V)** <sup>9</sup> 10.50  
**CHICKEN** <sup>9</sup> 11.95  
**KING PRAWN** <sup>2,9</sup> 12.95
- WOK FRIED DUCK** <sup>1,3,4,6,8,11</sup> 12.95  
Crispy shredded duck, plum sauce, egg noodles, Asian vegetables, coriander, shrimp crackers
- SALMON CUTLETS** <sup>1,3,4,6,8,11</sup> 12.95  
Marinated salmon, shitake mushroom, vegetable stir fry, egg noodles, soy & sweet chilli sauce
- LAMB KOFTAS** <sup>1,3,6,7</sup> 12.95  
Spicy marinated lamb kofta skewers, flatbread, tzatziki, vegetable salad, straw fries
- TRADITIONL SATAY** <sup>1,2,5,6,8</sup> 7.50  
chargrilled marinated chicken or prawns with a mild peanut sauce, Asian salad, steamed rice
- CHICKEN** <sup>1,2,5,6,8</sup> 11.95  
**KING PRAWN** <sup>1,2,5,6,8</sup> 12.95  
**COMBO (CHICKEN & KING PRAWNS)** <sup>1,2,5,6,8</sup> 12.95
- Sharing Boards (for 2 or more)** 8.95
- VEGETARIAN PLATTER (V) OR (VG) AVAILABLE** <sup>1,3,6,7</sup> 17.50  
Vegetable gyoza, Mediterranean vegetables, spicy bean burger, hummus, pearl barley, flatbread, olives & Asian salad
- MEAT PLATTER** <sup>1,3,5,6,8,10,11</sup> 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)** <sup>8</sup> 9.95  
Walnuts, rice noodles, pearl barley, blueberries, grapes, mixed leaves, pickled ginger, sweet & sour dressing
- GRILLED CHICKEN** <sup>1,2,5,6,8</sup> 11.95  
**GRILLED HALLOUMI** <sup>7,8</sup> 11.95  
**SMOKED SALMON** <sup>4,7,8</sup> 12.50
- CAESAR SALAD** <sup>1,3,4,7</sup> 9.95  
Baby gem lettuce, croutons, soft free range boiled egg, Parmesan shavings, Caesar dressing, crispy pancetta
- BREADED CHICKEN** <sup>1,3,4,6,7</sup> 11.50  
**KING PRAWNS** <sup>1,2,3,4,7</sup> 12.50  
**COMBO** <sup>1,2,3,4,7</sup> 13.00
- CRISPY DUCK SALAD** <sup>1,3,4,7</sup> 8.95 / 13.95  
Mixed leaves, pineapple, cucumber, beansprouts, hoisin sauce

## Side Orders

CRUSTY BREAD & JERSEY BUTTER <sup>1,7</sup>	2.50
HOMEMADE CARROT BREAD (VG) <sup>1</sup>	2.95
WOK EGG FRIED RICE <sup>3</sup>	2.95
STRAW FRIES <sup>1,6</sup>	2.95
CHUNKY CHIPS <sup>1,6</sup>	2.95
THAI PRAWN CRACKERS <sup>1,6</sup>	3.50

## To Finish

JERSEY DAIRY ICE CREAM - 3 SCOOPS <sup>1,3,7</sup> Vanilla, chocolate or strawberry	5.50
HOMEMDE STICKY TOFFEE MUFFIN <sup>1,3,7</sup> Jersey Dairy vanilla ice cream, rich toffee sauce	5.50
DARK CHOCOLATE & WALNUT BROWNIE <sup>1,3,7,8</sup> Jersey Dairy vanilla ice cream, chocolate sauce	5.50
WINTER BERRY SUNDAE <sup>1,3,7</sup> Mixed berry compote, whipped cream, meringue, Jersey Dairy vanilla ice cream	5.50

## Beverages

ESPRESSO	1.95
DOUBLE ESPRESSO	2.50
CAPPUCCINO	2.50
AMERICANO	2.50
LATTE	2.50
TEA	2.50
HOT CHOCOLATE	2.50

## Liqueur Coffees

IRISH (WHISKEY)	6.50
ROYAL (BRANDY)	6.50
MONTE CRISTO (KAHLUA & COINTREAU)	6.50
RUSSIAN (VODKA)	6.50
CALYPSO (TIA MARIA)	6.50
CARIBBEAN (DARK RUM)	6.50

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.

## Champagne & Sparkling

CHARLES CHEVALIER, BRUT D'HONNEUR, BRUT <i>France</i>	20cl	Bottle	38.50
CHARLES CHEVALIER, BRUT D'HONNEUR, ROSE BRUT <i>France</i>			42.50
PROSECCO LUNETTA, CAVIT <i>Italy</i>	7.95		24.50
LUNETTA ROSE, CAVIT <i>Italy</i>	7.95		24.50

## White Wine

PINOT GRIGIO, ANCORA <i>Italy</i>	175ml	250ml	Bottle	3.95	5.60	17.50
Ideal as an aperitif or to accompany foods such as seafood, grilled fish, salads and cold white meats						
FALSE BAY, 'SLOW' CHENIN BLANC <i>South Africa</i>	4.40	5.85	20.40			
Well suited to partner lobster and other seafood, risotto or herb roast chicken. Can also handle spice very well						
MUSCADET DE SEVRE & MAINE, SUR LIE, CHATEAU DE LA JANNIERE <i>France</i>	4.65	6.70	23.30			
Perfect seafood match						
SAUVIGNON BLANC, DOMAINE TARIQUET <i>France</i>	4.65	6.65	22.95			
Try with grilled fish or a crisp salad						
CHARDONNAY, DOMAINE TARIQUET <i>France</i>	4.70	6.80	22.95			
Excellent with fish, white meat and cheese						
TARANGI, MARLBOROUGH, SAUVIGNON BLANC <i>New Zealand</i>	5.15	7.60	22.50			
Try with grilled fish or a crisp salad						

## Rosè Wine

PINOT GRIGIO ROSE, ANCORA <i>Italy</i>	175ml	250ml	Bottle	3.95	5.60	17.50
Serve chilled as an aperitif or to accompany salads, cold meats such as salami or smoked chicken or seafood dishes						
BURLESQUE, WHITE ZINFANDEL <i>USA</i>	4.15	5.90	19.95			
Try with light meats and pasta						

## Red Wine

MONTEPULCIANO D'ABRUZZO, ANCORA <i>Italy</i>	175ml	250ml	Bottle	3.90	5.60	18.80
Great with pasta and ragu sauce, pizza, grilled meat and even carpaccio of beef						
FALSE BAY, 'OLD SCHOOL' SYRAH <i>South Africa</i>	4.15	5.90	20.40			
Ideal with spicy dishes, red meats and rich Mediterranean dishes						
CAMPO VIEJO TEMPRANILLO <i>Spain</i>	4.95	7.20	22.50			
Try with lamb, pork, beef & hamburgers						
CHATEAU LOS BOLDOS, TRADITION RESERVE, MERLOT <i>Chile</i>	5.20	7.40	25.80			
Enjoy with beef, lamb & poultry						
MALBEC BARREL SELECTION, DON CRISTOBAL <i>Argentina</i>	6.30	9.25	26.95			
Enjoy with beef, lamb & poultry						
RAPAURA SPRINGS, PINOT NOIR <i>New Zealand</i>	7.30	10.55	31.50			
Enjoy with grilled venison medallions and mushroom and tomato bordelaise sauce or a beetroot and goats cheese tart.						

