

# Lunch

# H<sup>A</sup><sub>R</sub>BAR

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

Rainbow Beets, guacamole and hazelnut dukkah **VG** 388 kcal 9

Pea, Watercress & Mint Soup, goat's cheese crostini **V** 321 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

Shrimp Ravioli, wilted spinach, brown shrimp beurre noisette 479 kcal 10

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

## Large Plates

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

Seared Fillet of Bream, saffron mash, grilled fennel, samphire, sauce vierge 714 kcal 22

Spring Pea & Enoki Mushroom, poached hen's egg, black truffle shavings **V** 859 kcal 20

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 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

## Burgers *all served with fries*

HarBAR Smashed Burger, double 3oz 100% beef burger patties, topped with mature cheddar slice, crispy onion, iceberg, tomato, relish, burger sauce 878 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

Add - Fried Egg 135 kcal **V** 1.5 | Streaky Bacon 158 kcal 2 | Extra Patty 132 kcal 4

## 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

Steak Baguette, chargrilled minute sirloin, dijonnaise, roquette, chimichurri 711 kcal 13

## Salads

Grilled Courgette & Shaved Asparagus, broad beans, quinoa, lemon and mint dressing **VG** 591 kcal 12

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

Poke Bowl, sweet potato, chickpea, red cabbage, kale, shaved radish, avocado, pomegranate, toasted sesame, dressing **VG** 509 kcal 12

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

## Sides

French Fries **V** 225 kcal 5

Thick Cut Chips **V** 294 kcal 5

Parmesan & Truffle Fries 294 kcal 7

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

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.

# H<sup>A</sup><sub>R</sub>BAR

KITCHEN | BAR | TERRACE