

## Light Meals

### Gyoza

Crispy Japanese dumplings, sautéed with re peppers, spring onion, coriander, sweet chili, ketchup manis

**Vegetable** <sup>v, 1,3,6,7</sup>

7.95

**Chicken** <sup>1,3,6,7</sup>

8.45

**Panko Coated Squid** <sup>1,2,3,6,7,14</sup>

8.95

Beansprout salad, chipotle chili mayonnaise, lime

### Satay

Chargrilled marinated chicken or king prawns, beansprout salad, coconut & peanut butter sauce

**Chicken** <sup>1,2,5,6,8</sup>

8.50

**King prawns** <sup>1,2,5,6,8</sup>

9.50

**Combo (Chicken & Prawns)** <sup>1,2,5,6,8</sup>

9.95

## Salads

**Superfood Salad** <sup>vy 8</sup>

9.95

Walnuts rice noodles, pearl barley, blueberries, grapes, mixed leaves, pickled ginger, sweet & sour dressing

**Grilled Halloumi** <sup>7,8</sup>

12.95

**Grilled Chicken** <sup>1,2,5,6,8</sup>

13.50

**Caesar Salad** <sup>1,3,4,7</sup>

9.95

Baby gem lettuce, croutons, soft boiled free range egg, Parmesan shavings, Caesar dressing, crispy pancetta

**Breaded Chicken** <sup>1,3,4,6,7</sup>

13.50

**King Prawns** <sup>1,2,3,4,7</sup>

14.50

**Combo (Chicken & Prawns)** <sup>1,2,3,4,7</sup>

14.95

## Sandwiches

All served with straw fries & mixed salad garnish

Gluten free wraps available on request - £1.50 supplement

**So Bar Club Ciabatta** <sup>1,2,4,5,6,7</sup>

9.95

Grilled chicken, bacon tomato, lettuce, caesar sauce

**Tuna Chili Melt Ciabatta** <sup>1,4,6,7</sup>

9.95

Tuna Mayonnaise, cheddar cheese, spring onion

**Steak Ciabatta** <sup>1,6,7</sup>

10.25

Minute steak, caramelised onions, cheddar cheese, tomato chutney

**Fish Finger Wrap** <sup>1,3,4,6,7</sup>

10.95

Crispy breaded cod goujons, baby gem lettuce, cucumber, sweet chili mayonnaise

**Satay Wrap**

Baby Gem, beansprouts, carrots, Chinese leaves, satay sauce

**Chicken** <sup>1,5,6,8</sup>

9.95

**King Prawns** <sup>1,2,5,6,8</sup>

10.95

## Burgers

All served with straw fries & coleslaw

**Spicy Bean** <sup>v, 1,6,7</sup>

12.50

Breaded bean burger in a sourdough bun, lettuce, tomato, guacamole

**Crispy Chicken** <sup>1,3,6,7</sup>

13.25

Breaded chicken breast in a sourdough bun, lettuce, tomato, sweet chili mayonnaise

**So Bar Classic** <sup>1,6,7,10</sup>

13.95

Trinity Manor Farm Beef Burger in a sourdough bun, lettuce, tomato, roasted pepper mayonnaise

**ADD:** Cheddar <sup>7</sup> | Bacon | Halloumi <sup>7</sup> - £1.50 ea

## Mains

**Chicken Shashlyk** <sup>1,6</sup>

12.95

Marinated & skewered chicken, red peppers, courgette & mushrooms, spring onion salsa, tzatziki dip, warm flat bread

**Traditional Satay** <sup>1,2,5,6,8</sup>

Chargrilled marinated chicken or prawns with a mild peanut sauce, beansprout salad, steamed rice

**Chicken**

12.95

**King Prawns**

14.25

**Combo** (chicken & king prawns)

14.95

**Katsu Curry** <sup>1,3,6,7</sup>

13.95

Breaded or grilled chicken in an aromatic Japanese curry sauce, steamed rice, beansprout salad, pickled pink ginger

## Side Orders

**Crusty Ciabatta & Jersey Butter** <sup>1,7</sup>

3.50

**Thai Prawn Crackers** <sup>1,6</sup>

3.50

**Egg Fried Rice** <sup>3</sup>

3.95

**Straw Fries** <sup>1,6</sup>

3.95

**Chunky Chips** <sup>1,6</sup>

3.95

## To Finish

**Jersey Dairy Ice cream** - 3 scoops <sup>1,3,7</sup>

5.50

Vanilla, chocolate or strawberry

**Vienesse Cheesecake** <sup>1,3,7,8</sup>

6.50

Baked vanilla cheesecake, chocolate sauce, berry compote, vanilla ice cream

**Dark Chocolate & Strawberry Brownie** <sup>1,3,7,8</sup>

5.50

Jersey Dairy Ice Cream

**Pavlova** <sup>1,3</sup>

5.95

Meringue, mixed summer berries, whipped cream, mango coulis

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### 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



## 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

## 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						
Tierra Alta, Sauvignon Blanc <i>Chile</i>	3.95	5.60	17.50			
Quaff with fish and chips or enjoy with friends						
Monopole, Cune, White Rioja <i>Spain</i>	4.25	6.00	17.50			
Ideal match with fish, seafood and fish-based rice dishes						
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						
Taringi, Marlborough, Sauvignon Blanc <i>New Zealand</i>	5.15	7.60	22.50			
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						
Muscadet de Sevre & Maine, sur lie, Chateau de la Janniere <i>France</i>	4.65	6.70	23.30			
Perfect seafood match						

## 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

Tierra Alta, cabernet sauvignon <i>Chile</i>	175ml	250ml	Bottle	4.05	5.65	17.80
Very well paired with grilled fish or crisp salad						
Montepulciano D'Abruzzo, Ancora <i>Italy</i>	3.90	5.60	18.80			
Great with pasta and ragu sauce, pizza, grilled meat and even carpaccio of beef						
VEGA DEL RAYO TEMPRANILLO <i>Spain</i>	3.80	5.80	19.40			
Ideal with barbecued meats, cheese and pasta dishes						
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						
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.						

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