



THE GEORGE

O F H A R P E N D E N

Allergen Information: Our easy-to-use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur, and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

(v) = made with vegetarian ingredients, (ve) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. *= This dish contains alcohol. Fish dishes may contain small bones. Weights stated are approximate uncooked weights. All items are subject to availability. Where table service is offered, a discretionary service charge of 10% may be added.

Adults need around 2000kcal a day. All calories are correct at the time of menu print. Live nutritional information is available online.



THE GEORGE

OF HARPENDEN

Sharers

Toasted sourdough and warm flatbread with extra virgin olive oil & balsamic, aubergine houmous and tomato tapenade (ve) (1024kcal) - Add olives (ve) (123kcal) +1.5	5.5
Hand crafted sourdough fougasse brushed with garlic butter & parmesan (769kcal)	6.75
Nocellara Olives (ve) (425kcal)	4.25

Small Plates

King prawns sauteed in garlic, paprika & chilli served with sliced sourdough (1128kcal)	9.75
Crispy calamari with saffron aioli (283kcal)	8.75
Scotch egg, with a caper mayonnaise and salsa verde (803kcal)	8.25
Sautéed Spanish chorizo with a rich tomato and basil sauce, served with toasted sourdough (736kcal)	8.5
Crispy battered mushrooms spiced with ras el hanout, served with vegan mayo (ve) (501kcal)	7.5

Mains

See our daily specials for seasonal dishes prepared by our chefs

Rib-eye Steak 10oz served with cherry vine tomatoes, garlic mushroom and your choice of side plus beef dripping (157kcal), Bearnaise sauce (v) (276kcal) or peppercorn sauce (82kcal) (602kcal)	27
Smoked Bacon Cheeseburger, smoked streaky bacon, smoked cheddar cheese, sliced beef tomato, little gem, mayo, red onion and dill pickle. Served in a linseed bun with fries (1361kcal)	17
Veggie Burger topped with a vegan alternative to mature cheddar, piperade, sliced beef tomato, little gem, vegan mayo, and red onion. Served in a linseed bun with fries (ve) (965kcal)	17
Chicken Burger with smashed avocado, sliced beef tomato, little gem, mayo and red onion. Served in a linseed bun with fries (965kcal)	17
Salmon fillet pan-seared, with Tenderstem ® broccoli and Nocellara olive, caper & lemon butter (659kcal)	19.5
Moroccan-style nourish bowl with baby gem lettuce, tabbouleh, cucumber, spring onions, coriander on hummus, and pomegranate (ve) (428kcal) Add A Topping... -Crumbled Feta (v) (280kcal) +3.5 -Fire-grilled chicken breast (267kcal) +3.5 -Sweet potato & apricot falafel (ve) (137kcal) +3.5	12.5
Chicken Milanese panko-coated chicken breast, crispy prosciutto, and saffron aioli. Served with fries and a roquette, SunBlaze tomato & parmesan salad (1057kcal)	17.5
Caesar Salad, little gem lettuce, anchovies, croutons, Gran Moravia shavings and a creamy Caesar dressing (729kcal) -Add a fire-grilled chicken breast (267kcal) +3.5	12
Cod & Chips, freshly battered to order. Served with chunky chips, pea purée, samphire tartare sauce and pickled cucumber. (1095kcal) -Swap the fish for herb battered halloumi (v) (1263kcal) 15.5	17.5

Sides

Fries (v) (356kcal)	4	House Salad (ve) (29kcal)	4.5
Sweet Potato Fries (v) (419kcal)	5	Cavolo Nero, Broad Beans & Peas (ve) (160kcal)	4.5
Chunky Chips (v) (457kcal)	4.5		

Sourdough Pizzas

Made the traditional way, with the finest grade flour from Italy, our pizza dough is proved for up to 48 hours to intensify the flavour and handcrafted in our open kitchen before being freshly-fired to perfection by our pizzaiolo – you'll love them!

Margherita (v) 11.5

Fior di latte mozzarella, tomato sauce, basil (908kcal)

Swap mozzarella for vegan alternative to mature cheddar (ve) (910kcal)

Pepperoni Picante 13

Pepperoni, mozzarella, tomato sauce and red chillies (1037kcal)

Vesuvio 15

Pepperoni, 'Nduja sausage, chicken, beef, mozzarella, tomato sauce (1376kcal)

Pollo, Fungi & Truffle 14.5

White base, pulled chicken, oyster & flat mushrooms, fior di latte mozzarella and red onions finished with truffle infused oil (1229kcal)

Padana (v) 13.5

Goat's cheese, mozzarella, onion marmalade and baby spinach (1148kcal)

Chicken & 'Nduja Calzone 16

Spicy 'Nduja sausage, pulled chicken breast, red chillies, peppers, tomato sauce and mozzarella. Served with rocket (1265kcal)

La Reine Prosciutto 14

Fior di latte mozzarella, prosciutto, Nocellara olives, rocket, tomato sauce and Parmigiano-Reggiano shavings (985kcal)

-Add a 'Nduja dip for your crusts (288kcal) 1.5

Details regarding our food allergen & dietary information can be found on our main menu. Adults need around 2000kcal a day

Desserts

Apple & Rhubarb Crumble (v) 7.25

Warm apple & rhubarb topped with crumble crust. Served with your choice of vegan custard (ve) (625kcal) or vanilla ice cream (v) (634kcal)

Cookie Dough Brownie (v) 7.5

Served warm with vanilla ice cream (849kcal)

Strawberry Crème Brulée (v) 6.75

A twist on a classic with a strawberry curd base. Served with a biscuit (433kcal)

Espresso Martini Tiramisu (v) 7.25

Sponge soaked in coffee with cream and cocoa (303kcal)

Sticky Toffee & Date Pudding (v) 6.75

Served with vanilla ice cream and toffee sauce (1125kcal)

Ice Cream & Flapjack (v) 6.25

Mini flapjacks (109kcal) with your choice of three scoops of ice cream. Double chocolate (298kcal per scoop), honeycomb (241kcal per scoop), or vanilla (134kcal per scoop)

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