




DO YOU HAVE AN ALLERGY?




- STARTERS & SHARERS -

- Truffle Tempura Broccolini**  10  
Dusted w/ Black Truffle Parmesan w/ Sweet Chilli & Ginger Jam
- King Prawn Cocktail**  10.5  
Shredded Iceberg, Julienne Carrot, Lemon, Paprika, Marie Rose sauce & Gluten Free Bread
- Ahi Tuna** 12  
Pan Fried Sesame Seed Crusted Tuna, Spring Onion, Fried Onions, Soya, Sriracha Mayo, Sweet Chilli & Ginger Dressing
- Crisp Fried Calamari** 12  
Light & Crispy Calamari with Sriracha Mayo 
- Jamaican Jerk Chicken Thigh Bites**  12  
Served w/ Spring Onions, Fried Sweet Plantains, Crushed Chillies & a Sour Cream Dip
- Burrata & Heritage Tomato Salad** 12.5  
w/ Balsamic Reduction, Heritage & Beef Tomatoes, Pesto Oil & Fresh Micro Basil
- Halloumi Batons**   12.5  
Garlic Aioli & Pomegranate Seeds
- Arens Rock Shrimp Tempura**  13  
Light & Crispy Battered King Prawns tossed in Creamy Dynamite Sauce topped with Sesame Seeds, Spring Onion & Red Chili
- Home Cooked Nachos**  Serves 2 13  
Homemade Cheese Sauce, Salsa, Sour Cream & Jalapenos  
 LEVEL UP Add Guacamole - 3 -or- BBQ Beef -or- BBQ Pulled Pork - 5




- BREAD & OLIVES -

- Mixed Pitted Marinated Olives** 6  
*Arens House Buns - A secret family recipe freshly baked every day*
- Arens House Buns Basket**  4.5  
 LEVEL UP Add Whole Camembert Fondue & Cranberry Chutney Dip - 9.5
- Garlic Arens House Buns** 5  
 LEVEL UP Add Melted Cheese - 2

- LIGHT DISHES & SALADS -

- Rainbow Sliders** - Also Available as a Starter! 14.5  
Buttermilk Fried Chicken , a Cheeseburger & Tempura Shrimp
- BBQ Smoked Pulled Pork & Crunchy Chicken Tacos** 13  
BBQ Sauce, Salsa, Slaw, Coriander, Grated Cheese & Fried Onions
- Slow Cooked Hickory BBQ Beef Bao Bun** 12.5  
BBQ Sauce, Red Chillies, Grated Carrots, Spring Onions, Coriander, Sesame Seeds & Sour Cream
- Mexican Ranch Salad**  13  
Tomatoes, Tortilla Chips, Jalapeños, Charred BBQ Sweetcorn, Cherry Tomatoes, Leaf Mix & Ranch Dressing  
 LEVEL UP Add BBQ Beef -or- Grilled Chicken -or- BBQ Pulled Pork - 5

All our dishes are prepared in kitchens where nuts, flour etc. are commonly used, so unfortunately we cannot guarantee our dishes will be free of traces of these products. Olives may contain stones, fish & meat dishes may contain bones, all dishes may contain items not mentioned in the menu description. All prices include VAT at current rate.

 Vegetarian Option  Vegan Option  Gluten Free Option

**i** PLEASE NOTE  
WE ARE A CASHLESS VENUE  
CARD PAYMENTS ONLY

**A R E N S**  
BAR & GRILL




Get Free WIFI  
at Arens Now


- SUNDAY ONLY -

- SUNDAY ROAST -

All Served with Chefs Seasonal Vegetables, Roast Potatoes, Yorkshire Puddings & Gravy

- 340g French Trimmed Roast Chicken** 25.5  
Pigs in Blankets, Onion & Sage Stuffing & Bread Sauce
- Rare Roast Sirloin of Beef** 25.5
- Roasted Pork & Apple Stuffing Roulade\*** 26.5  
Caramelised Apple & Crackling  
*\*Due to the nature of cut, this can be a fatty dish*
- Slow-Roasted Minted Lamb Shank** 26.5  
Honey Parsnips
- Arens Ultimate Mixed Roast** 35  
A Selection of Four Meats
- Vegetarian Roast**  18.5  
A Mix of Brown Rice, Cashews & Mushrooms, Topped with Sweet Cranberries, Crunchy Cashews & Chestnuts. Served with Onion Gravy & Yorkshire pudding (contains eggs)

- Children's Roast** 13.5  
4oz Roast Chicken, Yorkshire Pudding, Roast Potatoes, Chef's Vegetables & Gravy



 LEVEL UP Why not add a few extras to your roast?

-  4.5 Red Wine Gravy
-  4.5 Seasonal Vegetables
-  6 Pigs in Blankets & Stuffing
-  4.5 Roasted Maris Piper Potatoes

**+4 Fully Loaded Sunday Roasties**  
Melted Cheese, Fried Onions & Our Rich Red Wine Gravy

↳ OR HAVE THEM ON THEIR OWN - 10

- CLASSIC DISHES -

- Buffalo Cauliflower Bits**  15  
Fried Cauliflower Fleurets tossed in Frank's Buffalo Sauce served w/ Coconut Rice & Grilled Tender-stem Broccolini
- Coconut & Chickpea Curry**  18  
Seasonal Vegetables & Flavoured Rice
- Salmon Teriyaki**  25  
Coconut Rice, Grilled Tenderstem Broccolini, Fried Onions, Sesame Seeds & Spring Onions
- Arens Beef Steak in Red Wine Sauce** 28.5  
A Family Recipe Perfected Over Decades, Succulent Slow Cooked 10oz Beef Steak, Chestnut Mushrooms, Bacon Lardons, Caramelized Shallots in a Rich Red Wine Sauce Served with Creamy Mash

- BURGERS & SANDWICHES -

**ALL HOME-MADE WITH ARENS BUNS & SAUCES**

All served with Lettuce, Tomatoes, Onions, Arens Slaw & Seasoned Fries


- Classic Fried Chicken Burger** 17  
Crunchy 100% Chicken Breast, Pickles, Sriracha Mayo & Monterey Cheese on a Arens House Bun
- Arens Ultimate Bacon Cheese Melt** 17.5  
Two Grilled Juicy Beef Patties, Smoked Streaky Bacon, Monterey Cheese, Pickles & Arens Special Sauce on a Arens House Bun
- Arens Plant Burger**  19.5  
Chargrilled Plant Based Patty, Flat Mushroom, Monterey Cheese, Makers Mark BBQ sauce, Fried Onions & Pickles on a Arens House Bun

- STEAKS -

Served with Rocket, Arens Slaw, Seasoned House Fries & Grilled Tomato

- 200g Rump 24.5
- 220g Sirloin 34.5
- 200g Fillet 37

Exclusive Partnership  
**DONALD RUSSELL**  
INVERURIE, ABERDEENSHIRE

 LEVEL UP Add a Steak sauce:  
Bearnaise, Peppercorn or Garlic Butter - 2


- PIMP YOUR FRIES - EXTRA 4 -

Upgrade any fries on the menu. Make 'em...

- Black Truffle**  
Cheese Sauce, Parmesan, Black Truffle
- Toronto "Poutine"**  
Cheese Sauce, Arens Gravy, Onions
- Dirty**  
Cheese Sauce, Bacon, Onions, Cajun Seasoning, Tomato, Spring Onion
- Tex-Mex**  
Cheese Sauce, Sweetcorn, Black Beans, Jalapeños, Tomato Salsa

OR HAVE THEM ON THEIR OWN - 10

- SIDES -

- Arens Slaw** 4.5
- Chef's Salad** 4.5
- Broccolini** 5
- Sweet Potato Fries** 4.5
- Seasoned Fries** 4.5
- Creamy Mash** 5
- Mac & Cheese** 10
- Onion Ring Tower** 10
- Halloumi Batons**  12.5

**2-4-1 ON SELECT COCKTAILS!**  
PLEASE ENQUIRE FOR MENUS & CHOICES

- SIGNATURE COCKTAILS - 14 -

- Rose Gin & Tonic**  
Gin, Peach Liqueur, Lemon Juice, Sugar Syrup, Rose Lemonade & Mint
- Raspberry Mojito**  
Raspberry, Mint, Syrup, Lime Juice, White Rum, Raspberry Purée & Soda
- Pink Fluff**  
Vanilla Vodka, Chambord, Cranberry, Bubblegum Syrup & Candy Floss
- Gin Garden**  
Hendricks, Cucumber Juice, Elderflower & Apple Juice
- Pornstar Martini**  
Vanilla Vodka, Passion Fruit and Lime Juice, with a Shot of Prosecco
- Espresso Martini**  
Vodka, Espresso, Kahlua Liqueur
- Atlantis Mojito**  
White Rum, Passion Fruit, Lime, Mint, Soda and Sugar Syrup
- Strawberry Daiquiri**  
Strawberry Puree, Rum, Lime & Sugar
- Strawberry Frost**  
Rum, Strawberries, Lime, Coconut
- Pink Martini**  
Raspberry & Tart lemon, Red Berries & Gordon's Pink

20

**A PIRATES LIFE FOR ME!**

Spiced Rum, Benedictine, Cherry Brandy, Lime Juice, Peach Puree & Pineapple Juice  
Ideal For 4 People



- FAVOURITE COCKTAILS - 12 -

- Aperol Spritz**  
Aperol, Soda & Prosecco
- Cosmopolitan**  
Vodka, Cointreau & Cranberry
- Long Island Iced Tea**  
Vodka, Gin, Tequila, Rum, Cointreau, Lime Juice & Pepsi
- Sex On The Beach**  
Vodka, Peach Schnapps, Orange, Cranberry
- Bramble**  
Pink Gin, Raspberry Liqueur, Lemon Juice & Raspberry Syrup
- Mojito**  
Lime, Sugar, Fresh Mint, & Rum
- Aku-Aku**  
Pineapple Juice, White Rum, Peach Liqueur, Fresh Mint, Sugar Syrup & Lemon Juice
- Pina Colada**  
White Rum, Pineapple & Cream
- Old Fashioned**  
Bourbon, Sugar Syrup & Angostura Bitters
- Margarita**  
Tequila, Lime Juice, Salt & Cointreau



**COCKTAIL TREE**

12 Glasses Per Tree  
Cost per glass including offer

House Prosecco - 5.5  
House Champagne - 9  
Pornstar Martini - 11  
Gin Garden - 11

- MOCKTAILS - 8 -

- The Vetruian**  
Cloudy Apple Juice, Elderflower Cordial, Lime Juice & Tonic Water
- Harry Potter Butter Beer**  
Vanilla Cream Soda, Butterscotch & Whipped Cream
- Elixir**  
Rhubarb Syrup, Lime Juice, Strawberry, Mint & Ginger Ale

- DESSERT - 10 -

- Choco Express**  
Martell vs. Captain Morgan Dark Rum, Chocolate Syrup & Espresso
- Dulce De Leche**  
Vodka, Baileys, Caramel Syrup, Toffee Caramel & Single Cream

- NON-ALCOHOLIC SPIRITS -

All Non-Alcoholic Spirits are 50ml and come with a Mixer

Lyre's American Malt - Bourbon Style	10
Lyre's Premium Dry London - Gin Style	10
Lyre's Pink London - Pink Gin Style	10
Lyre's Dark Cane - Dark Rum Style	10

- PREMIUM SPIRITS -

All Spirits are 50ml and come with a Mixer

Gin

Tanqueray London Dry	10
Bombay Sapphire	10
Beefeater Blackberry	10
Edinburgh Gin - Rhubarb & Ginger	12
Hendrick's	12
Roku Japanese Craft	12
Monkey 47 Schwarzwald Dry	15

Rum

Plantation Trinidad Original	10
Havana 7 Year Old	10
Mount Gay Barbados	12
Wray & Nephew White Overproof	12
Flor De Cana 12 Year	12

Whisky

Johnnie Walker Black Label	10
Maker's Mark Bourbon	10
Dalwhinnie 15 Year Old	14
Proper Twelve Whiskey	12
Monkey Shoulder	12
Macallan 12 Year Old	15

Vodka

Grey Goose	12
Belvedere	12
Au Vodka Fruit Punch	12
Au Vodka Black Grape	12
Au Vodka Red Cherry	12
Au Vodka Blue Raspberry	12
Au Vodka Bubblegum	12

Brandy

Courvoisier VS	10
Martell VS	10
Hennessy VS	12
Remy Martin VSOP	10
Remy Martin XO Premier Cru	58

House spirits available on request.  
There is a £2 supplement cost for Red Bull & ginger beer.

- SHOOTERS - 8 -

<b>Jam Doughnut</b> .....	Baileys & Chambord with a sugar crusted rim
<b>Jäger Bomb</b> .....	Jäger shot, with half a can of energy drink
<b>Skittle Bomb</b> .....	A Jäger bomb, with Cointreau instead
<b>Head Shot</b> .....	Kahlua, Baileys and a squirt of whipped cream
<b>B52</b> .....	Kahlua, Baileys and Cointreau

- SHOT BOARDS -

6 SHOTS PER BOARD

Pick your combo

VOKDA

25ml DSTLD Vodka Liqueur - Choose from:  
Lemon, Salted Caramel, Cherry, Coconut, Espresso or Pomegranate

TEQUILA

25ml Tequila 1800 Coconut  
25ml Tequila Cazcabel Honey Liqueur  
25ml Tequila Rose Strawberry Cream Liqueur

Extra Supplement Charge £3 each

25ml Tequila Patron Anejo  
25ml Tequila Patron Silver  
25ml Tequila Cazcabel Coffee Liqueur  
25ml Tequila 1800 Grand Reserva Reposado



25

- BOTTLED & DRAUGHT BEER -

<b>Amstel Lager</b> 568ml (Half/Pint) .....	4/6.75
<b>Birra Moretti Lager</b> 568ml (Half/Pint) .....	5/7.15
<b>Beavertown Neck Oil</b> 568ml (Pint) .....	8.5
<b>Guinness Surger</b> 568ml .....	7.8
<b>Peroni Lager</b> 330ml .....	5.25
<b>Peroni Libera (Alcohol Free)</b> 330ml .....	4.5
<b>Sol Original Lager</b> 330ml .....	4.5
<b>Doom Bar Ale</b> Bottle 500ml .....	6.6
<b>Magners Cider</b> 568ml .....	6.75
<b>Old Mout Kiwi &amp; Lime</b> 500ml .....	8
<b>Old Mout Strawberry &amp; Apple</b> 500ml .....	8

- HOT & COLD DRINKS -

<b>Pepsi, Diet Pepsi</b> .....3.5	<b>Tea</b> .....3
<b>or Lemonade</b>	<i>Earl Grey, Breakfast, Green or Mint</i>
<b>Rose Lemonade</b> .....5.75	<b>Espresso</b> .....3
<b>Apple &amp; Raspberry J20</b> 275ml.....4	<b>Filter Coffee</b> .....3
<b>Ginger Beer</b> .....5.75	<b>Latte</b> .....3.5
<b>Appletiser</b> 275ml .....4.9	<b>Cappuccino</b> .....3.5
<b>Red Bull</b> .....4.85	<b>Americano</b> .....3
<b>Fresh Juice</b> .....4	<b>Liqueur Coffees</b> .....7.5
<b>Bottle Water (Small)</b> .....3.5	<b>Hot Chocolate</b> .....3.5
<b>Bottle Water (Large)</b> .....5	<b>Baileys Hot Chocolate</b> .....8
<b>NEW Trip CBD Infused</b> 250ml .....5	
<i>Elderflower Mint or Peach &amp; Ginger</i>	

- WHITE WINE -

**Arens House White**  
125ml - 6.7 • 175ml - 7.4 • 250ml - 9.6 • Bottle - 24.8

**Bel Canto Pinot Grigio Catarratto - Italy**  
*Nectarine, apricot and peach are in perfect balance*  
125ml - 8.7 • 175ml - 9.6 • 250ml - 12.4 • Bottle - 32.1

**Languore Trebbiano Chardonnay Rubicone - Italy**  
*Intense, with tropical fruit and flowers*  
125ml - 9.1 • 175ml - 10 • 250ml - 12.9 • Bottle - 33.5

**Bantry Bay Chenin Blanc - South Africa**  
*Delicate floral notes and subtle pineapple fruit*  
125ml - 9.7 • 175ml - 10.7 • 250ml - 13.8 • Bottle - 35.9

**Fernlands Sauvignon Blanc - New Zealand**  
125ml - 10.3 • 175ml - 11.4 • 250ml - 14.7 • Bottle - 38.1  
*Gooseberry and green pepper mingle with mango and guava*

**Valle Berta Gavi - Italy** • Bottle - 37.7  
*Characteristic aromas of lime zest and minerality*

**El Cante Albariño - Spain** • Bottle - 37.7  
*Nectarine, apricot and peach are in perfect balance*

**La Cape De St Martin Chablis** • Bottle - 60  
*Refreshing and clean, with subtle mineral complexity*

- RED WINE -

**Arens House Red**  
125ml - 6.7 • 175ml - 7.4 • 250ml - 9.6 • Bottle - 24.8

**Gufetto Montepulciano - Italy**  
*Scents of red and black berries w/ a peppercorn spicy aroma*  
125ml - 8.8 • 175ml - 9.7 • 250ml - 12.5 • Bottle - 32.4

**Crescendo Merlot - Italy**  
*Notes of red berries, extraordinarily round and complete*  
125ml - 8.9 • 175ml - 9.7 • 250ml - 12.6 • Bottle - 32.6

**Camino Acero Malbec - Argentina**  
*Juicy Malbec with lots of pure blackcurrant fruit character*  
125ml - 9.8 • 175ml - 10.8 • 250ml - 13.9 • Bottle - 36.2

**Five Ravens Pinot Noir - Romania** • Bottle - 36  
*Classic bright red fruit flavours and spicy note you would expect*

**Conde De Castile Reserva, Rioja - Spain** • Bottle - 38.1  
*Harmonious blend of dried, stewed fruits and nuances of leather, vanilla and tobacco*

**Esprit de Lussac, St-Emilion - Bordeaux** • Bottle - 43.6  
*Juicy black fruit on the nose and cranberry on the palate*

**MILKSHAKES**  
- 10.5 -  
Available Until 10pm

Oreo  
Biscoff

Nutella  
Vanilla

- ROSÉ -

**Crescendo White Zinfandel - Italy**  
*Balance between soft tannins, acidity and residual sugar*  
125ml - 9.8 • 175ml - 10.7 • 250ml - 13.9 • Bottle - 36

**Bel Canto Pinot Grigio - Italy**  
*Delicate, fresh, with a good structure*  
125ml - 10.1 • 175ml - 11.1 • 250ml - 14.3 • Bottle - 37.1

**Whispering Angel Rosé 2019 - France** • Bottle - 60  
*Elegant hints of peach, rose water and summer berries*

- SPARKLING WINE -

**Arens House Prosecco - Italy** • By Glass - 9 • Bottle - 37  
**Non Alcoholic Prosecco** • 200ml Bottle - 10

- CHAMPAGNE -

**Arens House Champagne** • Bottle - 55

**Moët & Chandon Impérial Brut** • Bottle - 75  
*A perfect balance of Pinot Noir, Chardonnay and Pinot Meunier*

**Veuve Clicquot Yellow Label Brut** • Bottle - 90  
*A fine balance between fruity aromas and more subtle toasty notes*

**Laurent-Perrier Champagne Cuvée Rosé Brut** • Bottle - 100  
*Freshness and unique aromas of fresh-picked red berries*

**Louis Roederer Cristal** • Bottle - 350  
*Aromas of crushed white flowers, ripe citrus and red berry fruits*

- PORT & DESSERT WINE -

**Croft Reserve Tawny** - 125ml - 8.2  
*Dried apricot, roasted almonds & walnuts*

**Elysium Black Muscat - California** - 125ml - 9.5  
*Beautiful soft strawberry flavours with floral notes*

- SMOOTHIES - 7 -

**Arens Passion**  
Pineapple, Mango,  
Passion Fruit

**Tropical Punch**  
Mango, Pineapple,  
Strawberry, Kiwi, Coconut

**Strawberry & Banana Split**  
Strawberry, Banana

**Green Machine**  
Kale, Spinach, Mango

PLEASE NOTE: If you require a bottle that is not on this menu, please do not hesitate to ask and we will do all we can to provide it for you.