

KRO Bar Allergens March 2024

X – Item Contains

MC – Item May Contain

MAIN MENU		Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulpher Dioxide	Veggie	Vegan
SMALL PLATES																	
Soup	See Specials Board		Wheat, Rye, Barley					X			MC		MC				
Olives																X	X
Bang Bang Chicken			Wheat		X			X		X				X			
Bang Bang Cauliflower			Wheat											X		X	X
Haloumi Goujons			Wheat		X			X					X	X		X	
Chicken Gyoza			Wheat										X	X			
Veg Gyoza			Wheat										X	X		X	X
Dips & Pitta			Wheat							X			X	X		X	X
Veggie Mezze			Wheat					X		X			X	X		X	
SANDWICHES																	
Kro Club			Wheat, Rye, Barley		X					X	MC		MC				
Croque Monsieur			Wheat, Barley, MC Oat, Rye					X									
Croque Madame			Wheat, Barley, MC Oat, Rye		X			X						X			
Fish Finger Sandwich			Wheat,		X	X		x		X				X			
Halloumi finger			Wheat, Rye, Barley					X			MC		MC	X		X	
Guacamole & Halloumi Bruschetta			Wheat, Rye, Barley					x			MC		MC	X		X	
Tomato Bruschetta			Wheat, Rye, Barley								MC		MC	X	X	X	X
Falafel & Humous Sandwich			Wheat, Rye, Barley								MC		X	X		X	X
Steak Teriyaki			Wheat, Rye, Barley								MC	MC	X	X			
Tofu Teriyaki			Wheat, Rye, Barley								MC	MC	X	X			X
KRO DOGS																	
Nacho Dog		MC	Wheat		X			X		X			MC	X			
American Dog		MC	Wheat		X			X		X			MC	X			
Dirty Dog		MC	Wheat					X		X				X			
Chilli Dog		MC	Wheat		X			X		X			MC	X			
Veggie Nacho Dog			Wheat		X			X					MC	X	X	X	
Veggie American Dog			Wheat		X			X		X			MC	X	X	X	
Veggie Dirty Dog			Wheat					X		X				X		X	
Veggie Chilli Dog		MC	Wheat		X			X					MC	X	X	X	
Vegan Nacho Dog			Wheat, Barley										MC	X	X	X	X
Vegan American Dog			Wheat, Barley							X			MC	X	X	X	X
Vegan Dirty Dog			Wheat, Oat							X				X		X	X
Vegan Chilli Dog		MC	Wheat, Barley										MC	X	X	X	X

WHILST A DISH MAY NOT CONTAIN A SPECIFIC ALLERGEN, DUE TO A WIDE RANGE OF INGREDIENTS USED IN OUR KITCHEN, FOODS MAY BE AT RISK OF CROSS CONTAMINATION BY OTHER INGREDIENTS

		Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide	Veggie	Vegan
Danwiches																	
Smoked Salmon			Wheat, Barley.		X	X		X						X			
Greenland Prawn			Wheat	X	X			X									
Plaice			Rye, Wheat	X	X	X		X		X	MC			X	X		
Shooting Star			Wheat, Barley.	X	X	X		X		X				X	X		
SIDES																	
Skinny Fries														X		X	X
Fat Chips														X		X	X
Salt & Chilli pepper chips														X		X	X
Cheesy Fries								X						X		X	
Add Bacon																	
Add Facon			Wheat											X		X	X
Chilli cheese topped fries								X						X			
Veggie chilli cheese fries	X							X						X		X	
Mexican Fries								X						X		X	
Vegan Cheesy Fries		X	Oat											X		X	X
Vegan Chilli cheese topped fries		X	Oat											X		X	X
Vegan Mexican Fries			Oat											X		X	X
Garlic Ciabatta			Wheat, Rye, Barley								MC		MC	X		X	X
Garlic Ciabatta with Cheese			Wheat, Rye, Barley					X			MC		MC	X		X	
Spicy Jalapeno Slices			Wheat Oat											X		X	X
Potato Salad					X					X					X	X	
Seasonal Salad														X		X	X
Burgers																	
1/4 pounder Beef			Wheat					MC		X					X		
Dirty Burger			Wheat, Barley					X		X				X	X		
Cajun Chicken			Wheat					X		X					X		
Vegan Burger			Wheat					MC		X				X		X	X
Add	Cheese							X								X	
	Blue cheese							X								X	
	Vegan Cheese		Oat													X	X
	Bacon																
	Chilli													X			
	Vegan Chilli	X												X		X	X
	Caramelised onion													X		X	X
	Jalapenos															X	X
	Guacamole																
	Fried Egg				X									X		X	
SALADS																	
Caesar Salad			Wheat		X			X		X			MC	X	X	X	
Chicken Caesar			Wheat		X			X		X			MC	X	X		
Halloumi & Falafel			Wheat					X						X		X	
BangBang ChickenSalad			Wheat					X		X				X			
Bang Bang Cauliflower Salad			Wheat, Oat							X				X		X	X
Goat cheese			Barley					X			MC	MC		X	X		

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Danish Dishes																	
Frikkadeller		MC	Wheat		X			X		MC				X	X		
Pork Loim		MC	Wheat		MC			X		MC				X	X		
Pilace Fillet			Wheat		X	X				X				X	X		
Bof Sandwich		MC	Wheat		MC			MC		MC				X	X		
Biksemad			Barley		X	X								X	X		
Fish Platter			Wheat, Rye, mc Oat & Barley	X	X	X		X	X	X			MC	X	X		
MAINS																	
Ribs & Chips		MC	Wheat		MC			MC		MC				X			
Chicken pasta							MC	X			Cashew			X	X		
Mushroom Pasta							MC	X			Cashew			X	X	X	
Wild Boar Sausages			Barley											X			
Fish & Chips			Wheat,		X	X		X									
Kro Nachos								X								X	
Vegan Kro Nachos			Oat											X		X	X
	Add Chilli													X			
	Add Vegan Chilli	X												X		X	X
Thai Pork Stir Fry			Wheat										X	X			
Thai Tofu Stir Fry			Wheat										X	X			
MACS																	
Macncheese			Wheat					X						X		X	
Vegan Mac n cheez			Wheat, Oat											X		X	X
Toppings	Bacon pieces													X			
	Crispy onion		Wheat													X	X
	Facon bits													X		X	X
	Hotdog	MC								X							
	Vegan hotdog		Wheat											X	X	X	X
	Add Chilli													X			
	Add Vegan Chilli	X												X		X	X
DESSERTS																	
Berry Mess					X			X								X	
Sticky Toffee Pudding			Wheat		X			X								X	
Sundae	See special board															x	
JACKET POTATO																	
Toppings	Chilli													X			
	Vegan Chilli	X												X		X	X
	Cheese							X								X	
	Vegan Cheese		Oat													X	X
	Tuna Mayonnaise				X	X				X							
	Baked Beans															X	X
	Sour Cream							X								X	
	Bacon Pieces																
	Facon Bits													X		X	X
	Crispy Onion		Wheat														
	Jalapenos															X	X
ICECREAM																	
Kids Menu	Meatballs		Wheat					X						X	X		
	Bangers		Wheat											X	X		
	Cheese on toast		Wheat					X						X		X	
	Fish finger		Wheat, Barley			X								X			
	Kids Hotdog	MC	Wheat, Barley							X				X			
	Kids Vegan Hotdog		Wheat, Barley											X		X	X

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KROBAR NON-GLUTEN

PLEASE SPECIFY WHEN ORDERING THAT YOU WOULD LIKE THE NON-GLUTEN CONTAINING INGREDIENTS VERSION OF THE DISH

BREAKFAST

Until 3pm

FRENCH TOAST [V]	£7.50
Two slices of white gluten free bread dipped in egg and fried in butter. Drizzled with maple syrup.	
KRO EGGS BENEDICT	£8.50
Danish back bacon and poached eggs served on toasted GF bread topped with hollandaise sauce	
EGGS AVOCADO [V]	£8.50
Avocado and poached eggs served on a toasted GF bread topped with hollandaise sauce.	
EGGS ROYALE	£9.25
Traditionally oak smoked salmon from the Severn & Wye Smokery and poached eggs served on toasted GF bread, topped with hollandaise sauce, with red onion and capers.	
THREE EGGS ON TOAST [V]	£6.95
Your choice of eggs: either fried, scrambled or poached, served with either white or brown toasted GF bread.	
ADD SMOKED SALMON	£2.25
ADD 2 RASHERS OF BACON	£2.00

MORNING BREAKFAST DEAL

Choose from Bacon, Facon or Egg, on a toasted GF roll with any medium hot drink.

£4.95

SMALL PLATES

SOUP OF THE DAY [V]	£5.25
served with GF bread and Danish Lurpak butter.	
ITALIAN MARINATED OLIVES	£3.95

SALADS

CAESAR SALAD [V]	£8.75
Cos lettuce, poached egg & parmesan cheese, tossed in homemade Caesar dressing.	
CHICKEN & BACON CAESAR SALAD	£10.95
GOATS CHEESE [V]	£10.95
Grilled goats cheese, pickled beetroot, pine nuts, peppers & red onion, cherry tomato, baby leaves, balsamic glaze	

JACKET POTATOES

AVAILABLE [V] & [Vg]	£6.50
Choose 2 toppings: BEEF CHILLI, VEGAN CHILLI, CHEESE, VEGAN CHEESE, TUNA MAYONNAISE, BAKED BEANS, SOUR CREAM, BACON PIECES, FACON BITS, JALAPENOS.	
Additional toppings	£1.00

DESSERT

BERRY MESS	£4.95
Whipped cream, meringue and mixed berries.	

This Menu contains dishes that are, or can be modified to have ingredients that do not contain gluten. There is the possibility of cross contamination in our kitchens and at our suppliers, so we cannot guarantee that any of our dishes are wheat or gluten free.

SANDWICHES

CLUB	£8.50
Roast chicken breast, back bacon, fresh tomato, lettuce and mayonnaise on toasted GF ciabatta.	
CAJUN CHICKEN BREAST BURGER	£10.25
Chargrilled whole chicken breast marinated in Cajun spices and served with sour cream.	
GUACAMOLE & HALLOUMI BRUSCHETTA [V]	£8.50
Toasted GF ciabatta with garlic butter with avocado and grilled halloumi.	
TOMATO BRUSCHETTA [Vg]	£7.95
Toasted GF ciabatta with garlic butter, topped with a mix of chopped tomato, peppers & red onion. and a balsamic glaze. [Vegan version available on request]	
SALMON OPEN (Gravad Laks og Asparges)	£9.25
Smoked salmon, asparagus, capers, red onion and mustard cress on buttered brown bloomer.	
PRAWN OPEN (Grønland Rejer med Citronskive)	£9.25
Cold water Greenland prawns with boiled egg, cucumber, mustard cress, mayonnaise and lemon on buttered GF white bread.	

MAINS

CHICKEN GF CASARECCE PASTA	£9.95
Pan fried chicken breast in a rich red pesto and cream sauce with GF casarecce pasta and topped with parmesan.	
WILD MUSHROOM GF CASARECCE PASTA [V]	£9.50
NACHOS [V] [AVAILABLE Vg]	£11.95
Tortilla chips oven baked with cheese topped with jalapeños, tomato & herb salsa, guacamole & sour cream.	
ADD BEEF CHILLI OR VEGGIE CHILLI	£2.00
PORK & WILD BOAR SAUSAGES	£11.95
Sautéed potatoes, caramelised onion, beetroot.	
BIKSEMAD	£10.95
Danish style hash of diced pork, potato & caramelised onion. Finished with Worcestershire sauce, fried egg and beetroot	
SIDES	
SKINNY FRIES [Vg]	£2.95
FAT CHIPS [Vg]	£2.95
SALT & CHILLI PEPPER CHIPS [Vg]	£5.50
CHEESEY FRIES [V]	£4.75
[ADD CRISPY BACON £1]	
CHILLI & CHEESE TOPPED FRIES	£5.95
NACHO TOPPED FRIES [V]	£5.95
[VEGGIE & VEGAN AVAILABLE FOR ALL LOADED FRIES]	
GARLIC CIABATTA [Vg]	£4.75
GARLIC CIABATTA WITH CHEESE [V]	£5.50
SEASONAL SALAD [Vg]	£3.95
POTATO SALAD	£3.50