



How to Disable the WordPress Admin Menu Bar on the Frontend When Logged In

Remove the WordPress admin toolbar from your frontend with a per-user toggle, functions.php filter, or one click across all your sites. Code included.

Phil E. Taylor | 25 March 2026

Why is the admin bar a problem?

Log into any WordPress site and visit the frontend. There it is: a black toolbar spanning the top of the page, offering links to the dashboard, the current page's edit screen, and whatever else WordPress and your plugins decide to put there.

For a solo site admin, the toolbar is handy. For everyone else who's logged in (subscribers, customers, members, students) it's confusing clutter. On a WooCommerce store, a logged-in customer sees admin links they can't use. On a membership site, subscribers see a toolbar that has nothing to do with their experience. If you manage multiple WordPress sites, this becomes a recurring annoyance across your entire portfolio.

And then there's the design problem. The admin bar adds 32 pixels of fixed positioning to the top of every page. Custom themes with fixed headers, sticky navigation, or precise spacing get pushed down. Fullscreen hero sections have a black bar on top that doesn't match the site's branding.

What are the three ways to disable the frontend admin bar?

Per-user toggle

WordPress provides a per-user setting: go to Users → click a user → uncheck "Show Toolbar when viewing site." This works for individual users but doesn't scale. You'd need to edit every user profile, and new users get the toolbar enabled by default.

Theme functions filter

Add this to your theme's `functions.php` :

```
// Disable admin bar for all non-administrators
```

```
add_filter('show_admin_bar', function () {  
    return current_user_can('manage_options');  
});
```

This keeps the bar for admins and hides it for everyone else. It's a code change that needs to be in your theme (or a custom plugin), and it needs to be replicated across every site. If you're already editing wp-config.php for other things, [WordPress debug constants](#) covers the related configuration options.

Plugin approach

Several plugins exist to manage admin bar visibility by role. Each one is another dependency to maintain across your WordPress portfolio. You can also [block plugin installs entirely](#) with a wp-config.php constant if you want to lock things down further.

Why is this challenging across multiple sites?

The frontend admin bar setting is easy to configure on one site but tedious across many. The first three approaches above all need to be applied individually:

- Per-user toggles don't transfer between sites
- Theme function changes only apply to the theme they're in
- Plugins need installing and configuring on each site

For agencies managing 20+ WordPress sites, each with its own theme and user base, keeping this consistent requires either meticulous documentation or a centralised management tool. We wrote more about this in [how to manage multiple WordPress sites like a pro](#).

How does mySites.guru handle this?

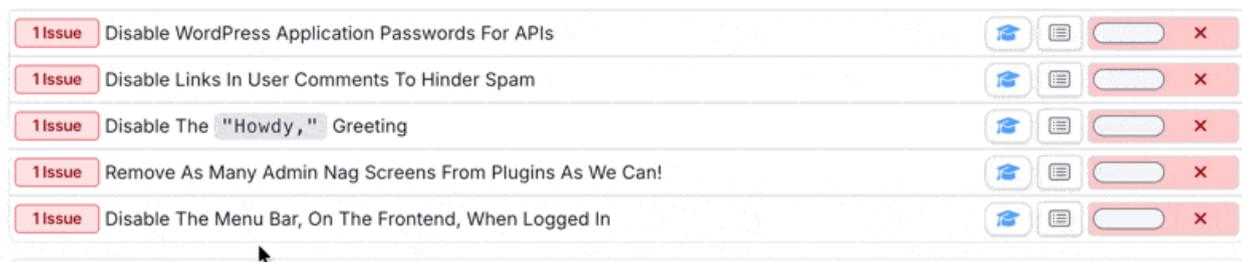
mySites.guru's snapshot has a toggle for "Disable the menu bar on the frontend when logged in." Flip it, and the admin bar is hidden for all logged-in users on that site. If you

change your mind, you can toggle it back with one click.

Under the hood, mySites.guru deploys a must-use plugin with this filter:

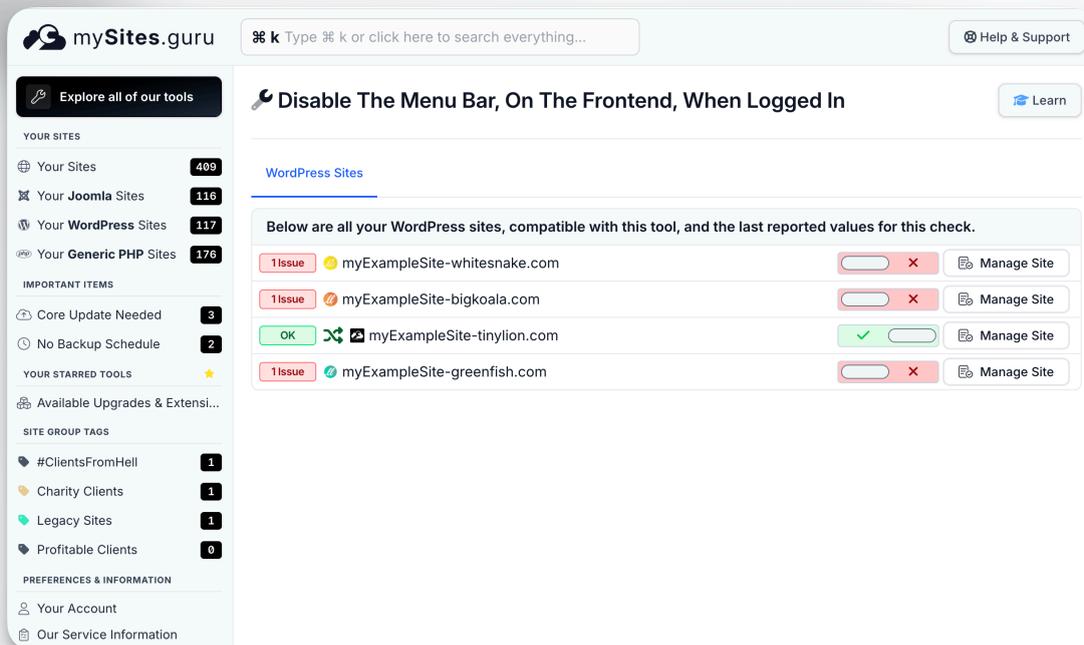
```
add_filter('show_admin_bar', '__return_false');
```

Must-use plugins load before regular plugins and can't be deactivated from the WordPress admin, so the setting sticks regardless of theme changes or plugin conflicts. You don't need to touch code or manage yet another plugin.



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|---------|----------------------------------------------------------|--|--|--|--|--|--|
| 1 Issue | Disable WordPress Application Passwords For APIs | | | | | | |
| 1 Issue | Disable Links In User Comments To Hinder Spam | | | | | | |
| 1 Issue | Disable The "Howdy," Greeting | | | | | | |
| 1 Issue | Remove As Many Admin Nag Screens From Plugins As We Can! | | | | | | |
| 1 Issue | Disable The Menu Bar, On The Frontend, When Logged In | | | | | | |

Instead of adding a filter to each theme or clicking through user profiles, you toggle it once per site from the mySites.guru dashboard. The tool page shows the current state of this setting across all your WordPress sites at a glance:



Snapshot monitoring tracks the setting going forward, so if a theme update or plugin re-enables it, you'll know.

The same dashboard handles related settings like removing the WP logo from the admin bar, stopping automatic updates, and monitoring plugin vulnerabilities.

What about removing the WordPress logo from the admin bar?

This is a different thing from hiding the bar entirely. The WordPress logo in the admin bar links to WordPress.org resources and visually identifies the CMS. On white-label client sites, you probably want it gone. mySites.guru has a one-click toggle to remove the WP logo from both the frontend and backend toolbar.

When should you disable the frontend admin bar?

Disable for non-admins when:

- Running a membership or e-commerce site where customers log in
- The theme's design conflicts with the 32px admin bar offset
- Clients are confused by admin links they can't use
- You want a clean, branded frontend experience

Keep enabled when:

- Only administrators log into the site
- Content editors need quick access to the "Edit Page" link from the frontend
- The site has few logged-in users and the convenience outweighs the clutter

For most client sites managed by agencies, disabling the frontend admin bar for non-admin roles is the right default.

Further reading

- [show_admin_bar\(\) function reference](#) — Official WordPress developer docs for the function that controls admin bar visibility.
- [show_admin_bar filter hook](#) — The recommended way to hide the admin bar, documented with usage examples.
- [is_admin_bar_showing\(\) function reference](#) — Check whether the admin bar is currently displayed; useful for conditional logic in themes.
- [WordPress Hooks API](#) — How actions and filters work in WordPress, for context on the show_admin_bar filter approach.

Frequently Asked Questions

Why does WordPress show an admin bar on the frontend?

WordPress displays the admin toolbar at the top of every page for logged-in users by default. It provides quick links to the dashboard, edit screens, and site management. While useful for site admins, it can confuse regular members on membership sites, interfere with fixed headers in custom themes, and expose WordPress admin functionality to users who don't need it.

How do I disable the WordPress admin bar for specific user roles?

In WordPress, go to Users and edit each user profile -- there's a 'Show Toolbar when viewing site' checkbox. For programmatic control, use the `show_admin_bar` filter in your theme's `functions.php`. With [mySites.guru](#), you can toggle 'Disable the menu bar on the frontend when logged in' per site from the snapshot dashboard, which hides it for all logged-in users without code changes.

Does the admin bar affect page load performance?

Yes, slightly. The admin bar loads additional CSS, JavaScript, and HTML for every logged-in page view. On high-traffic sites with many logged-in users (forums, membership sites, LMS platforms), this adds up. Disabling it for non-admin roles reduces the resources loaded per page view.

Will disabling the frontend admin bar affect the WordPress dashboard toolbar?

No. The `show_admin_bar` filter only controls the toolbar on the frontend (the public-facing side of your site). The admin toolbar inside the WordPress dashboard cannot be disabled -- it always shows for logged-in users in `wp-admin`. Your editors and administrators keep full dashboard access regardless of the frontend setting.

Can I disable the admin bar for all users except administrators without a plugin?

Yes. Add a `show_admin_bar` filter in your theme's `functions.php` or a must-use plugin that checks `current_user_can('manage_options')`. This returns true only for administrators, hiding the bar for every other role. No plugin required -- just a few lines of PHP.

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Get in touch

Phil E. Taylor
phil@phil-taylor.com



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