

together  
S&L

[www.slugandlettuce.co.uk](http://www.slugandlettuce.co.uk)

 /weloveslug  /sluglettuce  @sluglettuce  Free Wi-Fi available

Please give us your feedback – for details log on to: [www.lettuceknow.co.uk](http://www.lettuceknow.co.uk)

For full allergen information please visit our website or ask a member of our team. Food allergies and intolerances: before ordering your food and drinks, please speak to our team if you want to know about ingredients. There may be a risk of cross-contamination which could affect those with severe allergies. Fish and poultry dishes may contain bones. We cannot guarantee that all of our dishes are 100% free from nuts or their derivatives. All menu items are subject to availability. All weights are approximate uncooked. (v) This dish is suitable for vegetarians, but please note that we do not operate a dedicated vegetarian kitchen area. ABVs are correct at time of print, but are subject to change.

Photography is for guidance only. Prices are in pounds sterling and include VAT, at the current rate. We accept Delta, Maestro, MasterCard and Visa. Thank you for your custom. Our waiters receive all cash tips. For credit-card tips, an 8% charge is deducted to cover processing costs. Slug & Lettuce does not profit from this charge. Happy Monday, Fast and Fresh lunch and 2-for-1 desserts not valid in conjunction with any other offer. Kids offer only valid on Sunday.

We hope that you have enjoyed our Slug & Lettuce dishes. For more information, please visit our website, where you can subscribe to our newsletters and receive the latest offers and updates from the Slug team. You can also reserve tables, check further details from our allergy information link and download our menu online: [www.slugandlettuce.co.uk](http://www.slugandlettuce.co.uk)

**drinkaware.co.uk** for the facts

1S&L03730

Catch up  
treat yourself  
indulge in  
something naughty  
sip something bubbly  
get the giggles  
tuck in and share  
whatever you do  
do it together



FOOD



eat  
together

SLUG & LETTUCE



HAPPY MONDAYS

- 50% OFF ALL DISHES\*-

Available every Monday

\*Not valid in conjunction with any other offer. Excludes Partini

FAST AND FRESH THIS LUNCH TIME

ALL DISHES 6.49 EACH

Available Tuesday–Friday until 4pm

MOZZARELLA & TOMATO CIABATTA (v)

Sliced mozzarella, beef tomato, slow-roasted tomato, avocado and seasonal mixed salad leaves, served with a sunblush red pepper tapenade

GRILLED CHICKEN, BEETROOT HOUMOUS & AVOCADO WRAP

With slow-roasted tomato in a wheatbran wrap

VEGGIE BURRITO (v)

Spicy rice, mixed peppers, onion, jalapeños, shredded Cos lettuce, grated mozzarella, Cheddar cheese, sour cream, guacamole and pineapple & mango salsa, in a wheatbran wrap

BBQ PULLED PORK BURRITO

Spicy rice, mixed peppers, onion, jalapeños, shredded Cos lettuce, grated mozzarella, Cheddar cheese, sour cream and guacamole, in a wheatbran wrap

CHAR-GRILLED SALMON/  
FLATTENED TURKEY BREAST (Supplement 1.00)

Served with spicy rice and our superfood side salad

Swap your spicy rice for skinny fries for 49p

ASIAN NOODLE SALAD (v)

Thai-style dressed noodles, peppers, baby spinach, cucumber, spring onion, edamame beans and pickled red onion, served with a lime & chilli dressing on the side

ADD A TOPPING

Lebanese-style chicken and couscous drizzled with tomato & harissa dressing

1.49

Char-grilled salmon

1.99

Chicken & pepper skewers drizzled with hot chilli sauce

1.79

Stuffed roasted pepper with feta cheese and spicy rice (v)

1.49



BBQ PULLED PORK BURRITO

FANCY BRUNCH?

Ask a member of the team for our brunch menu

For full allergen information please visit our website

STARTERS

SMALL PLATES

GARLIC & HERB CIABATTA STICKS (v)

2.49

CIABATTA & WHEATBRAN WRAP (v)

3.99

Served with beetroot houmous and a sunblush red pepper tapenade

OR pitted Spanish and Moroccan olives, extra-virgin olive oil and balsamic vinegar

SOUTHERN-FRIED CHICKEN GOUJONS

4.79

Served with a Korean-style BBQ sauce and a pineapple & mango salsa

BREADED MUSHROOMS (v)

4.49

Served with a garlic mayonnaise dip

PULLED PORK STEAMED BUNS

4.99

Soft oriental steamed buns, filled with Korean-style BBQ pulled pork and pickles

MOROCCAN LAMB

4.99

Lamb, walnut & apricot meatballs, served with Moroccan-style couscous, barrel-aged feta cheese and a tomato & harissa dressing

MOZZARELLA, TOMATO AND AVOCADO (v)

4.79

Served with a sunblush red pepper tapenade

CHICKEN & PEPPER SKEWERS

4.99

Char-grilled and drizzled with hot chilli sauce on a bed of Thai-style noodles

CRISPY CALAMARI

4.79

Lightly floured and fried with sweet chilli sauce

TOPPED SKINNY FRIES

4.99

Choose BBQ pulled pork and grilled cheese OR grilled bacon and grilled cheese

SHARERS

THE FEAST FOR FRIENDS

12.49

Southern-fried chicken, beer-battered onion rings, chicken & pepper skewers drizzled with hot chilli sauce, breaded mushrooms, toasted garlic & herb ciabatta sticks and skinny fries, served with a selection of dips

NACHOS

8.49

Tortilla chips, with melting cheese, jalapeños, guacamole, sour cream and salsa (v)

With BBQ pulled pork

9.99

ASIAN PLATTER

13.99

Pulled pork steamed buns, hoisin duck spring rolls, crisp butterfly king prawns, chicken & pepper skewers drizzled with hot chilli sauce and crispy calamari, served with cucumber & spring onion crudité, prawn crackers and selection of oriental dips



ASIAN PLATTER

STARTERS AND SHARERS

FAST AND FRESH



LEBANESE-STYLE  
CHICKEN TOSTADA

“eat well,  
feel good”

STUFFED ROASTED PEPPER  
WITH FETA CHEESE  
AND SPICY RICE  
SUPERFOOD SALAD

## CREATE YOUR OWN SALAD

Choose your salad base and topping

### 1. CHOOSE YOUR SALAD BASE

<b>SUPERFOOD SALAD (v)</b>	6.49
Seasonal mixed salad leaves, avocado, baby spinach, cucumber, spring onion, tomato, edamame beans, slow-roasted tomato and toasted pumpkin seeds, served with a French dressing on the side	
<b>ASIAN NOODLE SALAD (v)</b>	6.99
Thai-style dressed noodles, peppers, baby spinach, cucumber, spring onion, edamame beans and pickled red onion, served with a lime & chilli dressing on the side	

### 2. ADD A TOPPING

<i>Lebanese-style chicken and couscous drizzled with tomato &amp; harissa dressing</i>	1.49
<i>Char-grilled salmon</i>	1.99
<i>Chicken &amp; pepper skewers drizzled with hot chilli sauce</i>	1.79
<i>Stuffed roasted pepper with feta cheese and spicy rice (v)</i>	1.49

## FEEL-GOOD FOOD

<b>GRILLED SEA BASS</b>	12.49	<b>STUFFED MEXICAN-STYLE PASTA SHELLS (v)</b>	8.09
Served with lemon and our superfood salad		Filled with black turtle beans, sweetcorn and cheese, sprinkled with crunchy nachos, smothered in salsa and served with our superfood side salad	
<b>COURGETTE CANNELLONI (v)</b>	8.09		
Courgette strips, with a tomato, chickpea & orzo pasta filling, smothered in a creamy white sauce, topped with cheese and served with our superfood side salad			

## TOSTADAS

Our Middle Eastern-style flatbreads topped with a sunblush red pepper tapenade  
Choose from various toppings:

<b>LEBANESE-STYLE CHICKEN</b>	8.19	<b>FOUR-CHEESE &amp; SLOW-ROASTED TOMATO (v)</b>	6.99
Garlic-&herb-marinated chicken breast, yoghurt, garlic, peppers, mint, coriander and lemon, served with sour cream		Crumbled barrel-aged feta, goat's cheese, mozzarella and Cheddar cheese, with slow-roasted tomato and a coriander sprinkle	
<b>SPICY MEAT FEAST</b>	7.69		
Lamb, walnut & apricot meatballs, BBQ pulled pork and sliced eight-hour-slow-cooked cured British beef brisket, served with a spicy chilli sauce and jalapeños			

Add skinny fries for 1.49 OR sweet potato fries for 1.99

## SANDWICHES

All of the below dishes are served with our skinny fries  
Swap for sweet potato fries for 1.49

<b>BBQ CHICKEN, CHEDDAR &amp; BACON CIABATTA</b>	7.99	<b>MELTED CHEESE (v)</b>	7.19
Smothered in melting cheese and BBQ sauce		Cheese toastie with melting Manchego, mozzarella and Cheddar cheese, in thick toasted farmhouse bread	
<b>SOUTHERN-FRIED CHICKEN BREAST WRAP</b>	6.99	<i>Add a fried egg on top for 1.00</i>	
Crisp Cos lettuce, sour cream and a pineapple & mango salsa, in a wheatbran wrap		<b>VEGGIE BURRITO (v)</b>	7.99
<b>MOZZARELLA &amp; TOMATO CIABATTA (v)</b>	6.99	Spicy rice, mixed peppers, onion, jalapeños, shredded Cos lettuce, grated mozzarella, Cheddar cheese, sour cream, guacamole and pineapple & mango salsa, in a wheatbran wrap	
Sliced mozzarella, beef tomato, slow-roasted tomato, avocado and seasonal mixed salad leaves, served with a sunblush red pepper tapenade		<b>BBQ PULLED PORK BURRITO</b>	8.19
<b>GRILLED CHICKEN, BEETROOT HOUMOUS &amp; AVOCADO WRAP</b>	7.19	Spicy rice, mixed peppers, onion, jalapeños, shredded Cos lettuce, grated mozzarella, Cheddar cheese, sour cream and guacamole, in a wheatbran wrap	
With slow-roasted tomato in a wheatbran wrap		<b>DELI CIABATTA</b>	7.99
<b>SMOKED SALMON, CREAM CHEESE &amp; AVOCADO TOPLESS CIABATTA</b>	7.49	Sliced eight-hour-slow-cooked cured British beef brisket, topped with melting Cheddar cheese, French's classic sweet mustard and pickles	
With mixed seasonal salad leaves, lemon and pickled red onion			
<b>PHILLY FLAT-IRON STEAK SANDWICH</b>	8.49		
With melting Cheddar cheese, drizzled with an oriental BBQ sauce			



“fresh flavours  
with a kick”

GRILLED SALMON SUPREME ON  
THAI-STYLE NOODLES

## MAINS

<b>GRILLED SALMON &amp; KING PRAWN RISOTTO</b> Served in a creamy risotto of green beans and broccoli	11.69
<b>KHICHDI (v)</b> An Indian-inspired dish of cauliflower, spinach and rice in coconut milk, served with a superfood side salad	9.99
<b>SAUSAGES AND MASH</b> Three Cumberland pork sausages, on a bed of buttery mashed potato, served with a red wine & onion gravy	7.99
<b>OPEN CHICKEN PIE</b> Chicken breast in a smoked Applewood cheese & bacon sauce, in an open puff pastry pie, served with buttery mashed potato and garden peas	9.69
<b>HAND-BATTERED FILLET OF FISH</b> Served with chips, peas or mushy peas, lemon and tartare sauce	9.99
<b>BEEF &amp; DOUBLE GLOUCESTER STEAK PIE</b> Five-hour-slow-cooked British beef in a rich ale gravy, topped with chunks of double Gloucester cheese in cracked black pepper shortcrust pastry, served with green beans, broccoli and buttery mashed potato or skinny fries	9.99
<b>GRILLED CHICKEN/SALMON SUPREME ON THAI-STYLE NOODLES</b> Served with spring onion, cucumber, Thai-style sweet and sour sauce, pineapple & mango salsa and hot chilli sauce	10.19 / 10.49
<b>BRITISH WHOLETAILS SCAMPI</b> Served with chips, peas or mushy peas, lemon and tartare sauce	8.69
<b>FISHCAKES</b> Smoked haddock and coley with potatoes and Applewood smoked Cheddar cheese, in oat & parsley breadcrumbs, served with our superfood side salad and skinny fries	10.19
<b>COTTAGE PIE</b> British beef mince, in a rich gravy with Worcestershire sauce, topped with buttery mashed potato and grated cheese, baked until golden and served with peas or mushy peas and red wine gravy	8.49
<b>ITALIAN-STYLE CHICKEN/SALMON SUPREME</b> Served with slow-roasted tomato, green beans, peppers and onion, buttery mashed potato and an Italian white wine & cream sauce	10.19 / 10.49
<b>SMOTHERED CHAR-GRILLED CHICKEN</b> Topped with bacon and grilled cheese, smothered in BBQ sauce and served with peas and skinny fries	8.49
<b>CHICKEN TIKKA MASALA</b> Chicken breast pieces in a tomato, yoghurt, garlic & coriander sauce, served with basmati rice, pineapple & mango salsa and warmed flatbread	8.49
<b>VEGETARIAN LASAGNE (v)</b> Baked butternut squash in a rich tomato sauce, with layers of pasta, spinach and goat's cheese sauce, served with garlic ciabatta bread	8.29
<b>BEEF LASAGNE</b> Minced beef and pork in a rich tomato sauce between layers of pasta and creamy cheese sauce, served with garlic ciabatta bread	8.29

## BIT ON THE SIDE

<b>CHIPS (v)</b> With garlic mayonnaise	2.49	<b>SUPERFOOD SIDE SALAD (v)</b>	2.49
<b>SKINNY FRIES (v)</b> With garlic mayonnaise	2.49	<b>GARLIC CIABATTA BREAD STICKS (v)</b>	2.49
<b>SWEET POTATO FRIES (v)</b> With garlic mayonnaise	3.49	<b>BUTTERY MASHED POTATO (v)</b>	2.49
<b>BEER-BATTERED ONION RINGS (v)</b>	2.49	<b>SPICY RICE (v)</b>	2.49
		<b>GREEN BEANS AND BROCCOLI (v)</b>	2.69



## BURGERS

All served in a soft glazed brioche bun. Our own recipe beef burgers are all made with British & Irish beef, lightly seasoned and char-grilled to perfection

<b>CLASSIC BEEF BURGER/CHICKEN BURGER</b> Served with our house burger sauce, crisp Cos lettuce, beef tomato, pickles and skinny fries	8.99
<b>TOPLESS BEEF BURGER</b> On a burger bun base, topped with avocado and slow-roasted tomato and served with our superfood side salad	9.49
<b>BACON &amp; CHEESE BEEF BURGER</b> Grilled bacon, Cheddar cheese, our house burger sauce, crisp Cos lettuce, beef tomato and pickles, served with skinny fries	9.99
<b>DELI BEEF BURGER</b> With eight-hour-slow-cooked British beef brisket, melting Cheddar cheese and French's classic sweet mustard, topped with pickles and served with skinny fries	10.69
<b>VEGGIE BURGER (v)</b> A vegetarian burger in a mixed-nut breadcrumb coating, made with sweet potato, mozzarella cheese and mixed peppers in garlic and coriander, served with skinny fries	8.99
<b>SMOTHERED CHAR-GRILLED CHICKEN BURGER</b> With bacon and Cheddar cheese, smothered in BBQ sauce and served with skinny fries	10.19
<b>ORIENTAL BEEF BURGER</b> Served with Korean-style BBQ pulled pork, cucumber and spring onion, sweet chilli sauce, duck spring rolls and prawn crackers, in a steam basket, with extra chilli sauce for dipping	10.69

Add another burger/chicken breast for 2.99

## GRILLS

<b>CHAR-GRILLED SALMON/ FLATTENED TURKEY BREAST</b> Served with spicy rice and our superfood side salad <i>Swap your spicy rice for skinny fries for 49p</i>	9.99 / 9.49	<p><i>Both of our British steaks are 35-day aged, char-grilled to your liking and served with skinny fries, grilled tomato and beer-battered onion rings</i></p> <p>10oz RIB-EYE STEAK 14.49 8oz RUMP STEAK 11.99</p> <p>ADD: Peppercorn sauce 1.79 Béarnaise sauce 1.79 Grilled king prawn skewer 2.49</p>
<b>SEAFOOD MIXED GRILL</b> Freshly grilled sea bass, salmon supreme & king prawn skewers, with a superfood side salad <i>Swap your side salad for broccoli and green beans for 1.00</i>	12.49	



SEAFOOD  
MIXED GRILL

DELI BEEF  
BURGER

“grilled to  
perfection...”





DESSERTS

2-FOR-1

Available all day every day

ALCOHOLIC  
ICE CREAM

“ooh...sweet  
temptation”

DESSERTS

2-for-1, all day every day

COOKIE CUP	4.99
A cookie biscuit base filled with chocolate brownie, marshmallow pieces and chocolate honeycomb and served with vanilla ice cream	
VANILLA ICE CREAM	3.99
HOT CHOCOLATE-PUDDLE PUDDING	4.99
With chocolate sauce, served with hot custard, cream or vanilla ice cream	
CARAMEL APPLE CRUMBLE PIE	4.99
Served with hot custard, cream or vanilla ice cream	
ALCOHOLIC ICE CREAM 1.6% ABV (FOR GROWN-UPS ONLY)	4.99
Three cocktail flavours of strawberry bellini, piña colada and mint mojito, served with a cigar wafer	
SALTED CARAMEL BAR	4.99
Served with salted caramel sauce and cream or vanilla ice cream	
PARTINI	9.99
Share this cocktail of vanilla ice cream, salted caramel and chocolate ganache, with a crisp meringue, fruit compote and whipped double cream, drizzled in salted caramel sauce	
(Not part of our 2-for-1 offer - sorry!)	

HOT DRINKS  
2.15 EACH

COFFEES

Our coffee has developed a blend of Robusta and Arabica beans to form the perfect blend which is full bodied, with a strong, distinct flavour which is spicy, with a subtle bitterness. All of the beans making up our blend are sourced from 100% ethically accredited plantations

ESPRESSO
Small, dark, intense shot of black coffee served with a golden crema
AMERICANO
Long, black coffee, made with hot water added to espresso
LATTE
Espresso, with steamed milk
CAPPUCCINO
Espresso, topped with hot milk and froth
MOCHA
Combination of strong espresso and creamy hot chocolate
HOT CHOCOLATE
Made with frothy milk
Add cream and marshmallows for an extra 50p

FOR KIDS

BABYCCINO 50p  
Frothed milk and chocolate sprinkles

TEAS

teapigs.

The ‘teapigs’ range is sourced from the very best-quality teas and infusions from all over the world. Our everyday ‘real’ brew is Rainforest Alliance-certified tea, with only whole-leaf teas and infusions making it into our biodegradable tea temples

EVERYDAY BREW
‘teapigs’ gutsy signature blend is as good as it gets - our ‘builder’s’ tea (but better!)
EARL GREY STRONG
Our knock-out Earl Grey with some real oomph and wallop
MAO FENG GREEN TEA
This has a delicate peachy flavour which, unlike many green teas, won’t leave a bitter taste in your mouth
PEPPERMINT LEAVES
The freshest and punchiest that you’ll ever taste (even if we do say so ourselves!)
SUPER FRUIT
A real fruity number, with real berry pieces - hibiscus, elderberries, blackcurrants and blueberries

If you fancy something a little stronger, we have a great range of alcoholic coffees available too. See our drinks menu for full range.