



# Life is a combination of love and food

## SMALL Plates

### CHEESY CHICKEN WINGS 5.99

Six crispy chicken wings smothered in nacho cheese sauce and drizzled with sticky BBQ sauce. 378 kcal

### SOUTHERN-FRIED CHICKEN GOUJONS 5.99

With garlic aioli and a sticky BBQ sauce drizzle. 473 kcal

### GARLIC BREADED MUSHROOMS (V) 5.49

With garlic aioli. 563 kcal

### CALAMARI STICKS 5.99

Calamari in a golden panko crumb with red pepper mayo. 460 kcal

### CRISPY COATED PRAWNS 5.99

With a sticky-sweet red chilli sauce and garlic aioli. 352 kcal

### HALLOUMI FRIES (V) 6.49

With a sticky-sweet red chilli sauce and garlic aioli. 594 kcal

### CHICKEN & CHORIZO CROQUETTES 5.99

Four chicken, smoky chorizo & cheese breaded croquettes drizzled with garlic aioli, with a red pepper mayo dip. 551 kcal

### CRISPY CAULIFLOWER BITES (V) 5.99

With red pepper mayo and garlic & basil oil. 889 kcal

### MINI MEZE (VG) 4.49

Mixed olives and red pepper & sesame houmous served with soft floured white bread. 476 kcal



## Tasty Tacos

Fab with fizz!

### JACKFRUIT (VG) 5.99

Smoky BBQ pulled jackfruit, red pepper & sesame houmous, iceberg lettuce, sticky-sweet red chilli sauce, sour cream, red chilli, spring onion and rocket leaves in a soft pink taco. 217 kcal

### CHICKEN 5.99

Tender grilled chicken, red pepper & sesame houmous, iceberg lettuce, sticky-sweet red chilli sauce, sour cream, red chilli, spring onion and rocket leaves in a soft pink taco. 193 kcal

### BBQ BEEF 5.99

Slow-cooked smoky BBQ beef, red pepper & sesame houmous, iceberg lettuce, sour cream, red chilli, spring onion and rocket leaves in a soft pink taco. 263 kcal



## TO Share

### S&L SHARER 17.49

Southern-fried chicken mini pink sliders, cheesy topped nachos, BBQ chicken wings, panko coated calamari sticks with red pepper mayo, halloumi fries with sticky-sweet red chilli sauce, skinny fries, garlic bread and crisp beer-battered onion rings. Perfect to share with 2/3 of your faves. 3263 kcal

Dreamy with a cocktail tree!



### CHICKEN FEAST WITH FRIENDS 14.99

Grilled chicken & garlic aioli mini pink sliders, southern-fried chicken goujons, cheesy chicken wings, cheesy chicken & chorizo croquettes, skinny fries, garlic bread, crisp beer-battered onion rings, red pepper mayo and sticky BBQ sauce. Perfect to share with 2/3 of your faves. 2898 kcal

### CHEESY TOPPED NACHOS (V) 9.99

Crunchy tortilla chips topped with nacho cheese sauce and grated cheese, guacamole, tomato salsa, sour cream, sweet red pepper drops and fiery jalapeños. Perfect to share with 2/3 of your faves. 1292 kcal

### Add a topper for 1.49:

Slow-cooked smoky BBQ beef. +298 kcal

Lightly spiced BBQ pulled jackfruit (V). +160 kcal

Spicy BBQ pork 'nduja [en-doo-ya]. +413 kcal

### SMOKY SOYA TOPPED NACHOS (VG) 11.49

Crunchy tortilla chips topped with smoky soya sloppy joe, vegan cheese, guacamole, tomato salsa, vegan mayo, red pepper & sesame houmous, sweet red pepper drops and fiery jalapeños. Perfect to share with 2/3 of your faves. 1561 kcal

### VEGAN FEAST WITH FRIENDS (VG) 14.99

Quorn™ buttermilk style fillet & vegan mayo mini pink sliders, smoky soya topped nachos, sweet chilli glazed sugar snaps, jackfruit and red pepper & sesame houmous tacos, olives, soft floured white bread and vegan red pepper mayo. Perfect to share with 2/3 of your faves. 2447 kcal

## BURGERS

All of our burgers are served in a soft glazed bun with burger sauce, ketchup, lettuce, chopped pickle and onion – with fries, sticky BBQ and mayo for dipping (unless stated otherwise)

### WHY NOT UPGRADE YOUR FRIES?

**CHUNKY CHIPS (V) +61 kcal 99P, SWEET POTATO FRIES (V) +108 kcal 1.49 OR TOPPED FRIES\* 2.49**

### GO CRAZY – ADD ANOTHER BEEF PATTY +298 kcal OR SOUTHERN-FRIED CHICKEN FILLET +323 kcal FOR 1.49

\*Check on the side section for options and calorie information

### SOUTHERN-FRIED CHICKEN 11.49

Topped with a melted burger cheese slice and streaky bacon. 1497 kcal

### CHEESY BACON & BEEF 10.99

Succulent beef burger topped with a melted burger cheese slice and streaky bacon. 1472 kcal

### SPICY SOUTHERN-FRIED CHICKEN DELUXE 13.49

Crispy southern-fried chicken fillet topped with oozing cheese sauce, crispy prosciutto, sticky-sweet red chilli sauce and rocket leaves, served with garlic aioli. 1539 kcal

### PLANT-BASED (V) 11.99

Your choice of plant-based soya burger 1361 kcal or Quorn™ buttermilk style fillet 1306 kcal layered with BBQ sauce, smoky soya sloppy joe, BBQ pulled jackfruit, a melted burger cheese slice and rocket leaves, served with topped nachos, sticky BBQ and vegan mayo for dipping.

Swap burger cheese slice to vegan cheese to make VG +19 kcal

### S&L BURGER 13.49

Succulent beef burger topped with melted burger cheese slices, spicy BBQ pork 'nduja [en-doo-ya], streaky bacon and sautéed mushrooms. 1847 kcal



## Top your burger

CHEESE SLICE (V) +41 kcal	49P	SMOKY SOYA SLOPPY JOE (VG) +117 kcal	1.49	MUSHROOMS (VG) +26 kcal	49P
STREAKY BACON +37 kcal	49P	FRIED EGG (V) +104 kcal	49P	BEER-BATTERED ONION RINGS (V-M) +198 kcal	99P
SLOW-COOKED BBQ BEEF +149 kcal	1.49	JALAPEÑOS (VG) +5 kcal	49P	HALLOUMI (V) +200 kcal	1.49

## SUBS & WRAPS

Available until 4pm

Served with fries (unless stated otherwise)

### WHY NOT UPGRADE YOUR FRIES?

**CHUNKY CHIPS (V) +61 kcal 99P, SWEET POTATO FRIES (V) +108 kcal 1.49 OR TOPPED FRIES\* 2.49**

\*Check on the side section for options and calorie information

### HALLOUMI & AVO (V) 8.99

Grilled halloumi with avocado, red peppers, tomato, iceberg lettuce and red pepper mayo. Sub 1145 kcal. Wrap 1081 kcal

### FISH FINGER 8.49

Flaky hand-battered cod goujons with iceberg lettuce and tartare sauce. Sub 1091 kcal. Wrap 1027 kcal

### BBQ CHICKEN 8.99

Tender chicken breast topped with melted cheese and streaky bacon and smothered in sticky BBQ sauce. Sub 1061 kcal. Wrap 996 kcal

### SOUTHERN-FRIED CHICKEN 7.99

Crispy southern-fried chicken topped with cheese, tomato, iceberg lettuce and garlic aioli. Sub 1126 kcal. Wrap 1061 kcal

### RED PEPPER HOUMOUS & AVO (VG) 8.49

Red pepper & sesame houmous, avocado, slow-roasted tomatoes and olives, served with topped nachos. Sub 1019 kcal. Wrap 954 kcal



WHY NOT CHECK OUT OUR LUNCH DATE MENU? ENJOY A SELECTED LUNCH DISH AND A DRINK FROM £8

## MAINS



Dishes with this symbol are under 600 calories

GOT A DIETARY REQUIREMENT? Ask to see our vegan, vegetarian and further dietary requirements menu

### HAND-BATTERED COD & CHIPS 11.99

Flaky hand-battered cod fillet served with chunky chips, tartare sauce and peas. 1558 kcal

Swap to mushy peas +36 kcal

### HAND-BATTERED HALLOUMI & CHIPS (V) 11.49

Golden hand-battered halloumi served with chunky chips, tartare sauce and peas. 1340 kcal

Swap to mushy peas +36 kcal

### BREADED SCAMPI 9.99

Breaded scampi served with chunky chips, tartare sauce and peas. 1014 kcal

Swap to mushy peas +36 kcal

### MAC 'N' CHEESE (V) 9.49

Oozing macaroni and cheese served with garlic bread. 886 kcal

### Why not add a topper?

Sticky BBQ Quorn™ buttermilk style fillet (V) +222 kcal 2.49

Sticky BBQ southern-fried chicken +213 kcal 1.49

### SMOTHERED CHICKEN 10.49

Tender chicken breast topped with streaky bacon, melted cheese and sticky BBQ sauce, served with chunky chips, crisp beer-battered onion rings, peas and grilled tomato. 1139 kcal

### TOMATO & BASIL PASTA (VG) 9.99

Rustic pasta twists tossed with rich marinara tomato sauce, slow-roasted tomatoes, Tenderstem® broccoli and sugar snap peas, finished with garlic & basil oil and rocket leaves. 641 kcal

### Why not add a topper?

Grilled seabass fillets +151 kcal 2.99

Grilled chicken +184 kcal 1.49

Quorn™ buttermilk style fillet (VG) +188 kcal 2.49

### GOAT'S CHEESE LASAGNE (V) 9.99

Butternut squash, creamy goat's cheese and spinach layered into a rich lasagne, topped with peppers, rocket leaves and garlic & basil oil and served with garlic bread. 759 kcal

### KATSU CURRY 10.99

Crispy southern-fried chicken with katsu curry sauce, garnished with pomegranate seeds and served with basmati rice. 859 kcal

Swap to cauliflower rice -250 kcal

Swap southern-fried chicken to Quorn™ buttermilk style fillet to make VG -37 kcal

### THAI RED CURRY (VG) 9.49

Aromatic coconut curry with cauliflower, green beans, sugar snap peas and peppers, garnished with pomegranate seeds and served with basmati rice. 540 kcal

Swap to cauliflower rice -250 kcal

### Why not add a topper?

Grilled seabass fillets +151 kcal 2.99

Grilled chicken +184 kcal 1.49

Quorn™ buttermilk style fillet (VG) +188 kcal 2.49

### 10oz SIRLOIN STEAK 16.49

A wonderfully flavoursome cut, served with chunky chips, juicy grilled tomato, sautéed mushrooms, crisp beer-battered onion rings and a side of peppercorn sauce\*. 1328 kcal

Add panko coated calamari sticks +153 kcal 1.99



## Fresh salads



How yummy!

### GRILLED SEABASS 11.99

Flaky grilled seabass fillets on a bed of quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 566 kcal

### CHICKEN & PROSCIUTTO 10.99

Grilled chicken and crispy prosciutto on a bed of quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 587 kcal

### OUR MIXED HOUSE (VG) 8.49

Quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 414 kcal



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## Topped Fries

for 3.49 each

#### Cheesy Bacon

Skinny fries topped with nacho cheese sauce, crispy streaky bacon and spring onion. 634 kcal

#### Crispy Chicken

Skinny fries topped with crispy coated southern-fried chicken, nacho cheese sauce, sticky BBQ sauce and spring onion. 675 kcal

#### FRIES & GARLIC AIOLI (V) 3.99

Perfect to share with 2 of your faves. 925 kcal

#### CHUNKY CHIPS & GARLIC AIOLI (V) 4.49

Perfect to share with 2 of your faves. 955 kcal

#### SWEET POTATO FRIES & GARLIC AIOLI (V) 4.99

Perfect to share with 2 of your faves. 1141 kcal

#### CRISP BEER-BATTERED ONION RINGS (V-M) 2.99

397 kcal

#### Smoky Soya (V)

Skinny fries topped with smoky soya sloppy joe, nacho cheese sauce, sticky-sweet red chilli sauce and spring onion. 669 kcal

#### Cheesy 'Nduja

Skinny fries topped with nacho cheese sauce, spicy BBQ pork 'nduja [en-doo-ya] and spring onion. 803 kcal

#### CHEESY GARLIC BREAD (V) 3.49

378 kcal

#### GARLIC BREAD (V) 2.99

283 kcal

#### SIDE SALAD (VG) 2.99

Quinoa, Tenderstem® broccoli, sugar snap peas, avocado, slow-roasted tomatoes, peppers, cucumber, red onion, peas, pomegranate seeds and rocket leaves drizzled with a lemon & olive oil dressing. 207 kcal

## SOMETHING Sweet

### Mini treats

#### WARM BROWNIE BITES (V) 3.99

With rich Belgian chocolate sauce and strawberries. 392 kcal

#### CARAMELISED BISCUIT BITES (VG) 3.99

Caramelised biscuit mousse layered on a biscuit base, with rich Belgian chocolate sauce and a scattering of biscuit pieces. 409 kcal

#### MILLIONAIRES' SUNDAE SHOTS (V) 3.99

Bite-size pieces of millionaires' shortbread combined with sumptuous salted caramel sauce, vanilla ice cream, double cream and rich Belgian chocolate sauce. 452 kcal

#### WARM MINI CHURROS (V-M) 3.99

Served with sumptuous caramel and Belgian chocolate sauces. 394 kcal

#### ESPRESSO CHOCOLATE FONDANT (V) 4.99

Chocolate fondant with a soft, oozing centre, drizzled with salted caramel and espresso martini flavour Belgian chocolate sauce and caramelised biscuit pieces, served with vanilla ice cream and a flake. 831 kcal

#### STRAWBERRIES & CREAM (V) 7.49

This is special...vanilla ice cream in sponge with whipped cream, strawberry daiquiri sauce, strawberries, party ring biscuits, jelly tots and candy floss. 792 kcal

#### STRAWBERRY DAQUIRI CHEESECAKE (V) 4.99

Crumbled biscuit base layered with velvety vanilla cheesecake mousse, strawberry daiquiri compote and vanilla ice cream. 591 kcal



Just heaven!

check out our drinks menu for a fabulous vino selection!



Adults need around 2000 kcal a day.

(V) Suitable for vegetarians. (VG) Suitable for vegans. (VG-M) Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. (V-M) Made with veggie ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Ingredients are based on standard product formulations, variations may occur. Calories/nutritional values stated are subject to change.

### Do you have any allergies?

Please inform staff of any allergies before placing your order, even if you have eaten a dish before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food and drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks. While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination. There is significant risk of cross-contamination in our deep fat fryers.

All vegan cheese used in our dishes is non-dairy. Fish and poultry dishes may contain bones. \*Peppercorn sauce contains brandy. All weights are approximate uncooked. Prices are in pounds sterling and include VAT, at the current rate. We accept Delta, Maestro, MasterCard and Visa. All tips earned by our hard-working team members delivering great customer service are retained by them. If a service charge is added to the bill, this is entirely discretionary and is paid to those employees providing the service. Management reserves the right to withdraw/change offers (without notice), at any time. All menu items are subject to availability. Images are for illustrative purposes only. We thank you for your custom and hope that you have enjoyed our Slug & Lettuce dishes. For more information, please visit our App or website, where you can subscribe to our newsletters and receive the latest offers and updates from the S&L 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) Stonegate Group, 3 Monkspath Hall Road, Solihull, West Midlands B90 4SJ

