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. 377 kcal

SOUTHERN-FRIED CHICKEN GOUJONS 5.99
With garlic aioli and a sticky BBQ sauce drizzle. 494 kcal

GARLIC BREADED MUSHROOMS (V) 5.49
With garlic aioli. 690 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. 563kcal

HALLOUMI FRIES (V) 6.49
With a sticky-sweet red chilli sauce and garlic aioli. 652 kcal

CHICKEN & CHORIZO CROQUETTES 5.99
Four chicken, smoky chorizo & cheese breaded croquettes drizzled with garlic aioli, with a red pepper mayo dip. 583 kcal

CRISPY CAULIFLOWER BITES (V) 5.99
With red pepper mayo and garlic & basil oil. 888 kcal

MINI MEZE (VG-M) 8.49
Mixed olives and red pepper & sesame houmous served with soft floured white bread. 451 kcal

Tasty Tacos

Fab with fizz!

JACKFRUIT (VG) 5.99
Smoky BBQ pulled jackfruit, red pepper & sesame houmous, iceberg lettuce, vegan mayo, red chili, spring onion and rocket leaves in a soft pink taco. 212 kcal

CHICKEN 5.99
Tender grilled chicken, red pepper & sesame houmous, iceberg lettuce, sticky-sweet red chilli sauce, sour cream, red chili, spring onion and rocket leaves in a soft pink taco. 199 kcal

BBQ BEEF 5.99
Slow-cooked smoky BBQ beef, red pepper & sesame houmous, iceberg lettuce, sour cream, red chili, spring onion and rocket leaves in a soft pink taco. 262 kcal

TO Share

S&L SHARER 17.99
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. 3213 kcal

CHICKEN FEAST WITH FRIENDS 15.49
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. 2939 kcal

VEGAN FEAST WITH FRIENDS (VG-M) 15.49
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. 2404 kcal

CHEESY TOPPED NACHOS (V) 10.49
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. 1296 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 (eni-doo-ya). +197 kcal

SMOKY SOYA TOPPED NACHOS (VG) 11.99
Crunchy tortilla chips topped with smoky soya sloppy joe, mild Sheese®, 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. 1515 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 11.99
Topped with a melted burger cheese slice and streaky bacon. 1504 kcal

SPICY SOUTHERN-FRIED CHICKEN DELUXE 13.99
Crispy southern-fried chicken fillet topped with oozing cheese sauce, crispy prosciutto, sticky-sweet red chilli sauce and rocket leaves, served with garlic aioli. 1632 kcal

yum!

PLANT-BASED (V) 12.49
Your choice of plant-based soya burger 1335 kcal or Quorn™ buttermilk style fillet. 1280 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 grated mild Sheese® (VG) +60 kcal

CHEESY BACON & BEEF 11.49
Succulent beef burger topped with a melted burger cheese slice and streaky bacon. 1480 kcal

S&L BURGER 13.99
Succulent beef burger topped with melted burger cheese slices, spicy BBQ pork 'nduja (eni-doo-ya), streaky bacon and sautéed mushrooms. 1852 kcal

Top your burger

CHEESE SLICE (V) +41 kcal	**49P**
STREAKY BACON +37 kcal	**49P**
SLOW-COOKED BBQ BEEF +149 kcal	**1.49**
SMOKY SOYA SLOPPY JOE (VG) +117 kcal	**1.49**
FRIED EGG (V) +104 kcal	**49P**
JALAPEÑOS (VG) +3 kcal	**49P**
MUSHROOMS (VG) +26 kcal	**49P**
BEER-BATTERED ONION RINGS (V-M) +198 kcal	**99P**
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) 9.49
Grilled halloumi, avocado, red peppers, tomato, iceberg lettuce and red pepper mayo.
Sub 1116 kcal. Wrap 1132 kcal

FISH FINGER 8.99
Flaky hand-battered cod goujons with iceberg lettuce and tartare sauce.
Sub 1091 kcal. Wrap 1107 kcal

BBQ CHICKEN 9.49
Tender chicken breast topped with melted cheese and streaky bacon and smothered in sticky BBQ sauce.
Sub 1066 kcal. Wrap 1082 kcal

SOUTHERN-FRIED CHICKEN 8.49
Crispy southern-fried chicken topped with cheese, tomato, iceberg lettuce and garlic aioli.
Sub 1187 kcal. Wrap 1203 kcal

RED PEPPER HOUMOUS & AVO (VG-M) 8.99
Red pepper & sesame houmous, avocado, slow-roasted tomatoes and olives, served with topped nachos.
Sub 965 kcal. Wrap 981 kcal

Lunchtime was made for catch ups!

MAINS

Under 600 calories

Dishes with this symbol are under 600 calories

HAND-BATTERED COD & CHIPS 12.49
Flaky hand-battered cod fillet served with chunky chips, tartare sauce and peas. 1482 kcal
Swap to mushy peas +9 kcal

HAND-BATTERED HALLOUMI & CHIPS (V) 11.99
Golden hand-battered halloumi served with chunky chips, tartare sauce and peas. 1264 kcal
Swap to mushy peas +9 kcal

BREADED SCAMPI 10.49
Breaded scampi served with chunky chips, tartare sauce and peas. 938 kcal
Swap to mushy peas +9 kcal

MAC 'N' CHEESE (V) 9.99
Oozing macaroni 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 10.99
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. 1068 kcal

TOMATO & BASIL PASTA (VG) 10.49
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. 662 kcal
Why not add a topper?
Grilled seabass fillets +227 kcal **3.99**
Grilled chicken +184 kcal **1.99**
Quorn™ buttermilk style fillet (VG) +188 kcal **2.49**

GOAT'S CHEESE LASAGNE (V) 10.49
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. 758 kcal

KATSU CURRY 11.49
Crispy southern-fried chicken with katsu curry sauce, garnished with pomegranate seeds and served with basmati rice. 898 kcal
Swap to quinoa +6 kcal
Swap southern-fried chicken to Quorn™ buttermilk style fillet to make VG +1.8 kcal

THAI RED CURRY (VG) 9.99
Aromatic coconut curry with cauliflower, green beans, sugar snap peas and peppers, garnished with pomegranate seeds and served with basmati rice. 486 kcal
Swap to quinoa +6 kcal
Why not add a topper?
Grilled seabass fillets +227 kcal **3.99**
Grilled chicken +184 kcal **1.99**
Quorn™ buttermilk style fillet (VG) +188 kcal **2.49**

Fresh salads

How yummy!

GRILLED SEABASS 13.99
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. 608 kcal

CHICKEN & PROSCIUTTO 11.49
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. 546 kcal

OUR MIXED HOUSE (VG) 8.99
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. 381kcal

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

10oz SIRLOIN STEAK 16.99
A wonderfully flavoursome cut, served with chunky chips, juicy grilled tomato, sautéed mushrooms, crisp beer-battered onion rings and a side of peppercorn sauce*. 1252 kcal
Add panko coated calamari sticks +153 kcal **1.99**

ON THE SIDE

Topped Fries

for 3.49 each

Cheesy Bacon
Skinny fries topped with nacho cheese sauce, crispy streaky bacon and spring onion. 639 kcal

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

Smoky Soya (V)
Skinny fries topped with smoky soya sloppy joe, nacho cheese sauce, sticky-sweet red chilli sauce and spring onion. 680 kcal

Cheesy 'Nduja
Skinny fries topped with nacho cheese sauce, spicy BBQ pork 'nduja (eni-doo-ya) and spring onion. 798 kcal

FRIES & GARLIC AIOLI (V) 3.99
Perfect to share with 2 of your faves. 1309 kcal

CHUNKY CHIPS & GARLIC AIOLI (V) 4.49
Perfect to share with 2 of your faves. 979 kcal

SWEET POTATO FRIES & GARLIC AIOLI (V) 4.99
Perfect to share with 2 of your faves. 1215 kcal

CRISP BEER-BATTERED ONION RINGS (V-M) 2.99
397 kcal

CHEESY GARLIC BREAD (V) 3.49
178 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. 191 kcal

SOMETHING Sweet

Mini Treats

WARM BROWNIE BITES (V) 3.99
With rich Belgian chocolate sauce and strawberries. 377 kcal

CARAMELISED BISCUIT BITES (VG-M) 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. 414 kcal

WARM MINI CHURROS (V-M) 3.99
Served with sumptuous caramel and Belgian chocolate sauces. 358 kcal

CHOCOLATE FONDANT (V) 4.99
Chocolate fondant with a soft, oozing centre, drizzled with salted caramel and Belgian chocolate sauce and caramelised biscuit pieces, served with vanilla ice cream and a flake. 732 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 sweets and candy floss. 794 kcal

STRAWBERRY DAIQUIRI CHEESECAKE (V) 4.99
Crumbled biscuit base layered with velvety vanilla cheesecake mousse, strawberry daiquiri compote and vanilla ice cream. 562 kcal

Just heaven!

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 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 Stonegate Group, 3 Monkspath Hall Road, Solihull, West Midlands B90 4SJ.

DRINK SENSIBLY

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