

Lunch time faves from £7.50

Add a selected soft or hot drink to any of our lunch dishes for 50p* extra or upgrade to a selected alcoholic drink from £1.50**

Mon-Fri
until
4pm

SUBS & WRAPS

SUBS AND WRAPS ARE ALL SERVED WITH FRIES

SWAP YOUR FRIES TO SWEET POTATO FRIES (V) +108 kcal FOR 1.49 OR UPGRADE TO OUR REGAL FRIES* FOR 1.99

*Check on the side section on our main menu for options and calorie information

HALLOUMI AND AVO (V)

With tomato and mayo.
Sub 1186 kcal. Wrap 1122 kcal

FISH# FINGER

With tartare sauce.
Sub 1154 kcal. Wrap 1090 kcal

SOUTHERN-FRIED CHICKEN

With tomato, cheese and mayo.
Sub 1208 kcal. Wrap 1144 kcal

MAINS



Dishes with this symbol are under 600 calories

SCAMPI AND CHIPS

With tartare sauce and peas. 921 kcal
Swap to mushy peas +36 kcal



VEG THAI CURRY (VG)

With cauliflower rice. 286 kcal
Swap to basmati rice +250 kcal

Add grilled chicken breast +184 kcal 1.49

Add salmon fillet +207 kcal 3.49



SUPER MIXED SALAD (VG)

Mixed leaves tossed in a lemon & olive oil dressing with cucumber, onion, avocado, peppers, soya beans and tomatoes, finished with omega and sesame seeds. 301 kcal

Add grilled chicken breast +184 kcal 1.49

Add salmon fillet +207 kcal 3.49

BURGERS

CLASSIC

Beef patty 975 kcal or southern-fried chicken fillet 999 kcal served in a soft glazed bun, with burger sauce, ketchup, lettuce, chopped pickle and onion – with fries and a sticky BBQ dip.

Add burger cheese slice +41 kcal 49p

Add bacon +61 kcal 99p

CLASSIC MEAT-LESS (VG)/(VG-M)*

Moving Mountains® 892 kcal or Louisiana Chick'n™ plant-based burger* 849 kcal, in a beetroot bun with lettuce – served with boozy Bloody Mary dip and topped nachos.

Add vegan cheese (VG) +60 kcal 49p

Add burger cheese slice (V) +41 kcal 49p

Choose your drink

ADD A DRINK* FOR 50p

16oz glass of Diet Coke (1 kcal), Coke Zero (2 kcal) or Schweppes lemonade (70 kcal); 330ml bottle of still or sparkling water (0 kcal) or tea (43 kcal) or Americano (46 kcal)

UPGRADE TO AN ALCOHOLIC DRINK** FOR AN EXTRA £1.50

Pint of Amstel, Guinness or Aspell Cyder; 175ml glass of house wine (red, white or rosé); 25ml spirit and mixer - choose from Smirnoff Red Label, Jack Daniel's or Gordon's (mixer choices listed below)

WHY NOT GO premium*** FOR AN EXTRA £2.50

Pint of Birra Moretti, Peroni, Heineken, BrewDog Planet Pale or Rekorderlig; 25ml spirit and mixer - choose from Gordon's Pink, Sicilian Lemon, White Peach or Havana 3-year-old rum (mixer choices listed below)

Mixers:

Diet Coke, Coke Zero, Schweppes lemonade or Fever-Tree bottle. All drinks are subject to availability.

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, and calories stated (excluding drinks options) 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. 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. As we process credit-card tips through our payroll, we are required to make statutory deductions. If a service charge is added to the bill, this is entirely discretionary and is paid to those employees providing the service. Subject to availability. 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