

LUNCH

AVAILABLE DAILY UNTIL 4PM

SERVED ON YOUR CHOICE OF BASE,
CHOOSE FROM ROSEMARY FOCACCIA (+176 kcal)
BAGEL (+296 kcal), TORTILLA WRAP (+288 kcal)
OR A BABY GEM & CUCUMBER SALAD (+9 kcal)
ALL SERVED WITH SKIN-ON FRIES

- Chicken, Bacon & Avocado 11.95** 1043 kcal
Crispy coated chicken, streaky bacon, avocado and pico de gallo smash, rocket and baconnaise
- Steak 14.95** 819 kcal
Sirloin steak slices, sweet & sour pickled onion, rocket and garlic & herb sauce
- Shawarma Tofu (vg-m) 11.45** 750 kcal
Sliced shawarma marinated tofu, rainbow mango slaw, rocket and mint mayo
- Hoisin Duck 12.45** 1016 kcal
Crispy duck popcorn, hoisin sauce, cucumber, spring onion and shredded lettuce
- Tandoori Chicken 12.95** 931 kcal
Tandoori chicken, pico de gallo, cucumber ribbons, spinach and curried mayo



ADD A SLICE OF MONTEREY JACK CHEESE (v) (+83 kcal)
OR SHEESE® (vg) (+115 kcal) TO ANY SANDWICH FOR 50P

BURGERS

SERVED IN A SOFT GLAZED BUN WITH MISO MAYO*,
LETTUCE AND CHOPPED PICKLE & ONION WITH
SKIN-ON FRIES (+455 kcal) OR SIDE SALAD (+56 kcal)

- Bacon Cheeseburger 14.95** 1046 kcal
Two beef patties, streaky bacon, Monterey Jack cheese, BBQ sauce and cheese sauce
- Breaded Chicken Burger 15.25** 1106 kcal
With streaky bacon, chilli jam, Monterey Jack cheese and cheese sauce
- Vegan Sheese® Burger (vg) 14.45** 817 kcal
Grilled plant-based burger, grated Sheese®, sweet & sour pickled onion, Sheese® sauce, chilli jam and rocket
- Veggie Cheeseburger (v) 14.95** 805 kcal
Grilled plant-based burger, Monterey Jack cheese, sweet & sour pickled onion, cheese sauce, chilli jam and rocket

LIGHT BITES

- Avocado & Poached Egg Bagel (v) 8.25** 559 kcal
Toasted bagel topped with avocado and pico de gallo smash, served with half a grilled tomato, a poached egg and a piquanté pepper sauce dip
 - Eggs Benedict 8.75** 705 kcal
Two poached eggs and two rashers of bacon on a toasted English muffin, topped with hollandaise sauce and spinach
 - Tomato & Cheese Quesadilla (v) 10.25** 937 kcal
Three spicy salsa, cheese & jalapeño corn quesadillas topped with melting cheese, avocado and pico de gallo smash, sweet & sour pickled onion, and peri-peri sauce
- WHY NOT ADD A TOPPER
Yucatan-style chicken + 1.5 (+154 kcal)

ADULTS NEED AROUND 2000 KCAL A DAY

SANDWICH, BURGER OR
LIGHT BITE & SOFT DRINK

£9

AVAILABLE MON - FRI, 12PM - 4PM

Regular glass (16oz) of Schweppes lemonade 86 kcal / Coca-Cola Zero Sugar 2 kcal Diet Coke 1 kcal / Oasis Exotic Zero (330ml) 7 kcal / Oasis Summer Fruits (330ml) 59 kcal / Still or Sparkling water (330ml) 0 kcal

ADD AN ALCOHOLIC DRINK
+ £2
CHOOSE FROM:

- Amstel Pint 4.1%
- Inch's cider Pint 4.5%
- Glass of house wine 175ml (Red, White Or Rosé)

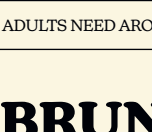
MAKE IT PREMIUM + £3
CHOOSE FROM:

- Birra Moretti 4.6%
- Guinness 4.1%
- OR A 25ML SPIRIT & MIXER
- Tanqueray gin 43.1%
- Chase vodka 40%
- Captain Morgan White 37.5%
- Captain Morgan Spiced 35%

Tandoori
Chicken Bagel



Shawarma Tofu
Wrap (vg)



DO YOU HAVE ANY ALLERGIES?

Scan the QR code for full details on the 14 legally
declarable allergens in our food.

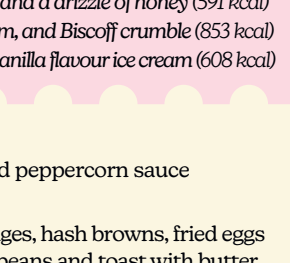
ADULTS NEED AROUND 2000 KCAL A DAY. REFER TO MAIN MENU FOR FULL T&Cs

BRUNCH

AVAILABLE DAILY UNTIL 4PM

- S&L Big Brunch Bagel 9.45** 1209 kcal
Loaded with smoked streaky bacon, a fried egg, pork sausages and spiced Virgin Mary ketchup, served with two hash browns
 - Crispy Shredded Chicken, Bacon & Avocado Croll 10.25** 1273 kcal
A croissant bun filled with crispy shredded chicken, bacon, miso mayo* and avocado and pico de gallo smash, served with skin-on fries
 - Crispy Chicken Strips & Warm Belgian Waffles 9.45** 1240 kcal
Topped with maple syrup and crispy bacon flavour pieces
 - Double Brekkie 10.75** 1222 kcal
Two of everything, bacon, pork sausages, hash browns, fried eggs and tomato halves, served with baked beans and toast with butter
 - Avocado & Poached Egg Bagel (v) 8.25** 559 kcal
Toasted bagel topped with avocado and pico de gallo smash, served with half a grilled tomato, a poached egg and a piquanté pepper sauce dip
 - Eggs Benedict 8.75** 705 kcal
Two poached eggs and two rashers of bacon on a toasted English muffin with hollandaise sauce and spinach
 - American-Style Brunch 9.45** 1438 kcal
Three buttermilk pancakes, four rashers of smoked streaky bacon, tater bites with pico de gallo and fried eggs, served with maple syrup
 - Plant-Based Big Breakfast (vg) 10.25** 752 kcal
Two plant-based sausages, avocado and pico de gallo smash, two grilled tomato halves, plant-based bacon and hash browns, served with baked beans and toast
 - Rich Tomato Shakshuka (v) 9.45** 699 kcal
A lightly spiced tomato-based shakshuka sauce with peppers, onions and jalapeños, topped with a poached egg, crumbled feta, crunchy seed mix and micro herbs, served with warm flatbread.
 - Tomato & Cheese Quesadilla (v) 10.25** 937 kcal
Three spicy salsa, cheese & jalapeño corn quesadillas topped with melting cheese, avocado and pico de gallo smash, sweet & sour pickled onion, and peri-peri sauce
- WHY NOT ADD A TOPPER
Yucatan-style chicken + 1.5 (+154 kcal)
- Steak & Eggs 16.75** 574 kcal
8oz sirloin steak with two fried eggs and wilted spinach

- American-Style Pancake Stack (v) 8.95**
Four buttermilk pancakes layered with your choice of



- Mixed berry compote, Greek-style yoghurt and a drizzle of honey (591 kcal)*
 - Sliced banana, Biscoff sauce, whipped cream, and Biscoff crumble (853 kcal)*
 - Strawberries, Belgian chocolate sauce and vanilla flavour ice cream (608 kcal)*
- Brunch Steak & Chips 16.75** 887 kcal
8oz sirloin steak with skin-on fries and peppercorn sauce
 - Triple Brekkie 14.75** 1889 kcal
Three of everything, bacon, pork sausages, hash browns, fried eggs and tomato halves, served with baked beans and toast with butter
 - Loaded Hash Browns 3.75** 895 kcal
Cheese sauce, smoked streaky bacon and pork sausage, topped with pico de gallo
 - Smokey Tater Bites (vg) 3.75** 573 kcal
Crispy tater bites in a smoked paprika seasoning topped with pico de gallo

BRUNCH ADD-ONS

- Smashed Avocado with Pico de Gallo (vg)** 133 kcal / **Baked Beans (vg)** 78 kcal
- Fried Egg (v)** 104 kcal / **Scrambled Egg (v)** 372 kcal / **Poached Egg (v)** 101 kcal
- Hash Browns (vg)** 267 kcal / **Streaky Bacon** 143 kcal / **Back Bacon** 157 kcal
- Toast & Butter (v)** 383 kcal / **Monterey Jack Cheese (v)** 83 kcal
- Yucatan-Style Chicken** 154 kcal / **Plant-Based Sausage (vg)** 84 kcal
- Pork Sausage** 152 kcal

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