

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 1043 kcal

Crispy coated chicken, streaky bacon, avocado and pico de gallo smash, rocket and baconnaise

Steak 819 kcal

Sirloin steak slices, sweet & sour pickled onion, rocket and garlic & herb sauce

Shawarma Tofu (vg-m) 750 kcal

Sliced shawarma marinated tofu, rainbow mango slaw, rocket and mint mayo

Hoisin Duck 1016 kcal

Crispy duck popcorn, hoisin sauce, cucumber, spring onion and shredded lettuce

Tandoori Chicken 931 kcal

Tandoori chicken, pico de gallo, cucumber ribbons, spinach and curried mayo

Fish Goujon 824 kcal

Hand-battered fish goujons, tartare sauce, gherkins and iceberg lettuce



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 1046 kcal

Two beef patties, streaky bacon, Monterey Jack cheese, BBQ sauce and cheese sauce

Breaded Chicken Burger 1106 kcal

With streaky bacon, chilli jam, Monterey Jack cheese and cheese sauce

Vegan Sheese® Burger (vg) 817 kcal

Grilled plant-based burger, grated Sheese®, sweet & sour pickled onion, Sheese® sauce, chilli jam and rocket

Veggie Cheeseburger (v) 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) 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 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) 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 (+154 kcal)

ADULTS NEED AROUND 2000 KCAL A DAY

SANDWICH, BURGER OR LIGHT BITE & SOFT DRINK

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%

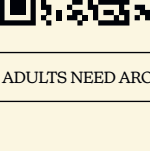
Captain Morgan White 37.5%

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 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 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 1240 kcal

Topped with maple syrup and crispy bacon flavour pieces

Double Brekkie 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) 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 705 kcal

Two poached eggs and two rashers of bacon on a toasted English muffin with hollandaise sauce and spinach

American-Style Brunch 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) 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) 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) 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 (+154 kcal)

Steak & Eggs 574 kcal

8oz sirloin steak with two fried eggs and wilted spinach

American-Style Pancake Stack (v)

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 887 kcal

8oz sirloin steak with skin-on fries and peppercorn sauce

Triple Brekkie 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 895 kcal

Cheese sauce, smoked streaky bacon and pork sausage, topped with pico de gallo

Smokey Tater Bites (vg) 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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