

SMALL PLATES

Perfect to enjoy as a starter or to share

3 for £17
5 for £26

- Crispy Corn Tostadas

New Dish ☆

7.45
- Topped with avocado and pico de gallo smash, finished with a sweet piquanté pepper sauce

CHOOSE FROM

Yucatan-style diced chicken. 788 kcal

Crispy smoked tofu. (vg) 817 kcal
- Corn Riblets (vg)

7.45
- With dipping pots of Frank's® RedHot® Buffalo, BBQ and garlic & herb sauces. 628 kcal
- XL Mozzarella Sticks (v)

S&L Fave ♥

7.45
- With spicy marinara dip. 934 kcal
- Crispy Shredded Chicken

6.95
- With sweet chilli sauce and salt & pepper seasoning. 458 kcal
- Chicken Wings

6.95
- With dipping pots of Frank's® RedHot® Buffalo, BBQ and buttermilk ranch sauces. 505 kcal
- Halloumi Fries (v)

6.95
- With sticky BBQ sauce. 400 kcal

- Smokey Tater Bites (vg)

7.45
- With peri-peri and garlic & herb sauce. 679 kcal
- Crispy Tofu (vg)

6.95
- The Tofoo Co. smoked tofu with a sweet chilli dressing, micro herbs, cucumber ribbons, coriander and chilli. 387 kcal
- Ibérico Ham Croquettes

6.45
- With baconnaise. 554 kcal
- Crispy Coated Prawns

7.95
- With a sweet piquanté pepper sauce. 381 kcal
- Duck Popcorn

7.45
- Crispy duck popcorn, cucumber ribbons, spring onion and hoisin sauce. 605 kcal
- Crispy Calamari

6.95
- With a garlic & herb dip and lemon. 452 kcal
- Crispy Buffalo Cauliflower Bites (v)

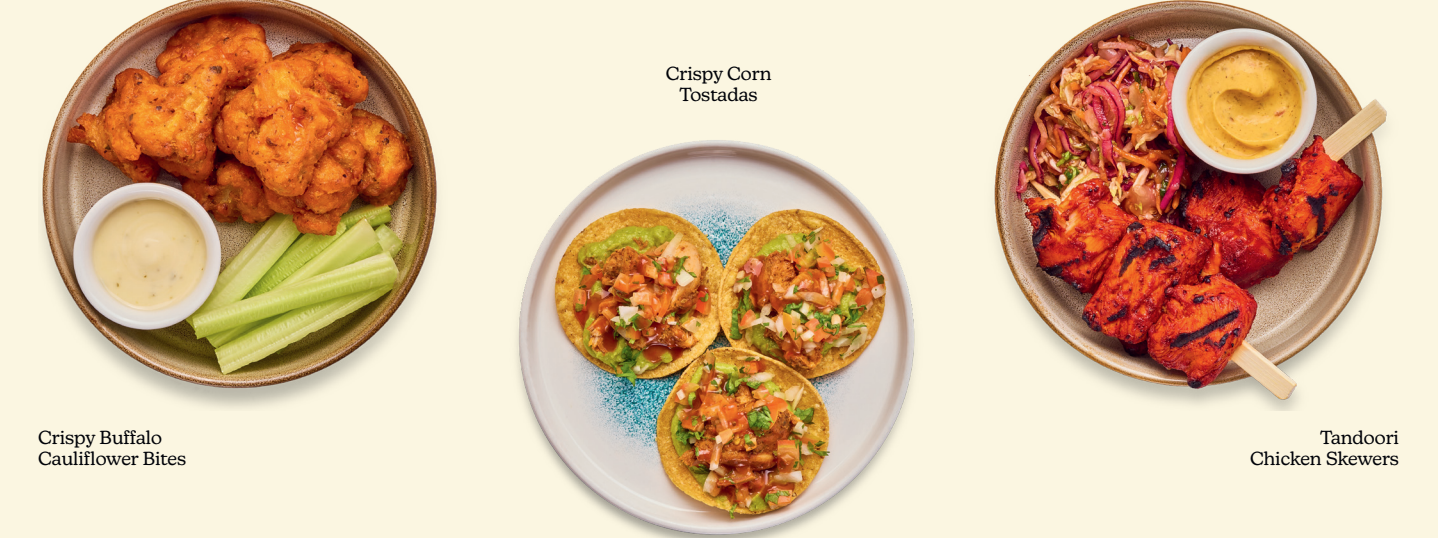
New Dish ☆

6.95
- [vg available. 618 kcal]

With a buttermilk ranch dip and crunchy celery. 579 kcal
- Tandoori Chicken Skewers

S&L Fave ♥

7.45
- With a curried mayo dip and rainbow mango slaw. 522 kcal



SHARERS

Sociable nibbles for 2-3 people

- S&L Sharer For Two

22.95
- Ibérico ham croquettes, garlic bread slices, salt, pepper & chilli fries, chicken wings, tandoori chicken skewers and crispy chicken strips, with dip pots of buffalo sauce, baconnaise and curried mayo. 2613 kcal
- Cheesy Nachos (v)

10.45
- Loaded with grated Sheese®, avocado and pico de gallo smash, nacho cheese sauce, sour cream, jalapeños and a mild roasted tomato salsa. 1381 kcal
- Sheese® Nachos (vg-m)

10.45
- Loaded with grated Sheese®, avocado and pico de gallo smash, Sheese® sauce, garlic & herb sauce, jalapeños and a mild roasted tomato salsa. 1600 kcal

- Cheese & Bacon Loaded Fries

S&L Fave ♥

9.95
- Skin-on fries tossed in smoked paprika seasoning loaded with nacho cheese sauce, smoked bacon, spring onion and sour cream, topped with hard cheese shavings. 1319 kcal
- Katsu Loaded Fries

10.45
- Skin-on fries with curry sauce, spring onion, sweet & sour pickled onion. 1219 kcal

CHOOSE FROM

Crispy shredded chicken. +343 kcal

Crispy smoked tofu. (vg) +286 kcal
- S&L Meat Feast

11.45
- Chicken wings with sticky BBQ sauce, garlic bread, crispy shredded chicken with peri-peri sauce and spring onion, crispy duck popcorn with hoisin sauce and tater bites. 1848 kcal

MAINS

- Katsu Curry

11.95
- A rich curry sauce with basmati rice, red chilli, spring onion and micro herbs. 583 kcal

CHOOSE FROM

Crispy coated chicken fillet. +418 kcal

Crispy smoked tofu. (v-m) +431 kcal
- Fajita Chicken Pasta

11.95
- Penne pasta with Yucatan-style diced chicken in a creamy sauce with onion and mixed peppers, finished with micro herbs, spring onion and lime. 1331 kcal
- Fajita Pasta (vg)

10.95
- Loaded with grated Sheese® sauce with onion, peas and mixed peppers, finished with micro herbs, spring onion and lime. 863 kcal
- Spaghetti Alfredo

11.95
- Spaghetti in a creamy cheese sauce with chives and parsley, dressed with spinach leaf. 681 kcal

CHOOSE FROM

Grilled chicken. +184 kcal

Crispy smoked tofu. (v-m) +431 kcal
- Loaded Flatbread

New Dish ☆

11.95
- Topped with mint mayo, pickled rainbow slaw, fresh mint and pomegranate seeds. Served with skin-on fries and lemongrass mayo dip with ginger, soy and sesame. 1167 kcal

CHOOSE FROM

Lemongrass chicken with ginger, soy and sesame. +258 kcal

Sliced shawarma marinated tofu. (vg) +305 kcal



- Fish & Chips

13.45
- Hand-battered fish with skin-on fries, tartare sauce and your choice of garden peas (+76 kcal) or mushy peas (+91 kcal). 1404 kcal
- Scampi & Chips

11.95
- Crispy, golden scampi with skin-on fries, tartare sauce and your choice of garden peas (+76 kcal) or mushy peas (+91 kcal). 900 kcal
- Smothered Chicken

S&L Fave ♥

11.95
- Topped with Monterey Jack cheese, streaky bacon and sticky BBQ sauce, served with skin-on fries and your choice of garden peas (+76 kcal) or rocket (+2 kcal). 726 kcal

CHOOSE FROM

Grilled chicken. +184 kcal

Coated chicken. +418 kcal



- Caesar Salad Bowl (v)

11.45
- Crisp gem lettuce, baby spinach, Caesar dressing, focaccia croutons and grated hard cheese. 503 kcal

ADD A TOPPER

Grilled chicken +£2 (+184 kcal)

Crispy smoked tofu (v) +£2 (+431 kcal)
- Steak & Fries

18.45
- 8oz sirloin steak with skin-on fries, slow-roasted tomatoes, peppercorn sauce and your choice of garden peas (+76 kcal) or rocket (+2 kcal). 933 kcal
- Mac 'n' Cheese (v)

11.45
- Macaroni in a creamy Monterey Jack cheese sauce, served with a green salad. 839 kcal

ADD A TOPPER

Crispy shredded BBQ chicken +£2 (+388 kcal)

Crispy BBQ smoked tofu (v) +£2 (+331 kcal)
- Tandoori Chicken Skewers

12.45
- With flatbread, tikka masala spiced skin-on fries, green salad and a curry mayo dip. 1282 kcal

SIDES

- Sweet Potato Fries (vg)

3.75
- 342 kcal
- Skin-on Fries (vg)

3.25
- 455 kcal
- Salt & Pepper Fries (vg)

3.75
- With spring onion and chilli. 477 kcal
- Garlic Bread (v)

3.25
- With a garlic & herb dip. 567 kcal
- Cheesy Garlic Bread (v)

3.75
- With a garlic & herb dip. 733 kcal
- Mac 'n' Cheese (v)

3.75
- 407 kcal
- Onion Rings (v)

3.75
- 571 kcal

- Cheese & Bacon Fries

3
- Skin-on fries tossed in smoked paprika seasoning loaded with nacho cheese sauce, smoked bacon, spring onion and sour cream, topped with hard cheese shavings. 593 kcal
- Katsu Fries

3
- Skin-on fries loaded with curry sauce, spring onion, sweet & sour pickled onion and your choice of crispy smoked tofu (vg) (+145 kcal) or crispy shredded chicken (+172 kcal). 609 kcal
- Side Salad (vg)

1.25
- Cucumber ribbons, rocket, spinach, pico de gallo and spring onion with olive oil. 56 kcal

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)

Swap to sweet potato fries + 1.75 (+342 kcal) or tater bites + 1.25 (+564 kcal)

- Bacon Cheeseburger

13.95
- Two beef patties, streaky bacon, Monterey Jack cheese, BBQ sauce and cheese sauce. 1046 kcal
- Breaded Chicken Burger

13.95
- With streaky bacon, chilli jam, Monterey Jack cheese and cheese sauce. 1106 kcal
- Mexican Chicken Burger

13.95
- Crispy coated chicken burger topped with jalapeños, pico de gallo, Yucatan-style diced chicken, roasted tomato salsa and tortilla chips, served with a warm nacho cheese dip. 944 kcal
- Vegan Sheese® Burger (vg)

13.45
- Grilled plant-based burger, grated Sheese®, sweet & sour pickled onion, Sheese® sauce, chilli jam and rocket. 817 kcal
- Veggie Cheeseburger (v)

13.45
- Grilled plant-based burger, Monterey Jack cheese, sweet & sour pickled onion, cheese sauce, chilli jam and rocket. 805 kcal

- BBQ Mac 'n' Cheese Beef Burger

14.95
- Two beef patties, Monterey Jack cheese, an XL mozzarella stick, mac 'n' cheese and BBQ sauce. 1406 kcal
- Bánh Mì Chicken Burger

New Dish ☆

14.95
- Crispy coated chicken burger topped with lemongrass mayo with ginger, soy and sesame, pickled rainbow slaw, cucumber ribbons and coriander. 912 kcal



EXTRA TOPPINGS			
Avocado and pico de gallo smash (vg)	1.25	Yucatan-style chicken	1.5
Streaky bacon	1	Monterey Jack cheese (v)	0.5
Sheese® (vg)	0.75		

ADD A DESSERT
TO ANY
MAIN FOR £3

DESSERTS

- Espresso Martini Sundae (v)

5.45
- Layers of vanilla flavour ice cream, coffee flavour ice cream and Belgian chocolate sauce, topped with whipped cream and served with a shot of espresso. 458 kcal

ADD A BABY GUINNESS FOR +3
- Strawberry Daiquiri Sundae (v)

5.95
- Layers of vanilla flavour ice cream, strawberry ice cream and strawberry puree, topped with whipped cream and fresh strawberry. 374 kcal

ADD A TEQUILA ROSE FOR +3
- Pornstar Martini Sundae (v)

4.45
- Layers of vanilla flavour ice cream, prosecco sorbet (3% ABV), and passion fruit puree, topped with whipped cream and fresh passion fruit. 305 kcal

ADD A SHOT OF PROSECCO FOR +2
- Warm Mini Churros (v)

4.45
- Filled with caramel and served with sumptuous caramel and Belgian chocolate sauces. 426 kcal
- Salted Caramel Chocolate Brownie Bites** (vg)

4.45
- With Belgian chocolate sauce and freeze-dried raspberries. 295 kcal

ADULTS NEED AROUND 2000 KCAL A DAY