

& NON-GLUTEN CONTAINING INGREDIENTS MENU

The meals on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens, so cannot guarantee 100% free from, therefore, these meals are not suitable for people with coeliac disease. Please make a team member aware when ordering from the NGCI menu.



CHEESY NACHOS

& BRUNCH

S&L EGGS BENNY

Two poached eggs on a toasted seeded roll with baby spinach, two rashers of bacon and hollandaise sauce. *720 kcal*

S&L BIG BREAKFAST

One fried egg, three rashers of bacon, two pork sausages, half a grilled tomato, three hash browns, a toasted seeded roll served with butter and baked beans. *1386 kcal*

AVOCADO ON TOAST **V-M**

With a poached egg, roasted corn, mayo and a splash of balsamic glaze. *504 kcal*

S&L PLANT-BASED BREAKFAST **VG-M**

Avocado, crispy smoked tofu, roasted corn, half a grilled tomato, three hash browns and baked beans. *911 kcal*

TOMATO & CHEESE QUESADILLA **V**

Three spicy salsa, cheese & jalapeño corn quesadillas topped with pico de gallo, sweet & sour pickled onion, avocado and peri-peri sauce. *881 kcal*

Why not add a topper?

- Pork in spicy chipotle & citrus sauce (+108 kcal)
- Pulled chipotle beef (+66 kcal)
- Yucatan-style diced chicken (+103 kcal)

LEVEL UP YOUR BRUNCH! **£1 EACH**

Streaky bacon *143 kcal* / pork sausage *152 kcal* / baked beans **VB** *78 kcal* / fried egg **V** *104 kcal* / poached egg **V** *101 kcal* / scrambled egg **V** *372 kcal* / hash browns **VB** *267 kcal* / a slice of Monterey Jack cheese **V** *83 kcal* / avocado **VB** *35 kcal* / whipped feta **V** *79 kcal*

& SANDWICHES

SERVED WITH SKIN-ON FRIES (+455 kcal) OR SIDE SALAD (+55 kcal)
SWAP TO SWEET POTATO FRIES +£1.75 (+342 kcal) OR TATER BITES +£1.25 (+564 kcal)

PLANT POWER SANDWICH **V**

Avocado, red pepper & sesame houmous, slow-roasted tomatoes, sweet & sour pickled onion, cucumber ribbons, miso mayo* and rocket in a seeded roll. *522 kcal*

STEAK SANDWICH

Sirloin steak slices, sweet & sour pickled onion, balsamic glaze, miso mayo* and rocket in a seeded roll. *601 kcal*

SHARE WITH 2-3 BESTIES!

& PICKY BITS

CRISPY TOFU **VG**

The Tofoo Co. smoked tofu with a sweet chilli dressing, served with cucumber ribbons, coriander and chilli. *354 kcal*

BRAVAS LOADED TATER BITES **VG**

With peri-peri and garlic & herb sauce. *679 kcal*

CHICKEN & CHORIZO SKEWERS

With balsamic glaze. *391 kcal*

SWEETCORN FRITTERS **VG-M**

With sweet chilli sauce, roasted sweetcorn and a wasabi mayo dip, served with cucumber ribbons and spring onion. *546 kcal*

& SHARERS

CHEESE & BACON LOADED FRIES

Skin-on fries loaded with nacho cheese, smoked bacon, spring onion and sour cream, topped with hard cheese shavings. *1345 kcal*

CHEESY NACHOS **V**

Loaded with grated cheese, smashed avocado, cheese sauce, sour cream, jalapeños and pico de gallo salsa. *1360 kcal*

Why not add a topper?

- Pulled Chicken with a sweet piquanté sauce (+103 kcal)

SHEESE® NACHOS **VG**

Loaded with grated Sheese®, smashed avocado, Sheese® sauce, jalapeños, pico de gallo salsa and garlic & herb sauce. *1578 kcal*

& MAINS

CHICKEN & CHORIZO SKEWERS

With a green salad, pico de gallo and red pepper & sesame houmous, served with skin-on fries. *1004 kcal*

HAWAIIAN RICE BOWL **VG-M**

Sticky coconut rice with soya beans and roasted corn, sweet & sour pickled onion, grilled pineapple and sweet chilli sauce. *630 kcal*

Why not add a topper?

- Crispy smoked tofu **VB** (+431 kcal)
- Grilled chicken breast (+184 kcal)

STEAK & FRIES

8oz sirloin steak with skin-on fries, slow-roasted tomatoes, peppercorn sauce and your choice of peas (+76 kcal) or rocket (+2 kcal). *931 kcal*

SMOTHERED CHICKEN

Grilled chicken breast topped with Monterey Jack cheese, streaky bacon and sticky BBQ sauce, served with skin-on fries and your choice of peas (+76 kcal) or rocket (+2 kcal). *919 kcal*

HAWAIIAN RICE BOWL



& BURGERS

SERVED IN A SEEDED BUN WITH MISO MAYO*, LETTUCE AND CHOPPED PICKLE & ONION, WITH SKIN-ON FRIES (+455 kcal) OR SIDE SALAD (+55 kcal)

SWAP TO SWEET POTATO FRIES + £1.75 (+342 kcal) OR TATER BITES + £1.25 (+564 kcal)

BACON CHEESEBURGER

Two beef patties, streaky bacon, Monterey Jack cheese, BBQ sauce and cheese sauce. *1043 kcal*

MEXICAN CHICKEN BURGER

Grilled chicken burger topped with jalapeños, pico de gallo, Yucatan-style diced chicken, roasted tomato salsa and tortilla chips, served in nacho cheese and chipotle hot sauce dip. *752 kcal*

& SIDES

SALT & PEPPER FRIES **VG**

With spring onion and chilli. *462 kcal*

SKIN-ON FRIES **VG**

455 kcal

SWEET POTATO FRIES **VG**

342 kcal

SIDE SALAD **VG** £3.25

Cucumber ribbons, rocket, spinach, pico de gallo and spring onion with olive oil. *55 kcal*

LOADED TATER BITES **VG-M**

With roasted corn, our signature miso & bacon flavour sauce and chilli jam. *806 kcal*

& SOMETHING SWEET

SALTED CARAMEL CHEEZCAKE BITES** **VG-M**

with Belgian chocolate sauce. *491 kcal*

ADD A SCOOP OF POPCORN FLAVOURED ICE CREAM **V** +£1 (+137 kcal)

SALTED CARAMEL CHOCOLATE BROWNIE BITES** **VG-M**

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

ADD A SCOOP OF POPCORN FLAVOURED ICE CREAM **V** +£1 (+137 kcal)

Adults need around 2000 kcal per day. *Contains alcohol. **Contains oats.

Do you have any allergies? Please inform the team before ordering. For full allergen information and terms & conditions check our main menu.