

# VEGGIE & VEGAN

SEE OUR BREAKFAST MENU FOR OUR VEGGIE AND VEGAN OPTIONS - SERVED BEFORE 12PM

## SMALL PLATES

### GARLIC BREADED MUSHROOMS (V)

With garlic mayo. 674 kcal

### MARGHERITA ARANCINI (V)

Crispy coated rice balls, filled with red pepper, tomato and cheese, served with peri-peri mayo. 529 kcal

### VEG GYOZA (VG-M)

Japanese-style dumplings glazed with sweet chilli sauce and toasted sesame seeds. 169 kcal

### SOFT TACOS

With your choice of filling:

**Pulled BBQ jackfruit (VG)** 199 kcal

**Smokin' BBQ soya (VG)** 178 kcal

**BREAD AND OLIVES (VG)** 639 kcal

## TO SHARE

### CHEESY NACHOS (V)

With guacamole, tomato salsa, sour cream and jalapeños  
Perfect to share with 2/3 of your faves. 1390 kcal

### SMOKIN' BBQ SOYA NACHOS (VG)

With vegan cheeze, guacamole, tomato salsa, vegan mayo and jalapeños.  
Perfect to share with 2/3 of your faves. 1663 kcal

### A BIT OF GNOCCHI (V-M)

Gnocchi in a gooey cheese sauce with beer-battered onion rings, bread rocks, crudités and red pepper & sesame houmous dip  
Perfect to share with 2/3 of your faves. 2179 kcal

### VEGAN FEAST WITH FRIENDS (VG)

Smokin' BBQ soya tacos, baked falafel bites, pulled BBQ jackfruit sliders, mac 'n' cheeze topped with vegan soya crumb, red pepper & sesame houmous, crudités, olives and topped nachos  
Perfect to share with 2/3 of your faves. 2468 kcal

## MAINS

Dishes with this symbol are under 600 calories

Under 600 Calories

### BATTERED HALLOUMI AND CHIPS (V)

With tartare sauce and peas. 1247 kcal

Swap to mushy peas +36 kcal

### MAC 'N' CHEEZE (VG)

Made with vegan cheeze, topped with a vegan soya crumb and BBQ sauce and served with bread rocks and side salad. 1460 kcal

**Swap your bread rocks for garlic bread (V)** -308 kcal

### VEG THAI CURRY (VG)

With cauliflower rice. 286 kcal

Swap to basmati rice +250 kcal

### BUTTERNUT SQUASH TAGINE (VG)

Served with cauliflower rice. 380 kcal

### 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

### THE POWER BOWL (VG)

Seasonal mixed leaves, baby spinach, pea shoots, peas, omega seeds and sesame, kale, brown rice and quinoa salad, tomatoes, gherkin, broccoli, pomegranate seeds, avo and almond pesto. 468 kcal

## BURGERS

### MEAT-LESS BURGER (V)

Moving Mountains® 1153 kcal or Louisiana Chick'n™ plant-based burger\* 1110 kcal, layered with red pepper & sesame houmous, vegan soya crumb, spinach and smokin' BBQ soya with a burger cheese slice in a beetroot bun – served with boozy Bloody Mary dip and topped nachos.

**Swap burger cheese slice to vegan cheeze to make VG/\*VG-M** +19 kcal

### TOP YOUR BURGER

**CHEESE SLICE (V)** +41 kcal

**SMOKIN' BBQ SOYA (VG)** +117 kcal

**FRIED EGG (V)** +104 kcal

**JALAPEÑOS (VG)** +5 kcal

**MUSHROOMS (VG)** +26 kcal

**BEER-BATTERED ONION RINGS (V-M)** +198 kcal

**HALLOUMI (V)** +200 kcal

## SUBS & WRAPS

Subs and wraps are all served with fries

### HALLOUMI AND AVO (V)

With tomato and mayo.

Sub 1186 kcal. Wrap 1122 kcal

## OPEN SANDWICHES

### RED PEPPER & SESAME HOUMOUS (V)

With kale, brown rice and quinoa salad, avocado, slow-roasted tomatoes and olives. 958 kcal

**Swap fries to topped nachos to make VG** -35 kcal

## SIDES

### REGAL FRIES

Smokin' BBQ soya and Italian hard cheese (V)

Perfect to share with 2 of your faves. 1047 kcal

### FRIES AND GARLIC MAYO (V)

Perfect to share with 2 of your faves. 1094 kcal

### CHIPS AND GARLIC MAYO (V)

Perfect to share with 2 of your faves. 1030 kcal

### SWEET POTATO FRIES AND GARLIC MAYO (V)

Perfect to share with 2 of your faves. 1310 kcal

**GARLIC BREAD (V)** 283 kcal

**BUTTERY MASH (V)** 328 kcal

### SIDE SALAD (VG)

Mixed leaves with a lemon & olive oil dressing, cucumber, onion, avocado, peppers, soya beans and tomatoes, finished with omega and sesame seeds. 150 kcal

**BEER-BATTERED ONION RINGS (V-M)** 397 kcal

**GLAZED SEASONAL VEG (V)** 95 kcal

## DESSERTS

**BOOZY BAILEYS PROFITEROLES (V)** 303 kcal

**SALTED CARAMEL IRISH CREAM & VODKA MARTINI BITES (V)** 516 kcal

### WARM MINI CHURROS (V-M)

With caramel and chocolate dipping sauces. 394 kcal

**WARM MINI BROWNIE BITES (V)** 444 kcal

### PORNSTAR ETON MESS (V)

Mini shots of layered whipped cream, meringue and a Prosecco, vodka, mango & passion fruit compote. 311 kcal

**LEMON DRIZZLE SPONGE (V)** 317 kcal

**CHERRY BROWNIE CHEEZECAKE (VG-M)** 382 kcal  
*Contains almond milk*

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.** All vegan cheeze 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](http://www.slugandlettuce.co.uk)

Stonemate Group, 3 Monkspath Hall Road, Solihull, West Midlands B90 4SJ

**DRINK SENSIBLY**