

# NON GLUTEN-CONTAINING INGREDIENTS

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. PLEASE MAKE A TEAM MEMBER AWARE WHEN ORDERING FROM THE NGCI MENU.

## 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 fake cheeze, guacamole, tomato salsa, vegan mayo and jalapeños

Perfect to share with 2/3 of your faves. 1663 kcal

## MAINS



### VEG THAI CURRY (VG)

With cauliflower rice. 286 kcal

Swap to basmati rice +250 kcal

**Add grilled chicken breast** +184 kcal

**Add salmon fillet** +207 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

**With chicken and bacon** +251 kcal

**With salmon fillet** +207 kcal

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: Dishes with this symbol are under 600 calories  
.....

Under  
600  
Calories

## SIDES

### 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

## DESSERTS

### PORNSTAR ETON MESS (V)

Mini shots of layered whipped cream, meringue and a Prosecco, vodka, mango & passion fruit compote. 311 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 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)  
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**DRINK SENSIBLY**