

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

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 cheese, guacamole, tomato salsa, vegan mayo and jalapeños.

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

VEGAN FEAST WITH FRIENDS (VG)

Smokin' BBQ soya tacos, baked falafel bites, pulled BBQ jackfruit sliders, mac 'n' cheese topped with vegan soya crumb, red pepper & sesame houmous, crudites, 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

BUTTERNUT SQUASH TAGINE (VG)

Served with cauliflower rice. 380 kcal

VEG THAI CURRY (VG)

With cauliflower rice. 286 kcal

Swap to basmati rice +250 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

MAC 'N' CHEESE (VG)

Made with vegan cheese, 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

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 cheese 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

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

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

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

CHERRY BROWNIE CHEESZCAKE (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 cheese 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

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DRINK SENSIBLY