

## MIX & MATCH

DISHES THAT WORK ANY WAY YOU WANT  
CHOOSE AS A STARTER, MAIN OR TO SHARE

3 FOR £17  
5 FOR £26

### PEPPADEW® BITES **£7.45**

Filled with cream cheese and coated with a light, crispy panko-style crumb, served with a sweet piquanté pepper sauce. 282 kcal

### DUCK POPCORN **£7.95**

Crispy duck popcorn, cucumber ribbons, spring onion and Hoisin sauce. 604 kcal

### CRISPY SHREDDED CHICKEN **£7.45**

With sweet chilli sauce and salt & pepper seasoning. 455 kcal

### HALLOUMI FRIES **£7.45**

With sticky BBQ sauce. 411 kcal

### CHICKEN & CHORIZO SKEWERS **£7.95**

With balsamic glaze. 391 kcal

### CRISPY CHICKEN BAO BUNS **£7.95**

Two fried bao buns with crispy shredded chicken, chilli jam and rocket. 712 kcal

### S&L CHICKEN WINGS **£7.45**

Shake-your-way wings! Crispy chicken wings served with miso & bacon flavour seasoning, sweet piquanté pepper sauce and sticky BBQ sauce – ready for you to shake, dip or do both! 427 kcal

### IBÉRICO HAM CROQUETTES **£6.95**

With baconnaise. 557 kcal

### SWEETCORN FRITTERS **£7.95**

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

### CRISPY COATED PRAWNS **£8.45**

With a sweet piquanté pepper sauce. 372 kcal

### BRAVAS LOADED TATER BITES **£7.95**

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

### CRISPY TOFU **£7.45**

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

### BURRATA DETROIT TOAST **£8.45**

Detroit-style pizza bread topped with cheese and tomato sauce, baked and loaded with burrata and finished with blossom honey and a sweet piquanté pepper sauce. 721 kcal

### DUO OF DIPS **£7.95**

Whipped feta and red pepper & sesame houmous with hot honey, pico de gallo salsa and flatbread. 514 kcal

### CRISPY CALAMARI BITES **£7.45**

With a garlic & herb dip and lemon. 451 kcal

## & SHARERS

SHARE WITH 2-3 BESTIES!

### CHEESY NACHOS **£10.95**

Loaded with grated cheese, smashed avocado, nacho cheese, sour cream, jalapeños and pico de gallo salsa. 1360 kcal  
Why not add a topper?  
• Pulled Chicken with a sweet piquanté sauce +£2 (+103 kcal)

### SHEESE® NACHOS **£10.95**

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

### NACHO CHEESE FONDUE SHARER **£11.45**

Nacho cheese dip topped with jalapeños, served with red pepper sticks, tortilla chips, crispy shredded chicken, flatbread and tater bites. 1052 kcal

### CHEESE & BACON LOADED FRIES **£10.45**

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

### KATSU LOADED FRIES **£10.95**

Skin-on fries loaded with curry sauce, spring onion and sweet & sour pickled onion. 1219 kcal  
With your choice of:  
• Crispy smoked tofu **£10** (+286 kcal)  
• Crispy shredded chicken (+343 kcal)

### CHEESEBURGER LOADED FRIES **£10.95**

Skin-on fries loaded with nacho cheese, chopped pickle & onion and baconnaise. 1253 kcal  
With your choice of:  
• Beef burger (+210 kcal)  
• THIS™ Isn't Beef burger **£10** (+249 kcal)

### S&L MEAT FEAST **£11.95**

Chicken wings with sticky BBQ sauce, garlic bread, crispy shredded chicken with peri-peri sauce and spring onion, crispy duck popcorn with Hoisin sauce, tater bites and rocket leaves. 1852 kcal



### S&L SHARER FOR TWO **£24.95**

Chicken wings with sweet piquanté pepper sauce, chicken & chorizo skewers, Ibérico ham croquettes with baconnaise, garlic bread, crispy shredded chicken & mixed olives, crispy shredded chicken with sweet chilli dressing and salt & pepper seasoned fries with chilli & spring onion. 2533 kcal

Adults need around 2000 kcal a day. \*Our miso mayo contains alcohol. \*\*Contains oats  
Full allergen information is available on request from our team. Our menus do not list all ingredients.

## & MAINS

### CAESAR SALAD BOWL **£11.45**

Spinach, iceberg lettuce, soya beans, focaccia croutons, Italian hard cheese shavings and creamy Caesar dressing. 682 kcal  
Why not add a topper?  
• Crispy smoked tofu **£10** (+431 kcal)  
• Grilled chicken breast +£2 (+184 kcal)

### FAJITA CHICKEN PASTA **£12.45**

Penne pasta with pulled chicken breast in a creamy sauce with onion and mixed peppers, finished with coriander, spring onion and lime. 1259 kcal

### KATSU CURRY **£12.45**

A rich curry sauce with basmati rice, red chilli, spring onion and coriander. 534 kcal  
With your choice of:  
• Crispy smoked tofu **£10** (+431 kcal)  
• Crispy coated chicken (+418 kcal)

### FISH & CHIPS **£13.95**

Hand-battered fish with skin-on fries, tartare sauce and your choice of peas (+76 kcal) or mushy peas (+91 kcal). 1400 kcal

### SCAMPI & CHIPS **£12.45**

Crispy, golden scampi with skin-on fries, tartare sauce and your choice of peas (+76 kcal) or mushy peas (+91 kcal). 920 kcal

### HAWAIIAN RICE BOWL **£12.45**

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 **£10** (+431 kcal)  
• Grilled chicken breast +£2 (+184 kcal)

### GARLIC & CHILLI PRAWN LINGUINE **£12.45**

With spinach, lemon, capers and pico de gallo. 465 kcal

### MAC 'N' CHEESE **£11.95**

Macaroni in a creamy Monterey Jack cheese sauce, served with a green salad. 837 kcal  
Why not add a topper?  
• Crispy shredded BBQ chicken +£2 (+396 kcal)  
• Crispy BBQ smoked tofu **£10** (+340 kcal)  
• Bacon, sweet piquanté peppers & jalapeños +£2 (+226 kcal)

### SMOTHERED CHICKEN **£12.45**

Your choice of grilled chicken breast (+184 kcal) or crispy coated chicken breast (+418 kcal), 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). 735 kcal

### CHICKEN & CHORIZO SKEWERS **£12.95**

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

### PULLED CHIPOTLE BEEF LINGUINE **£12.45**

With a rich tomato sauce, rocket and Italian hard cheese shavings. 422 kcal

### FAJITA PASTA **£11.45**

Penne pasta in a Sheese® sauce with onion, soya beans and mixed peppers, finished with coriander, spring onion and lime. 895 kcal

### STEAK & FRIES **£18.95**

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



MAC 'N' CHEESE



STEAK & FRIES

## & BURGERS

SERVED IN A SOFT GLAZED 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)

### MEXICAN CHICKEN BURGER **£14.45**

Crispy coated chicken burger with jalapeños, pico de gallo, Yucatan-style diced chicken, roasted tomato salsa and tortilla chips, served in nacho cheese and chipotle hot sauce dip. 983 kcal

### BACON CHEESEBURGER **£14.45**

Two beef patties, streaky bacon, Monterey Jack cheese, BBQ sauce and cheese sauce. 1039 kcal

### BREADED CHICKEN BURGER **£14.45**

With streaky bacon, chilli jam, Monterey Jack cheese and cheese sauce. 1097 kcal

### VEGAN SHEESE® BURGER **£13.95**

Grilled plant-based THIS™ Isn't Beef burger, grated Sheese®, sweet & sour pickled onion, Sheese® sauce, chilli jam and rocket. 808 kcal

### VEGGIE CHEESEBURGER **£13.95**

Grilled plant-based THIS™ Isn't Beef burger, Monterey Jack cheese, sweet & sour pickled onion, cheese sauce, chilli jam and rocket. 795 kcal



MEXICAN CHICKEN BURGER



STEAK SANDWICH

## & SANDWICHES

SERVED UNTIL 4PM. ALL 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)

PREFER A TORTILLA WRAP? JUST ASK! (+112 kcal)

### CHICKEN & BACON SANDWICH **£11.45**

Crispy coated chicken, streaky bacon, avocado, red pepper & sesame houmous, baconnaise and rocket in rosemary focaccia. 1082 kcal

### PLANT POWER SANDWICH **£10.95**

Avocado, red pepper & sesame houmous, slow-roasted tomatoes, sweet & sour pickled onion, cucumber ribbons, miso mayo\* and rocket served in rosemary focaccia. 520 kcal

### STEAK SANDWICH **£14.45**

Sirloin steak slices, sweet & sour pickled onion, balsamic glaze, miso mayo\* and rocket served in rosemary focaccia. 599 kcal

### FISH FINGER BUN **£10.45**

Hand-battered fish goujons, tartare sauce, gherkins and iceberg lettuce served in a bun. 542 kcal

ADD A SLICE OF MONTEREY JACK CHEESE **£1** (+83 kcal) OR SHEESE® **£10** (+58 kcal) TO ANY SANDWICH +50p

## & DON'T FORGET TO ADD A SIDE

### SKIN-ON FRIES **£3.75**

455 kcal

### SWEET POTATO FRIES **£4.25**

342 kcal

### SALT & PEPPER FRIES **£4.25**

With spring onion and chilli. 462 kcal

### ONION RINGS **£3.75**

571 kcal

### MAC 'N' CHEESE **£3.75**

407 kcal

### GARLIC BREAD **£3.75**

With a garlic & herb dip. 567 kcal  
Make it cheesy **£1** (+166 kcal) +50p

### SIDE SALAD **£3.25**

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

### LOADED TATER BITES **£4.75**

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

## SWEETS & TREATS

ADD TO ANY MAIN COURSE FOR £3

### ICE CREAM COOKIE BITES **£5.95**

Vanilla flavoured ice cream coated in crushed chocolate flavour cookies with a vanilla flavoured filling served with salted caramel sauce, freeze-dried raspberries and sugar strand sprinkles. 303 kcal

### CRISPY SALTED CUSTARD **£6.45**

With fried custard and raspberry coulis for dipping. 647 kcal  
ADD A SCOOP OF POPCORN FLAVOURED ICE CREAM **£1** (+137 kcal)

### SALTED CARAMEL CHEEZCAKE BITES\*\* **£4.95**

With a scoop of popcorn flavoured ice cream. 569 kcal  
ADD A SCOOP OF POPCORN FLAVOURED ICE CREAM **£1** (+137 kcal)

### WARM MINI CHURROS **£4.95**

Filled with caramel and served with sumptuous caramel and Belgian chocolate sauces. 426 kcal  
ADD A SCOOP OF POPCORN FLAVOURED ICE CREAM **£1** (+137 kcal)

### SALTED CARAMEL CHOCOLATE BROWNIE BITES\*\* **£4.95**

With Belgian chocolate sauce and freeze-dried raspberries. 295 kcal  
ADD A SCOOP OF POPCORN FLAVOURED ICE CREAM **£1** (+137 kcal)



CRISPY SALTED CUSTARD

COUPLE OUR MOUTHWATERING DESSERTS WITH A COFFEE OR COCKTAIL!

(V) Suitable for vegetarians. (VG) Suitable for vegans. (VG-M) Made with vegan ingredients but produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. (V-M) Made with veggie ingredients but 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. Calories/nutritional values stated are subject to change.

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 detailing the 14 legally declarable allergens contained is available for all our food and 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. There is significant risk of cross-contamination in our deep fat fryers.

All vegan cheese used in our dishes is non-dairy. \*Contains alcohol. Fish and poultry dishes may contain bones. All weights are approximate uncooked. Biscoff is a registered trademark of Lotus Bakeries.

All menu items are subject to availability. Images are for illustrative purposes only. Prices are in pounds sterling and include VAT at the current rate. We accept Delta, Maestro, MasterCard and Visa. Prices for products not stated on the menu are available at the bar or on the app. If a service charge is added to the bill, this is entirely discretionary and is paid to those employees providing the service. All tips are retained by our team members.

Management reserves the right to withdraw/change offers (without notice) at any time.

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