



STEAK SANDWICH

LUNCH MENU



BACON CHEESEBURGER

MONDAY – FRIDAY, 12PM – 4PM

& 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 £10.95

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

STEAK SANDWICH £13.95



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

FISH FINGER BUN £9.95

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

PLANT POWER SANDWICH VG-M £10.45

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

ADD A SLICE OF MONTEREY JACK CHEESE V (+83 kcal) OR SHEESE® VG (+58 kcal) TO ANY SANDWICH +50p

& 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)

BACON CHEESEBURGER £13.95



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

VEGAN SHEESE® BURGER VG £13.45

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

VEGGIE CHEESEBURGER V £13.45

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

BREADED CHICKEN BURGER £13.95

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

& LIGHT BITES

AVOCADO & POACHED EGG V-M £6.95

On focaccia toast with roasted corn, vegan mayo and a splash of balsamic glaze. 511 kcal

S&L EGGS BENEDICT £7.45

Two poached eggs and two rashers of bacon on a toasted English muffin, topped with hollandaise sauce and spinach. 705 kcal

TOMATO & CHEESE QUESADILLA V £8.95

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 of pork in spicy chipotle & citrus sauce +£1.50 (+108 kcal), pulled chipotle beef +£1.50 (+66 kcal) or Yucatan-style diced chicken +£1.50 (+103 kcal)?

£8 SANDWICH, BURGER OR LIGHT BITE & SOFT DRINK

MONDAY - FRIDAY UNTIL 4PM

REGULAR GLASS OF SCHWEPES LEMONADE (70 kcal), COCA-COLA ZERO SUGAR (2 kcal), DIET COKE (1 kcal), OASIS EXOTIC ZERO CAN 330ML (7 kcal), OASIS SUMMER FRUITS CAN 330ML (59 kcal) OR 330ML BOTTLE OF STILL OR SPARKLING WATER (0 kcal)

ADD AN ALCOHOLIC DRINK +£2 CHOOSE FROM:

A PINT OF AMSTEL (4.1%ABV) OR INCH'S CIDER (4.5%ABV) OR A 175ML GLASS OF HOUSE WINE (RED, WHITE OR ROSÉ)**

MAKE IT PREMIUM +£3 CHOOSE FROM:

A PINT OF PERONI (5%ABV), MORETTI (4.0%ABV), GUINNESS (4.1%ABV)** OR A 25ML SPIRIT & MIXER*** - GORDON'S GIN (37.5%ABV), SMIRNOFF VODKA (37.5%ABV), CAPTAIN MORGAN WHITE (37.5%ABV) OR CAPTAIN MORGAN SPICED (35%ABV)

Adults need around 2000 kcal a day. *Contains alcohol. **Brands might differ across sites. ***Choose from Diet Coke, Coca-Cola Zero Sugar, Schweppes tonic, Schweppes lemonade, orange juice or cranberry juice. Full allergen information is available on request from our team. Our menus do not list all ingredients. See main menu for full info and T&Cs.

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