



STEAK SANDWICH

BACON CHEESEBURGER

# LUNCH MENU

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 (+342 kcal) OR TATER BITES (+564 kcal)

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

### CHICKEN & BACON SANDWICH

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

### STEAK SANDWICH

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

599 kcal

### FISH FINGER BUN

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

### PLANT POWER SANDWICH

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  (+83 kcal) OR SHEESE®  (+58 kcal) TO ANY SANDWICH

## & 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 (+342 kcal) OR TATER BITES (+564 kcal)

### BACON CHEESEBURGER

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

### VEGAN SHEESE® BURGER

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

### VEGGIE CHEESEBURGER

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

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

## & LIGHT BITES

### AVOCADO & POACHED EGG

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

### S&L EGGS BENEDICT

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

### TOMATO & CHEESE QUESADILLA

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 (+108 kcal), pulled chipotle beef (+66 kcal) or Yucatan-style diced chicken (+103 kcal)?

## SANDWICH, BURGER OR LIGHT BITE & SOFT DRINK

MONDAY - FRIDAY UNTIL 4PM

REGULAR GLASS OF SCHWEPPE'S 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 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 CHOOSE FROM:

A PINT OF PERONI (5%ABV), MORETTI (4.6%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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