



SLUG & LETTUCE

fast & fresh

FROM 6.49

AVAILABLE
MONDAY-FRIDAY
UNTIL 4PM

PERFECT FOR
LUNCHTIME

CHAR-GRILLED SALMON

Served with spicy rice and our superfood side salad

Swap your spicy rice for skinny fries for 1.49

GRILLED CHICKEN & AVOCADO WRAP

With slow-roasted tomato, spinach, pickled red onion and sour cream in a wheatbran wrap

MOZZARELLA, TOMATO AND AVOCADO CIABATTA [V]

Sunblush red pepper tapenade topped with sliced mozzarella, beef tomato, slow-roasted tomato, avocado and seasonal mixed salad leaves

BURRITOS

Our burritos are filled with spicy rice, mixed peppers, onion, jalapeños, shredded Cos lettuce, grated mozzarella, Cheddar cheese, sour cream, guacamole and drizzled with hot chilli sauce. All served in a wheatbran wrap

Choose from the following fillings:

BBQ PULLED PORK

VEGGIE [V]

with a fruity salsa

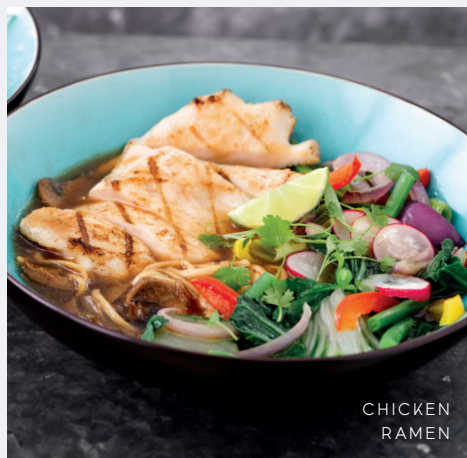
Served with skinny fries - upgrade to our sweet potato fries for 1.49

VEGETABLE & TOFU RAMEN [V]

Tamarind marinaded tofu pan-fried and served with pak choi, green beans, peppers, onions and radish in a noodle & mushroom broth

CHICKEN RAMEN

Our version of this Japanese style favourite. Grilled chicken breast served with pak choi, green beans, peppers, onions and radish in a noodle & mushroom broth



CHICKEN
RAMEN

NOODLE BOXES

Udon noodles, onions, peppers and pak choi in a tom yum sauce topped with omega seeds and your choice of chicken or marinated tofu
Available as a takeaway option

SUPERFOOD TORTILLA BOWL [V]

Our superfood salad - seasonal mixed leaves, avocado, baby spinach, cucumber, spring onion, mixed peppers, tomato, edamame beans, radish, slow-roasted tomatoes and mixed seeds. Served in a baked wheatbran tortilla bowl with a low-fat french dressing on the side

ADD A TOPPING

Lebanese-style chicken and couscous drizzled with tomato & harissa dressing	1.49
Char-grilled salmon	2.29
Pan-fried tamarind marinaded tofu (V)	1.49

Please give us your feedback - for details log on to: www.lettuceknow.co.uk For full allergen information please visit our website or ask a member of our team. Food allergies and intolerances: before ordering your food and drinks, please speak to our team if you want to know about ingredients. There may be a risk of cross-contamination which could affect those with severe allergies. Fish and poultry dishes may contain bones. We cannot guarantee that all of our dishes are 100% free from nuts or their derivatives. All menu items are subject to availability. All weights are approximate uncooked. (V) This dish is suitable for vegetarians, but please note that we do not operate a dedicated vegetarian kitchen area. ABVs are correct at time of print, but are subject to change. Photography is for guidance only. Prices are in pounds sterling and include VAT, at the current rate. We accept Delta, Maestro, MasterCard and Visa. Thank you for your custom. Our waiters receive all cash tips. For credit-card tips, an 8% charge is deducted to cover processing costs. Slug & Lettuce does not profit from this charge. Happy Monday and Fast and Fresh lunch not valid in conjunction with any other offer. We hope that you have enjoyed our Slug & Lettuce dishes. For more information, please visit our website, where you can subscribe to our newsletters and receive the latest offers and updates from the Slug team. You can also reserve tables, check further details from our allergy information link and download our menu online: www.slugandlettuce.co.uk

Full allergen information is available upon request from a member of our team

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